

The Consistent Disciple

Introduction

We began this series with Jesus' invitation: **Follow Me**. We moved to Jesus' expectation: **deny yourself, take up your cross, live for the kingdom**. We continued moving into Paul's vision of **community shaped by the gospel**.

Now we conclude with a question that determines whether any of this becomes our reality. **Will we follow Jesus consistently?** Not occasionally. Not emotionally. Not when convenient. But daily, together, and with perseverance. Today, the message for all of us focuses on becoming *The Consistent Disciple*.

Consistency is the bridge between your calling and your Christlikeness. It is the long obedience that turns discipleship from a moment into a lifestyle.

The Rhythms of Consistency

Scripture shows that discipleship is built on rhythms, not random bursts of spirituality.

Daily Return to Christ – Consistency begins with returning to Christ every day, even if it's briefly. Jesus established this rhythm for us. *"He would withdraw to desolate places and pray."* **(Luke 5:16)** Scripture and prayer are not rituals. They reset our desires, correct our direction, and anchor our identity in Christ. Daily Scripture reading and daily conversations with Jesus are the things that keep us focused, grounded, and on the correct path. They are the things that orient our lives. *"Your word is a lamp to my feet and a light to my path."* **(Psalm 119:105)**

Weekly Rest and Re-Centering - God, being the Creator, is also the grand designer who built consistency into His plan. The Scriptures teach us that Sabbath is a God-given day of rest, worship, and remembrance. He rooted it in creation. Remember how God rested on the seventh day **(Genesis 2:2–3)**? In doing this it established a rhythm for human life. It was so important to Him that He gave it to Moses as one of the Ten Commandments. *"Remember the Sabbath day, to keep it holy."* **(Exodus 20:8)** And in Deuteronomy, the Sabbath reminds Israel that God rescued them from slavery **(Deut. 5:15)**. Rest becomes an act of liberation. Jesus teaches that "the Sabbath was made for man," **(Mark 2:27)** meaning it's meant for human flourishing, not legalistic restriction. It is a gift from God and not a burden. The Sabbath reminds us that God is the source of our strength, Jesus is the Lord of our life, and the Holy Spirit is our guide for our time left on Earth.

Missional Habit: Faith Expressed in Action - Consistent discipleship should, and we will always move us outward. It would be selfish to come here every week, sing songs of praise, pray together, study the Word, absorb its truths, enjoy the fellowship, and never want to share those things with other people. "Go" is an action verb. Jesus said, *"Go therefore and make disciples..."* **(Matthew 28:19–20)** One act of love each week. Just one conversation, one

invitation, one act of service; these actions keep our faith from becoming self-focused and will turn our devotion into outward mission.

Consistency in Community – As I mentioned last week, you cannot follow Jesus alone. God knows this and therefore made us as relational beings. He intends for us to have consistent and healthy relationships. The writer of Hebrews says, “*And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*” (**Hebrews 10:24–25**) Community is the God-designed environment where consistency grows. It provides things such as accountability, encouragement, correction, forgiveness, restoration, belonging, and peace. Paul says we are to “*Bear one another’s burdens.*” (**Galatians 6:2**) Consistent discipleship is sustained when we walk through this life together, as brothers and sisters in Christ!

Gospel Responses to Real Obstacles

What happens when temptation comes? “*God is faithful... He will provide the way of escape.*” (**1 Corinthians 10:13**) Consistency is not the absence of temptation. In fact, the more consistent you become in your followership, the more consistent the enemy will attack. Consistency in your walk that will help you fend off his attacks. It will change how you respond in those moments and your responses will become shaped by the gospel inside you instead of the sin nature inside you. The way of escape Paul referenced, is Jesus, and Him alone!

What happens when discouragement presses in? Discouragement is another powerful tool of the enemy. If he can discourage you, he’ll confuse you, and frustrate you, and lead you into a place of darkness. Walking with consistency is a great defense mechanism against these attacks. This is why I love what Paul says to the Philippians in **Philippians 4:6–7**. He says, “*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*” Consistency is choosing truth over emotion and peace over turmoil. Amen?

What happens when you fail, when you mess up? Remember, we are not going after self-perfection. We are pursuing perfection in Christ. And that comes and is only achieved at glorification, which is when believers are finally transformed into Christ’s likeness at His return. In the meantime, while we wait, God intends for his children to look out for each other and for this community to be a part of the rescue efforts and the restoration processes. Paul taught this to the Galatians when he said, “*Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness.*” (**Galatians 6:1**) Consistency is not about perfection. It is however, about returning to Jesus and the comfort of His people as quickly as possible when we mess up.

A Clear Call to Action

If you want to be a consistent disciple, Scripture gives a simple path: I'm not going to go back over what I've covered, but I do want to give you the path.

Daily, return to Christ (**Psalm 119:105**). **Weekly**, rest and re-center (**Exodus 20:8–11**).

Together, we need to walk with others (**Hebrews 10:24–25**). **Outward**, you need to serve someone other than yourself (**Matthew 28:19–20**). **Gospel-shaped**, allow the whole truth of the gospel to dictate your response to obstacles (**1 Corinthians 10:13**).

These rhythms, when kept faithfully, will work to form a life that mirrors Jesus.

The call of Jesus is not just to begin well but to continue well and then to finish well. To follow Him today, tomorrow, and every ordinary day after that. To build a life that says: “Lord Jesus, I will follow You – daily, consistently, and with all my heart.”

This is the disciple Christ forms. This is the disciple the world needs. This is the disciple who finishes the race. This is the disciple who will one day hear, “*Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.*” (**Matthew 25: 21,23**)

Play Video Clip from Chosen - [Only One Thing To Do Today: Follow Him \(The Chosen Scene\)](#)

Play Invitation Song – *I have Decided to Follow Jesus*

Closing Prayer

Lord Jesus, make us steady. Teach us to return to You daily, to rest in You weekly, to walk with Your people faithfully, and to serve others joyfully. Strengthen us when we are tempted, lift us when we are discouraged, and restore us when we fail. Form in us the consistency that reflects Your character and brings glory to Your name. Amen.