

6 OBSTACLES THAT KEEP CHRISTIANS FROM MAKING DISCIPLES — AND HOW TO OVERCOME THEM

You don't need to be perfect.
You just need to start.



JAMES CONSTABLE
Christian Author | Pastor | Teacher | Disciple Maker

*Be with Jesus. Become like Jesus. Do what Jesus did.
Help someone else do the same.*

6 Obstacles That Keep Christians From Making Disciples - and How to Overcome Them

Jesus gave His followers a clear mission.

“Go therefore and make disciples of all the nations...” - Matthew 28:19 NKJV

Most Christians know this verse. Many believe it. But there is often a big difference between believing we should make disciples and actually making one.

Why? Sometimes the obstacles are much simpler than we think. We may feel afraid. We may feel too busy. We may not know enough about the Bible. We may not know whom to disciple or how to begin.

The good news is that you do not need to be a pastor, Bible teacher, or expert to help someone follow Jesus. **You can start with one person.**

1. “I Don’t Know Enough About the Bible”

You may think, “How can I disciple someone when I still have so much to learn?” But being a disciple does not mean you know everything. A disciple is a learner and follower of Jesus.

“Imitate me, just as I also imitate Christ.” - 1 Corinthians 11:1 NKJV

Share what Jesus is teaching you. Read Scripture together. Pray together. Talk about how to obey what you read. If someone asks a question you cannot answer, say, **“I don’t know. Let’s find the answer together.”** You do not need all the answers. You need to keep following Jesus.

2. “I Don’t Know How to Start”

Many Christians have heard about discipleship but have never been shown how to disciple another person. That can make disciple-making seem hard. It does not have to be.

Start with one person and one simple invitation: **“Would you like to meet with me each week and learn how to follow Jesus together?”** Read a passage from the Bible. Ask what God is showing you and what you should do about it. Pray together. Encourage each other to obey Jesus.

3. “I’m Afraid I’ll Do Something Wrong”

Fear stops many people before they ever begin. What if I say the wrong thing? What if they ask a hard question? What if I fail? Remember who is really doing the work.

“...and lo, I am with you always, even to the end of the age.” - Matthew 28:20 NKJV

The command to make disciples comes with a promise: **Jesus is with us.** Pray before you begin. Ask the Holy Spirit to guide you. Trust God with the results. Your job is faithfulness.

4. “I Don’t Have Enough Time”

Life gets busy. We have work, family, church, appointments, and responsibilities. But disciple-making does not always require adding another large program to your life.

Invite someone into the life you are already living. Have coffee together. Eat lunch together. Take a walk. Read Scripture before work. Pray over the phone. Invite someone to serve with you. Discipleship is sharing your life as you both follow Jesus.

5. “I Don’t Know Who to Disciple”

Start with prayer: **“Lord, show me one person I can help follow You.”** Then look around you.

Who is already in your life? A friend? A family member? Someone at church? A coworker? A new believer? Someone asking spiritual questions? Do not wait for the perfect person. Look for someone willing to take the next step toward Jesus. Then ask.

6. “I Don’t Feel Qualified”

You may look at your weaknesses and think, “God could never use me to disciple another person.” Jesus first called ordinary people. They made mistakes and struggled, but Jesus called them to follow Him.

“Then He said to them, ‘Follow Me, and I will make you fishers of men.’” - Matthew 4:19 NKJV

Notice the order: **Follow Me.** Then: **I will make you.** Jesus changes us as we follow Him. You do not have to become perfect before helping someone else. Stay close to Jesus and invite someone to walk with you.

Discipleship Is Simpler Than We Sometimes Make It

Programs, classes, books, and meetings can help, but they are not the heart of discipleship.

Be with Jesus.

Become like Jesus.

Do what Jesus did.

Help someone else do the same.

A disciple-making relationship is fruitful when the person being discipled becomes equipped to disciple someone else. Jesus called us to make disciples - and disciples make disciples.

You Don’t Need a Crowd

You can start deeply with one person. Imagine helping one person become a faithful follower of Jesus, then that person helping someone else, and that person helping another. That is multiplication.

“And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.” - 2 Timothy 2:2 NKJV

Your First Step

Take five minutes today and pray: **“Lord Jesus, show me one person I can help follow You.”**

When God brings someone to mind, reach out.

You could say: **“I have been thinking about growing closer to Jesus and helping others do the same. Would you like to meet with me once a week to read the Bible, pray, and grow together?”**

You do not need a crowd. You do not need all the answers. You do not need to be perfect. You need Jesus, a willing heart, and one person. **Start with one.**