



DISCIPLESHIP JOURNAL

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DAY 1

LET'S GET STARTED!

Why are you here? Are you expecting a great adventure? To hear from God some spiritual truth? Do you hope to just take good instincts? What brought you here? Whatever reason you are here, God has a plan for you and is planning something special for you this week. This week is a special opportunity to experience God's presence through connecting with others, challenging yourself, experiencing God's mercy and grace and growing into the person God is calling you to be.

This gift is not just for you however but is a special calling to be a part of something bigger, something more complete, something called **God's Kingdom** (Matthew 6:33).

We are here to help you hear more clearly what God is doing in your life and see how God wants you to be changed **'into the image of Christ'** (Rom 8:29). We strongly believe God loves you and cares deeply for you and that you are important to God. This week we will try to help you clear away the obstacles to hearing from God so that you may experience

**WHAT GREAT LOVE THE FATHER HAS LAVISHED ON US,
THAT WE SHOULD BE CALLED CHILDREN OF GOD!**

1 JOHN 3:1

Today's study helps us understand why the experiences you will have this week are important. Today we start to understand that when we unplug from **everything that weighs us down** and build a deep, lasting connection to the creator of the universe we deepen our understanding of how Jesus sacrificed for us

**BIBLE STUDY VERSES: JOB 12:7-10, PSALMS 46:10, EX 33:14,
EPH 4:1-16**

DISCIPLESHIP LESSONS

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SOLO JOURNAL QUESTIONS:

EXPLAIN IN YOUR OWN WORDS WHAT YOU
HOPE TO GET OUT OF THIS WEEK.

IF YOU COULD OUTLINE, 'THE PERFECT SPIRITUAL
EXPERIENCE' THIS WEEK WHAT WOULD IT BE?

HOW WOULD YOU COMPARE WHERE YOU ARE
TODAY, SPIRITUALLY, WITH WHERE YOU HAVE
BEEN IN THE PAST? DO YOU FEEL STRONGER OR
WEAKER IN YOUR FAITH AT THIS MOMENT?

DAILY STUDY/SOLO TIME

LOOK AT YOUR HANDOUT "SPIRITUAL SELF INVENTORY".
WHAT TRUTHS JUMP OUT AT YOU FROM THE EXERCISE?

WHICH AREAS OF GROWTH DO YOU THINK
YOU SHOULD WORK ON THIS WEEK?

WHICH ONE OF THE FOUR ELEMENTS (GROW,
CONNECT, EXPERIENCE, CHALLENGE) DO YOU
NEED MOST EXPERIENCE THIS WEEK? WHY?

WHAT WOULD IT LOOK LIKE IF YOU GREW IN YOUR
FAITH THIS WEEK? WHAT TYPES OF THINGS WOULD BE
IMPORTANT TO YOU AT THE END OF THIS WEEK?

DAY 2

CHALLENGE // WHY SACRIFICE IS IMPORTANT TO FAITH

Jesus said,

"If anyone wants to come after me, he must deny himself and take up his cross and follow me."

To deny yourself means to sacrifice what you want for what God wants. We are often hesitant to do this because we secretly worry God will want us to sell our stuff or move to Africa and live in poverty. The reality of sacrifice however is that we cast away things that distract, tie us down or keep us from God. Things such as pride, anger, selfishness, and even comfort must be constantly evaluated and cast aside. The casting aside of those things is simply called sacrifice. We sacrifice our wrong emotions, the feelings that tear us apart and try to replace it with the Love of God.

We often think about big moments of sacrifice like taking a bullet for someone or giving someone your kidney but the reality is the moments of sacrifice we most often need to practice are small acts of grace and help. It may be as simple as giving up your seat for someone else, letting someone cut in line when you were clearly there first, not getting angry when someone wrongs you, putting down your phone to listen to someone more closely, taking time to read scripture, these are the types of sacrifice the Lord desires.

The secret to living a life of these small sacrifices is practice. People who are good listeners practice good listening habits. People who are good at helping others seek chances to help out. Sacrifice (sometimes called giving back) is a mindset. It usually happens on purpose.

DISCIPLESHIP LESSONS

After some practice, we can all become more like Christ and live a sacrificial life. How can you practice giving yourself to others?

**BIBLE STUDY VERSES: MATTHEW 16:24-27, ROMANS 12:1-2,
EPHESIANS 5:2, LUKE 9:24, HEBREWS 13:15-16**

DAILY STUDY/SOLO TIME

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SOLO JOURNAL QUESTIONS:

WHAT DO YOU THINK IT MEANS TO "BE A LIVING SACRIFICE" AS THE ROMANS VERSE TALKS ABOUT?

WHAT TYPES OF THINGS WOULD SOMEONE WHO IS A "LIVING SACRIFICE" BE DOING ON A REGULAR BASIS?

DAILY STUDY/SOLO TIME

SACRIFICE CAN BE FOR SOMEONE ELSE OR A PERSONAL SACRIFICE. THE REALITY OF FAITH IS WE NEED TO MAKE SACRIFICES IN ORDER TO BE THE TYPE OF PERSON GOD CALLS US TO BE. MAKE A LIST OF 5 WAYS YOU COULD MAKE SACRIFICES THIS WEEK (EITHER PERSONALLY OR FOR SOMEONE ELSE).

EXAMPLES: HAVING MORE MEANINGFUL CONVERSATIONS WITHOUT BEING DISTRACTED, NOT USING YOUR PHONE AT ALL THIS WEEK, SERVING SOMEONE, PRAYING EVERY DAY THIS WEEK, GIVING UP A NEGATIVE ATTITUDE ETC.

WHAT ATTITUDES, HABITS OR ACTIVITIES WILL YOU HAVE TO ADAPT OR GIVE UP IN ORDER TO MEET YOUR 5 GOALS FOR THE WEEK?

DAY 3

EXPERIENCE // WHY IS WORSHIP IMPORTANT?

Jn our study yesterday we read Romans 12:1-2. In it Paul says that sacrifice is our “spiritual act of worship”. In scripture we see two types of worship. The first is the inner act of worship (sacrifice, prayer, a personal relationship with Christ) and the second is our outward act of worship (singing with others, church services, public prayer).

TRUE WORSHIP IS VALUING AND PLACING GOD ABOVE ALL THINGS

Worship is a mindset not just an act. Many Christians mistake our outward act of worship (often a service on Sunday) as the only form of worship and forget to practice the inward act of worship.

THE HOUR IS COMING, AND IS NOW HERE, WHEN THE
TRUE WORSHIPERS WILL WORSHIP THE FATHER IN
SPIRIT AND TRUTH, FOR THE FATHER IS SEEKING SUCH
PEOPLE TO WORSHIP HIM. GOD IS SPIRIT, AND THOSE
WHO WORSHIP HIM MUST WORSHIP IN SPIRIT AND
TRUTH. **JOHN 4:23-24**

Hebrews says we should offer up a “sacrifice of praise” to God. Have you noticed how much the word sacrifice is used when talking about worship? This is because all types of worship to God (inner worship and outer worship) require us to put aside our agendas, feelings, emotions and desires and take

up the desires of Jesus (this is sometime referred to “taking up your cross”) The best way to do this is by being this “living sacrifice” Romans talked about. Living Out God's desires for our life, not our own.

WORSHIP IS BEST WHEN OUR INNER WORSHIP CREATES IN US A DEEPER UNDERSTANDING OF GOD THAT THEN RESPONDS IN OUR OUTER WORSHIP.

Today we are going to do a few simple exercises that will help you have inner worship with God and help you grow closer to God. We will then finish the day in outer worship as a group.

**BIBLE STUDY VERSES: JOHN 4:23-24, ROMANS 12:1-2,
1 THESSALONIANS 5:16-18**

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SOLO JOURNAL QUESTIONS:

WE WILL START OUR SOLO TIME TODAY BY
HAVING A TIME OF "INNER WORSHIP".

The 1 Thessalonians 5:16-18 verse we just read, said we should "pray without ceasing" and "give thanks for everything". We are going to start solo time today with prayer. There are 7 different types of prayer listed in the Bible. Here they are (in no particular order): Adoration (Praise), Thanksgiving, Lament (Grief), Intercession (on behalf of someone), Deliverance, Repentance, Petition (Guidance). Take a moment and read the bible verses examples from each type of prayer.

CHOOSE TWO THAT SPEAK TO YOU THE MOST AND WRITE
YOUR OWN ONE OF THOSE PRAYERS IN YOUR JOURNAL.

ADORATION/PRAISE

This prayer is a prayer of things you want to praise God for. This type of prayer is often used in worship times and in songs sung in worship.

PSALMS 104:1-4

THANKSGIVING

This prayer is a prayer of thankfulness and is thanking God for blessings and gifts. Any and all blessings could be listed no matter how simple or what size they are.

DANIEL 2:20-23

LAMENT/GRIEF

Many Christians are uncomfortable with these prayers. Grief is hard and telling God about things that break your heart can sometimes be painful. Scripture is clear that God shares our grief and that expressing this to God is healing and life giving.

LUKE 23:27

INTERSESSION

These prayers (also called intercessory prayer) are prayers that you pray for someone else. It could be someone who is sick, hurting, lost, in need of help, that you are thankful for, etc.

EPHESIANS 3:14-20

DELIVERANCE

This prayer is similar to intercession, but is a prayer made asking God to deliver you or someone else from something. It could be deliverance from illness, greed, hurt, pain, suffering, or addiction. This prayer could be for someone else, yourself, a group of people, a church, nation, or any group of people.

LUKE 22:39-42

REPENTANCE

This prayer is also sometimes called “confession”. This type of prayer is us confessing and repenting our sins to God. While it is easy to think, “I don’t have to tell God what I did, God knows.” Repentance is an important part of our faith walk as the act of admitting what we did and submitting to God so that we may receive forgiveness transforms us in powerful ways. This step is crucial in our growth and development as people of faith and in our relationship with Christ. This could be big or small and range from confessing a wrong attitude to a time we wronged someone. It is an attitude of opening ourselves up to letting God forgive us.

LUKE 18:9-14

PETITION (GUIDANCE)

This type of prayer is asking God to guide you as you seek to walk in the ways of God. Similar to deliverance, these prayers give us an opportunity to claim our dependence on God and to put our trust in God by asking for help, admitting our dependence on God and putting our trust in God.

PSALMS 25-4-5, JEREMIAH 10:23-24

DAILY STUDY/SOLO TIME

DAILY STUDY/SOLO TIME

DAY 4

GROW // HOW SEEKING HOLINESS HELPS US GROW

SPEAK TO ALL OF THE CONGREGATION...AND SAY TO THEM, "YOU SHALL BE HOLY FOR I THE LORD YOUR GOD AM HOLY." **LEVITICUS 19:2**

*A*s followers of Christ we are called to holiness. Holy seems to be a "church" word. Church words are words we hear in church all the time but may not actually know the meaning of or how to explain them to other people.

Holy is defined in the dictionary as "dedicated or consecrated to God". Words like devoted and exalted are also used as well as the alternate definition "having a divine quality." To be holy is to be dedicated to God, God's purposes and to becoming more like the example of God's son Jesus Christ. To seek to be holy is to seek God's will for your life through a relationship with Jesus.

A relationship with Jesus looks similar to a relationship with anyone else. It means spending time with them (prayer is the best way with Jesus) as well as trying to get to know their thoughts and feelings (reading scripture works well here too).

Holiness is dedicating yourself to God and God's son Jesus by trying to live your life by following Jesus' example. One way to interpret, "Be holy as I am Holy" can also be "do what Jesus did."

DISCIPLESHIP LESSONS

Today our solo time is going to focus on building that relationship with Christ as well as give us an opportunity to practice spiritual disciplines that help us grow in our faith and holiness.

BIBLE STUDY VERSES: MATTHEW 4:1-11, MARK 8:1-10, LUKE 5:16

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SOLO JOURNAL QUESTIONS:

IN THE MATTHEW SCRIPTURE JESUS WITHSTOOD TEMPTATION TO STAY TRUE TO HIS CALLING. WHAT LESSONS CAN WE LEARN FROM HOW HE RESPONDED?

THE VERSE FROM MARK 8, SAID, "JESUS HAD COMPASSION FOR THESE PEOPLE" THIS IS OFTEN THE SAME AS BEING SAD. WHAT THINGS MAKE YOU SAD THAT YOU WOULD LIKE TO TELL GOD ABOUT?

WHAT ACTIVITIES IN YOUR LIFE STAND IN THE WAY OF YOU BECOMING MORE HOLY (LIKE JESUS)?

DAILY STUDY/SOLO TIME

WHAT EXCUSES DO YOU MAKE FOR NOT
SPENDING TIME WITH JESUS?

IF SOMEONE YOUR AGE ASKED YOU HOW TO BE MORE
HOLY, WHAT SUGGESTIONS WOULD YOU TELL THEM?

WHY DO YOU THINK PRAYER IS SO
IMPORTANT TO BEING HOLY?

LOOK AT THE PRAYER RESOURCES IN YOUR "FIELD
GUIDE" PICK ONE OF THE EXERCISES TO TRY OR USE
THE SPACE BELOW TO WRITE YOUR OWN PRAYER.

DAY 5

CONNECT // WHY COMMUNITY IS IMPORTANT

Jf we, as the human race, have learned anything from the past several years it is that true community is vital to who we are. Our community, our tribe, our people, our family or friends, whoever surrounds us, deeply matters. A good community of people helps us thrive and succeed, a bad community of people drags us down and tears apart our self esteem, morals, and options.

Jesus places a high value on community through the gospels. In fact, the only times we see Jesus alone in scripture is while he is praying. Jesus chooses to be around purposeful community every chance he gets.

LOOKING AT THOSE SEATED IN A CIRCLE AROUND HIM, HE SAID, "HERE ARE MY MOTHER AND MY BROTHERS! FOR WHOEVER DOES THE WILL OF GOD IS MY BROTHER AND SISTER AND MOTHER." MARK 3:34-35

Good community is sometimes hard to find however. You may find yourself limited by factors that do not allow you to have a healthy community or to be around others who build you up and not tear you down. On trail this week we have formed our own community. One that has hopefully built you up and encouraged you. Today we are going to look into what makes a good and healthy community. The solo questions for today are designed to help you better identify what a healthy community looks like and how you can help make the community you are involved in a better place.

DISCIPLESHIP LESSONS

**BIBLE STUDY VERSES: 1 CORINTHIANS 12:12-30, ROMANS 12:3-8,
EPHESIANS 4:1-13**

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SOLO JOURNAL QUESTIONS:

IN 1 CORINTHIANS, THE APOSTLE PAUL COMPARES A HUMAN BODY TO THE BODY OF CHRIST. HE USES THE EXAMPLE OF A COMMUNITY BEING MADE UP OF "NOT ONE PART BUT MANY". WHAT ELEMENTS DO YOU THINK MAKE UP A HEALTHY GROUP OF FRIENDS? (MAKE A LIST)

IN 1 CORINTHIANS 12:27, PAUL SAYS PLAINLY, "YOU ARE THE BODY OF CHRIST"? LOOK AT YOUR LIST ABOVE. WHICH OF THE ELEMENTS ON IT (OR PARTS OF THE BODY) DO YOU THINK YOU ARE OR COULD BE IN A GROUP OR YOUR GROUP OF FRIENDS?

ROMANS 12:6 SAYS, "WE HAVE DIFFERENT GIFTS ACCORDING TO THE GRACE GIVEN US". IF YOU HAVE NOT TAKEN YOUR SPIRITUAL GIFTS ASSESSMENT, STOP AND DO IT NOW. IF YOU TOOK IT ALREADY, LOOK AT YOUR GIFTS LIST. HOW CAN YOU BETTER USE YOUR GIFTS FOR BUILDING UP OTHERS?

DAILY STUDY/SOLO TIME

IF SOMEONE TOLD YOU THEY WERE NOT USING THEIR SPIRITUAL GIFTS CURRENTLY, WHAT ADVICE WOULD YOU GIVE THEM ABOUT HOW TO USE THEIR GIFTS TO HELP OTHERS?

ROMANS 12:9-13 SAYS "LOVE MUST BE SINCERE. HATE WHAT IS EVIL. CLING TO WHAT IS GOOD. BE DEVOTED TO ONE ANOTHER IN BROTHERLY LOVE. HONOR ONE ANOTHER IN BROTHERLY LOVE." HOW WOULD YOU REWRITE THAT STATEMENT TODAY TO REFLECT HOW FRIENDS SHOULD TREAT EACH OTHER AND OTHER PEOPLE?

LOOK AT THE STATEMENT YOU WROTE. IN WHAT WAYS DO YOUR FRIENDSHIPS (YOUR COMMUNITY) REFLECT THAT, AND IN WHAT WAYS DOES YOUR COMMUNITY FALL SHORT? HOW DO YOU THINK YOU CAN ADDRESS THAT?

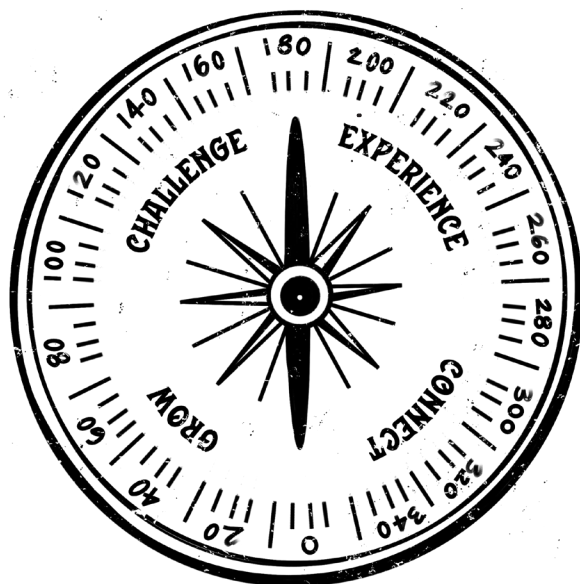
DAY 6

HOW DID YOU SEE GOD THIS WEEK?

The goal of today is to reflect and identify how you saw God working this week. We hope that your spiritual journey this week encourages you to live your faith out in new ways. Our goal is to help you become a lifelong follower of Christ. Your journey has just begun. By spending some time reflecting on your “mountain top” experience, you will be better prepared to enter back into your life off trail.

God was no doubt presented to you in new and exciting ways this week. Maybe it was a new friendship, or a sunrise that crept up the mountain like an incoming tide, or a section of Gods word you had never read before, or maybe it was a sunset that bathed light across the sky. Perhaps it was the view from a mountain top, or a solo time that spoke deeply to your heart. Whatever ways you experienced God, we hope you take home one main idea.

**GOD IS ALWAYS PRESENT IN
YOUR LIFE, YOU ONLY SAW
IT MORE CLEARLY THIS WEEK
BECAUSE YOUR FOCUS CHANGED.**



The 4 paths you traveled this week will serve you well for many years to come. It is in seeking God through spiritual actions such as growing, experiencing, connecting and challenging that you can find the relationship with Jesus that brings the joy and peace spoken about in scripture.

Faith is a wonderful journey filled with ups and downs, starts and stops, laughter and sometimes sorrow, but it is a journey that rarely disappoints when we travel with others. Hopefully this week blessed you with new friendships, deep conversations, encouragement, joy, a few blisters, and an understanding that God deeply desires a relationship with you. All you have to do is seek God every day, the way you did this week.

May your next trail be filled with as many blessings as this past week was.

**BIBLE STUDY VERSES: JEREMIAH 29:11-14, JOSHUA 1:3-9,
DEUTERONOMY 6:1-25**

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SOLO JOURNAL QUESTIONS:

MAKE A LIST OF WORDS THAT WOULD
DESCRIBE HOW YOU GREW THIS WEEK.

WRITE A FEW STATEMENTS ABOUT HOW YOU
EXPERIENCED JOY AND LOVE THIS WEEK.

FINISH THIS SENTENCE, "THIS WEEK I SAW GOD..."

DAILY STUDY/SOLO TIME

TAKE A FEW MINUTES AND GO BACK OVER YOUR SOLO TIME JOURNALS. LOOK AT WHAT THINGS GOD REVEALED TO YOU THIS WEEK. NOW FINISH THIS STATEMENT, "GOD TAUGHT ME..."

WHAT ELEMENTS OF WHAT YOU EXPERIENCED THIS WEEK COULD YOU DO BACK HOME TO KEEP GROWING IN YOUR FAITH?