

1: BEING A DISCIPLE: WHAT IT MEANS TO FOLLOW JESUS

By John Leavy

In Week 1: What is a Disciple?

2 Min read



"If anyone would come after Me, let him deny himself and take up his cross daily and follow Me." — Luke 9:23

Most men assume a disciple is someone who believes the right things. Jesus defined it differently. A disciple is a man who follows—daily, deliberately, and at personal cost. Discipleship isn't agreement; it's alignment.

Belief is like studying a trail map from the comfort of a lodge. Following is stepping onto the path, shouldering your pack, and walking into the unknown. Jesus didn't call men to admire His teaching; He called them to walk behind Him, one step at a time, in real life.

When Jesus said, "Follow Me," He wasn't offering a weekend hike. He was inviting men onto a lifelong trail that would reshape how they think, respond, and choose. A disciple is a man who adjusts his pace to Jesus, not the other way around.

APPLICATION

Belief can remain private. Following cannot. Following Jesus means changing direction when He turns, slowing down when He slows, and letting Him set the route—even when it's uphill.

To follow Jesus is to deny yourself—not in self-hatred, but in surrender. It means your preferences no longer lead. Your impulses no longer drive. Your comfort no longer dictates the route. Jesus does.

A disciple isn't perfect. He's pursuing. He stumbles, gets back up, and keeps moving forward. He doesn't just agree with Jesus; he aligns his calendar, habits, relationships, and decisions with Him.

This is where most men hesitate. Belief feels safe. Following feels costly. But belief alone never builds endurance. Only walking the trail does.

LIVE IT OUT

Identify one area where you believe Jesus but haven't followed Him yet. A decision you've delayed. A habit you won't release. A relationship that needs honesty. Name it clearly—no excuses, no spiritual language to soften it.

Then take one step today that aligns with following, not just believing. A text, a confession, a boundary, a prayer—one deliberate step on the trail.

PRAY THIS...

"Lord, that I may follow You and bring other men along."

Photo by [Jonas Vandermeiren](#) on [Unsplash](#)

[Download Print-Friendly version](#)

*Information lays the foundation—
Practice builds the man.*

Contact: John Leavy
Email: johnleavy@gmail.com
Website: 1Man2Another.cm