**Discipleship of the Whole Person**

Discipleship is much more than an intellectual exercise – this session looks at discipleship in how the truth and love of Christ redeems thought, decisions, feelings, and interpersonal relationships. Growth into Christlikeness is a privilege and a duty of every Christian.

**Pablo Martinez**was a European Leadership Forum Steering Committee member for more than 10 years. He currently works as a psychiatrist at a private practice in Barcelona. He has also developed an extensive itinerant ministry as a counsellor, speaker, and Bible teacher. He served as one of the vice-presidents of the International Christian Medical and Dental Association (ICMDA). He filled the role of President of the Spanish Evangelical Alliance (1999-2009) and Professor of Pastoral Theology at several theological institutions. His books have been published in 17 languages. His most recent works are Mad or God?: Jesus, the Healthiest Mind of All (Inter-Varsity Press, England, co-authored) and Take Care of Yourself: Survive and Thrive in Ministry (Hendrickson Publishers and DictumPress). For more information see [http://www.christian-thought.org](http://www.christian-thought.org/).

**Introduction:** Christianity is essentially a matter of changing people, and eventually communities, into the likeness of Jesus. This process has transformed countless millions over the centuries, affecting every part of their lives.

**I Jesus, Our Supreme Model**

1. The whole person discipleship was practiced by Jesus himself who set the model for us
2. In his teaching, as much as in his healing, he always cared for the whole person, including their relational life
3. Both in public and in personal encounters, Jesus sought to reach the entire person: mind, heart and will. Thoughts, feelings, decisions and behaviour were to be changed as a result of repentance and new birth
4. Modelling the disciples: fishermen changed into preachers and teachers

**II Its Purpose: To be Perfect (Mature) in Christ**

1. Maturity in Christ is the goal of this discipleship (Colossians 1:28-29)
2. The rich meaning of the original word *(teleios):* mature, complete, adult and perfect.
3. The opposite is being childish or immature (1 Cor. 13:10-11)

=**True spirituality always makes us more human, not less**. This is the ultimate test to measure our change into the image of Christ because Jesus was the Man *par excellence*

**III Its Development: A Three-fold Transformation**

Jesus Christ performs achange that affects every “room” of our life, We see this transformation at three levels that are interdependent:

1. **Being** a new person: I get a *new identity*. **Christ lives in me.** I live according to a new set of values: new priorities, new objectives, new hopes.
2. **Seeing** with different eyes: I get *a new mind***. The mind of Christ molds me.** He transforms our attitudes and worldview
3. **Living** a new life: I get *new ethics*. T**he love of Christ compels me.** I get not only new relationships, but a new attitude towards old relationships (forgiveness, reconciliation and peace).

=Christ develops progressively in us a new moral character which is a mirror of His own character. It is, therefore, a holistic transformation: existential, emotional, ethical, relational.

**IV Its Condition: Being in Christ**

“*Therefore, if anyone is in Christ, he is a new creation;the old has passed away, behold, the new has come*” (2 Corinthians 5:17)

1. **The key question** as we hear about all these changed lives is: how can this be possible? It is humanly impossible.There is a supernatural element in this life changing experience that goes far beyond human efforts or resources.
2. **The changing power:** It is not only the message of Jesus per se (his ideas and example) that changes people, but His power. As the blind man healed by Jesus bluntly put it, *“if this man were not from God, he could do nothing” (*John 9:33)

**V A Time to Change, A Time to Accept: When Change is not Possible**

Change, however, is not always possible and sometimes a long struggle with ups and downs will keep us depending on God ´s grace and power.

We need to have realistic expectations about the work of the H. S. within us. A wrong interpretation of 2 Corinthians 5:17 can cause a lot of frustration.

1. Be careful with triumphalism: faith always implies a certain degree of tension: “I am not …*anymore*, but I am not *yet*…”
2. The Holy Spirit and our temperament: molding and polishing rather than changing
3. Our past: accepting our biographical baggage
4. Struggling with our thorns and limitations

**Conclusion:** A continuous process of transformation into the image of Christ is the main calling of our life (Rom. 8;29, Phil 1:6). In this changing process the Holy Spirit is our supreme resource (2 Cor. 3:18)