

## Introducing Transformational Discipleship

If you're looking for discipleship resources that will give direction to your approach, [Transformational Discipleship: How People Really Grow](#) by Eric Geiger, Michael Kelley and Philip Nation ought to be on your reading list.

A research driven project, the book is based on the discoveries of an extensive research project launched by Lifeway in 2010 "*to survey believers about their spiritual lives and level of maturity* ." Specifically, the research was designed "*to uncover what kind of discipleship is truly transformational.*" Building on the **Transformational Church** survey and the research behind Brad Waggoner's book **The Shape of Faith to Come**, the research focused on "major areas of life where spiritual maturity takes place."

The combined research identified *eight attributes of discipleship* that point to spiritual health; biblical factors that consistently show up in the life of a maturing believer. The eight attributes are:

- Bible Engagement
- Obeying God and Denying Self
- Serving God and Others
- Sharing Christ
- Exercising Faith
- Seeking God
- Building Relationships
- Unashamed

In addition to the eight attributes, a key discovery of the research is referred to as the Transformational Sweet Spot. Using the metaphor of the sweet spot on a tennis racket or a baseball bat, the transformational sweet spot is formed by the intersection of **truth** given by healthy **leaders** to someone in a vulnerable **posture**.

There are a number of very good aspects to **Transformational Discipleship**. The first 63 pages provide a thorough theological overview of the concept. This is essential reading for a church staff or leadership team. Parts 1, 2, and 3 provide an insight packed examination of the individual ingredients of the *transformational sweet spot*.

Not intended as a model, the authors instead have assembled the kind of thinking that just might uncover the framework that makes authentic disciples; not just knowledge or moral behavior, but the "ongoing renewal of the heart." Sounds good, doesn't it? **Transformational Discipleship** is resource that will absolutely open your eyes to new ways of thinking about how transformation happens and where to focus your design and effort.