

**the
Table**

Discipleship Resource

**to make life-long and life-wide
disciples of Jesus Christ.**

Fall 2026 Edition

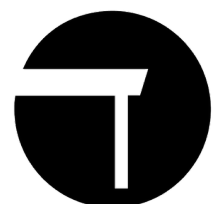
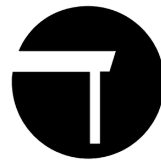


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Getting Started

Session 1

Overview & Purpose

This series is not designed as a curriculum for classroom lectures. It is designed as a resource that fosters relational discipleship. While we believe there is valuable information here for students, the goal of all this is not just to convey information. The goal is discipleship. With that as our goal, we have designed this resource as a workbook that is meant to be done before you meet each time. This will allow time for prayer, reflection and more fully considered thoughts on the questions that are being asked.

That also means applying the things we are learning. It means being honest about our failures and our need for grace. It means following the example of godly Christians. And all of those things require a relationship. So the goal of this session is to get to know one another, while setting some expectations for this mentoring relationship.

Story Time

Before you go any further, take some time to share your stories with each other. Take turns sharing your answers to the following questions (which we stole from the book Growing Together by Melissa B. Kruger).

1. How did you become a Christian? If you're not sure if you're a Christian, what keeps you from believing in Jesus?

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2. What ministry, person, or book has God used to deepen your faith?

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3. Is there a particular verse, passage, or book of Scripture that you would consider significant in your life? Why?

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4. What was your family like? How does your relationship with your family members impact or influence your relationship with God and others?

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5. Have you ever had anyone mentor you? If so, what did that relationship look like? What were some of your biggest takeaways from that relationship?

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6. How has knowing Jesus made a difference in your life? How would you describe your affection for him at this point in your life - vibrant, warm, lukewarm, cold, indifferent, angry, or fearful?

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7. What truth about God supports you in times of struggle or trial? What trials have affected your life, and how have you received comfort from the Lord in them?

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Expectations

Our hope and prayer is that this series serves as a jumping-off point for your relationship to bear fruit of discipleship. Because discipleship is our goal, you may not work through this resource quickly. There may be weeks you will only get through a couple of questions, and that's okay. But, even the best resources are of little help if those participating aren't on the same page. We want to have clear expectations of where we are going and how we want to get there. Here are some questions we want to encourage you to confirm as you meet this week to help set those expectations.

- **What day will we meet each week?** _____
- **What timeframe will we meet each week?** _____

(If one hour each week is all you have available, communicate that upfront. This simple detail will help you prioritize what you talk about in that hour.)

- **Where will we meet each week?** _____
- **Duration?** _____

This type of mentor relationship is not designed to be for a lifetime, rather it is seasonal in nature. Because this was designed with college students in mind, it would be helpful to think in school semesters.

- **What do we want to go over when we meet?** _____

(As you begin to wrap this series up, take time to pray and consider what might be next. If you need suggestions, we have included a few ideas at the back of this book. You can also grab any of the Table team to help you.)

Each of these questions can be reevaluated at any point, particularly as semesters change, but don't be quick to make changes. The habit of consistently meeting and guarding that time is an important part of your relationship growing.

To our mentors...

It can be easy for some to think of themselves as unqualified to mentor. We can read Titus 2 and quickly question our ability to "proclaim things consistent with sound teaching" as thoughts of perfection and seminary degrees jump to mind. Let us assure you, that is not what Paul is asking as he writes those words in Titus. A humble posture of faithfully trusting and walking with the Lord as he refines you by His Word, His Church and His Spirit is the very thing younger disciples need to witness. May it never be by your own strength and power that you mentor, but by the Lord's.

- Pray for your student on a regular basis
- Pray for wisdom and discernment as you meet (James 1.5)
- Pray for "Christ to dwell in our hearts", that we might "comprehend the depth of God's love" and "be filled with the fullness of God" (Ephesians 3.16-19)
- Pray for God to carry to completion what he began in their life (Phil 1.6)
- Be faithful to this relationship
 - Check on them during hard seasons of school
 - Follow up with them when they ask for accountability or if deep things have been shared in your time together
 - Send verses, articles or books that you are being encouraged or shaped by
 - Invite them to dinner with your family or friends
 - Consider serving together at church or places in our community like Our Daily Bread

To our mentees...

Whether you have been the one pursuing an older disciple or have been pursued by an older disciple who wants to pour into you, recognize that this discipleship relationship is a gift to your walk with the Lord, but it will only grow through putting in the work. A mature faith is not something we stumble into rather something we cultivate intentionally over time through the power of the Spirit.

- Pray for your mentor
 - For their lives to be marked by rejoicing in the Lord (Phil 2)
 - To be strengthened by the Gospel, to the praise of Christ Jesus (Rom 16.25-27)
 - For God to carry to completion what he began in their life (Phil 1.6)
- Be faithful to this relationship
 - Honor the time you have set by being on time
 - Come with assignments complete and ready to discuss
 - Take time to think through a question or two for your mentor ahead of time
 - Be honest about how you are doing and where you are struggling
 - Consider ways to encourage your mentor

"Therefore, my dear brothers and sisters, be steadfast, immovable, always excelling in the Lord's work, because you know that your labor in the Lord is not in vain." 1 Cor 15.58

Memory Work

Ephesians 2.1-10 is a beautiful and theological rich summary of the Gospel. Every week, we'll work to memorize one verse from this passage. Sometimes we will include the previous weeks verse so you can see how the section is building together in your memory work. You may need to try other ways to help get a section of scripture memorized that can match your learning style better. We believe it is worth our efforts to hide God's Word in our hearts so that it might transform us into the image of Christ more and more!

With the space below, write out our text three times.

Ephesians 2.1 - "And you were dead in your trespasses and sins"

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Prayer

At the close of each section, we would want to invite you to slow down and write a prayer to the Lord. There will be different prompts given to help you engage with the Lord in prayer. You can write in full sentences or even bullet points. The goal isn't journaling itself but the opportunity to draw near to God in pray. The process of writing helps us be more intentional and focused as we pray.

What are things we can be praying over together currently and for this semester?

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Defining Discipleship

Session 2

Overview & Purpose

Discipleship is the goal of this mentoring relationship, so it's important for us to know what we mean when we use that word. For answers, we'll look at what the Bible says, and we'll also explore a diagram that we use at the Table to discuss this process.

Discipleship in the Bible

How would you describe it? What does being a disciple entail?

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Read these scriptures, then answer the following questions:

Matthew 4.18-22

Matthew 28.18-20

Colossians 1.28-29

Stop and Reflect

1. Only one of these texts even uses the word, “disciple” in it, but all three of them deal with this topic. So what does each of them teach about discipleship?

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2. In Matt. 28, Jesus says his followers are to make disciples and that they should do at least two things with them. What are they? Why do you think he mentions those things?

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3. In Col. 1, what does Paul say he labors and strives for? What’s his goal?

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4. Do you see anything strange about the way Paul describes his striving in v.29? Who does “his” refer to?

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A Discipleship Definition

In his book, Real Life Discipleship, Jim Putnam looks to Matthew 4.19 for his definition of discipleship. According to this verse, he says, discipleship can be defined as...

Following Jesus (“follow me”), being changed by Jesus (“I will make you”), and committing to the mission of Jesus (“fish for men”).

How close is that definition to the one you gave earlier? Would you add anything to this definition?

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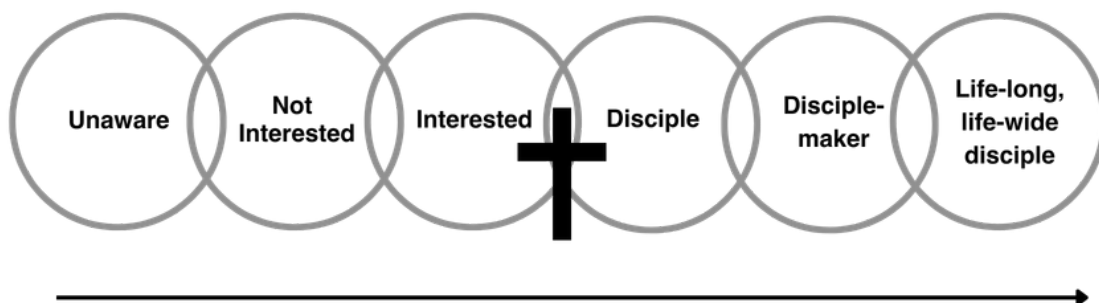
The Circles

Paul says his goal is to present everyone mature in Christ. This is our goal at the Table. Take a look at the Table’s mission statement:

To reach students with the Gospel, making life-long and life-wide disciples of Jesus.

One of the ways we illustrate this goal is with a series of overlapping circles.

Chain of Discipleship



Every human being falls in one of these six circles

1. Unaware - This person has heard little, if anything about Jesus (primarily people in unreached countries).

2. Not Interested - This person has some concept of Jesus, but doesn't want anything to do with him. This can range from antagonism to apathy.

3. Interested - This person has heard about Jesus, and wants to know more. But, they have not yet chosen to follow him. This can range from simple curiosity, to a mental ascent that is not fully ready to commit.

4. Disciple - This person has heard the Gospel, and responded in faith. They have trusted Jesus to save them from their sins. Though there is still a lot of growing to do, they are committed to Jesus as Lord over their lives.

5. Disciple-Maker - This person is not only following Jesus, but they are actively using their gifts, time, and resources to help others know and follow Jesus.

6. Life-Long, Life-Wide Disciple - This person is a mature (though not perfect) follower of Jesus. Their commitment to Jesus affects every aspect of their lives, and they are marked by consistent growth.

A False Category

We didn't invent the circles diagram above. There are several versions of this, used by different ministries and churches. And some of those versions use another circle between "Interested," and "Disciple." That circle is labeled, "Believer." The idea is that there are some people who believe in Jesus but are not disciples of Jesus. This, however, is not a real category. In the Bible, to be a believer in Jesus is to be a disciple of Jesus. A "Believer" who has no desire to follow and obey Jesus is not actually a believer.

For more, see John 14.15; 1 John 1.5-10; Matthew 28.18-20; James 2.

Where would you place yourself on this chart? What would you say is your greatest hindrance to moving into the next circle?

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Our Four Legs

At the Table, we have four major values we seek to instill in students.

- 1. A Gospel-Centered Life**
- 2. Formational Rhythms**
- 3. Commitment to the Church**
- 4. Missional Living**

Over the next weeks, you will be studying these four legs together. You will discuss what they mean and how you can live them out as you pursue life-long, life-wide discipleship.

Memory Work

With the space below, write out this weeks text one time and then say it out loud three more times.

Ephesians 2.1-2 - “And you were dead in your trespasses and sins ² in which you previously walked according to the ways of this world, according to the ruler of the power of the air, the spirit now working in the disobedient.”

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Prayer

Take a few moments to write a prayer to God, asking him to help you grow up in Jesus this semester.

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Discipleship Check-in

Session 3

If discipleship is going to take place in our lives, we need to be honest with ourselves and others about where we need to grow. Before your next meeting, fill out the attached Discipleship Check-In Sheet, and come back ready to discuss that with your mentor. This is something you will come back to multiple times this year.

Before you begin, pray and ask the Lord to help you answer the following questions with grace and humility.

How are you doing in these areas? (1=weak, 5= strong)

1. Time in God's Word	1 2 3 4 5
2. Ability to handle God's Word	1 2 3 4 5
3. Ability to share the overarching story of scripture	1 2 3 4 5
4. Time in prayer	1 2 3 4 5
5. Time in other spiritual rhythms (solitude, fasting, memorization, etc.)	1 2 3 4 5
6. Ability to share the gospel with others	1 2 3 4 5
7. Your loving obedience to Jesus	1 2 3 4 5
8. Your love for the Church (as measured by involvement)	1 2 3 4 5
9. Living in joyfulness	1 2 3 4 5
10. Putting sin to death	1 2 3 4 5
11. Your anxiety	1 2 3 4 5
12. Your contentment	1 2 3 4 5
13. Your sleeping habits	1 2 3 4 5
14. Your time management	1 2 3 4 5
15. Your effort in school and work	1 2 3 4 5
16. Your relationship(s) with roommates	1 2 3 4 5
17. Your relationship(s) with close friends	1 2 3 4 5
18. Your relationship(s) with unbelievers	1 2 3 4 5

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|---|---|---|
| 19. Do you consistently honor the Sabbath? | Y | N |
| 20. Have you been involved in the body of Christ this week? | Y | N |
| 21. Have you viewed sexually provocative material this week/recently? | Y | N |
| 22. Have you maintained pure relationship(s) with the opposite sex? | Y | N |
| 23. Have you maintained pure relationship(s) with the same sex? | Y | N |

Stop and Reflect

1. As you look back at the check-in, what areas are you consistently strong in? Has that always been true? Can you pinpoint when that began to change for you and why?

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2. As you look back at the check-in, what areas are you consistently weak in? Has that always been true?

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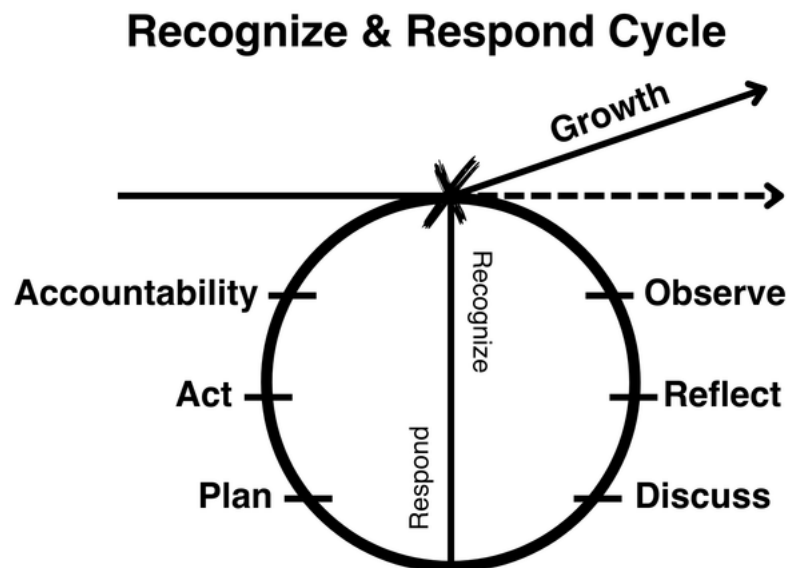
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Recognize & Respond Cycle

As disciples of Jesus Christ, we are being transformed into the image of our Lord through the power of the Holy Spirit (2 Cor 3.18). The Recognize and Respond Cycle can serve as a helpful visual for this ongoing sanctification process, where we are being made holy, looking more and more like Jesus.

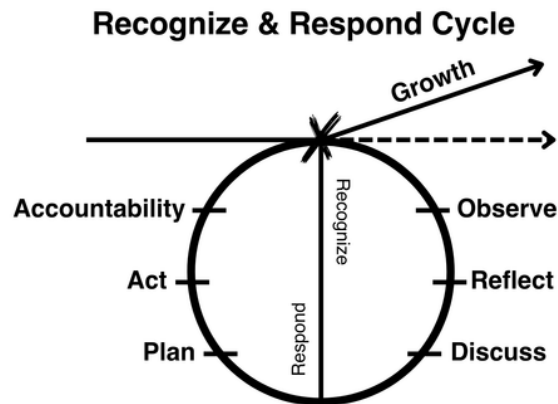
The line represents our life, and the X represents a divine moment God uses to get our attention. When this happens, we have an opportunity to recognize and respond to God or ignore him and keep going. These moments are opportunities God is giving us to grow closer to him and his mission to redeem all things. In these moments, we recognize God's voice and respond to him in obedience, spiritual growth and maturity follow.



1. Observe - Consider what thoughts, feelings or actions God might be wanting to help you recognize in a given moment.
2. Reflect - Spend time thinking and praying over what God might be trying to teach you from this interruption.
3. Discuss - Bring what you have been observing and reflecting on to a godly person or two in your life who you trust. Invite them to help you recognize the biblical truths God is pointing out.
4. Plan - Take the truths that God is reshaping your mind around and create practical steps to align with his word.
5. Act - Begin to put those steps into action.
6. Accountability - Utilize the gift of having godly people around and invite them to regularly ask you how your plan to respond to God's leading is going.

Recognize & Respond Cycle - put in practice

As you look back to your Discipleship Check-in, choose one area that you marked as weak and run it through the recognize and respond cycle. This check-in can be a moment the Lord is using to help you grow closer to him and his mission to redeem all things.



1.Observe - based on your check-in, what thoughts, feelings or actions may God want to help you recognize and respond to his leading in?

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2.Reflect - spend time thinking and praying over what God might be trying to teach you from this interruption. Are there any scriptures you can point to that help you clarify what God may be teaching you right now?

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3.Discuss - what observations and reflections do you need to talk with your mentor about?

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Recognize & Respond Cycle - put in practice

4. Plan - based on the truths that God is reshaping your mind around, what practical steps should you take to align with his word?

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5. Act - begin to put those steps into action.

6. Accountability - with your mentor, talk about a plan for how they can help keep you accountable to the plans that you are making.

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Memory Work

With the space below, write out our text one time and read it out loud three more times.

Ephesians 2.3 - “³We too all previously lived among them in our fleshly desires, carrying out the inclinations of our flesh and thoughts, and we were by nature children under wrath as the others were also.”

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Prayer

Take a few moments to write a prayer to God, asking him to help you recognize and respond to the moments he is using to lead you closer to him.

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Gospel-Centered Life: Pt.1

Session 4

Overview & Purpose

The Gospel is central to everything we do and everything we are as followers of Jesus. If we don't continually preach the Gospel to ourselves, discipleship will become legalistic, or a mere self-improvement project. So it's essential that we 1) know the gospel 2) know how to apply its truths to our lives.

What is the Gospel?

If we're going to live a Gospel-Centered Life, we have to be sure we understand the gospel.

1. So what does that word mean? How would you define the gospel?

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2. What would you say are the key elements of the Gospel? In other words, if you were explaining the Gospel to someone what truths would they need to know in order to become a Christian?

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There’s no single passage in Scripture that lists every element of the Gospel, but there are a few places that give some really good summaries. Read through the following text, and take note of what truths are mentioned in each.

1 Corinthians 15.1-6: Now I want to make clear for you, brothers and sisters, the gospel I preached to you, which you received, on which you have taken your stand ² and by which you are being saved, if you hold to the message I preached to you— unless you believed in vain. ³ For I passed on to you as most important what I also received: that Christ died for our sins according to the Scriptures, ⁴ that he was buried, that he was raised on the third day according to the Scriptures, ⁵ and that he appeared to Cephas, then to the Twelve. ⁶ Then he appeared to over five hundred brothers and sisters at one time; most of them are still alive, but some have fallen asleep.

Stop and Reflect

1.What are some key themes that pop up in these six verses?

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2. Are there key elements in these that didn't make it into your Gospel summary? Are there any elements from your summary that you didn’t see in any of these?

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3. Can you think of any other texts that have good Gospel summaries in them? [here are a couple to get you started - Ephesians 2.1-10, Titus 3.3-7, and Acts 2.22-39]

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4. As you expand the verses you are looking at, what other common themes pop up when it comes to understanding the gospel?

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5. Look back to your original definition of the gospel. Is there anything you would update now that you have taken time to read and study more parts of scripture that discuss the gospel?

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The Gospel

Here's a brief summary of the Gospel as we might explain it.

God is the creator of all things, including human beings, whom he made in his image (Genesis 1:27). As Image Bearers, we were made to know God, to display his goodness and glory, and to walk with him in obedience. But the sad story of humanity is that we have not done that. Everyone of us has rejected God and his rule, choosing to go our own way instead (Isaiah 53:6, Romans 3:23). The Bible calls this act of rebellion, "sin." Sin separates us from God, brings brokenness into our lives (and the rest of the world), and marks us as deserving of God's righteous judgment (Romans 6:23).

But the good news is that because of his great love for us, God sent his Son Jesus to save us through his life, death, and resurrection (Eph 2:4-5). Jesus is the rightful king, who restores God's reign on earth. He's also the true Savior who redeems us by dying in our place, taking the punishment we deserved. When we repent of our sins, and place our faith in Jesus, God declares us righteous, reconciles us to himself, and raises us as a new creation in Jesus (2 Corinthians 5:17-21). We don't do anything to earn or deserve this. It's a free gift (grace) that is given to us in Christ, allowing us to live with God forever (Romans 6:23)

Take a moment to think through this Gospel summary. If there's anything here that doesn't make sense, or any questions you have, write those down below so you can talk about them with your mentor later.

Memory Work

With the space below, write out our text twice and read it out loud three more times.

Ephesians 2.4 - “But God, who is rich in mercy, because of his great love that he had for us,”

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Prayer

Take a few moments to write prayer of thanks to God for the gift of the Gospel.

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Gospel-Centered Life: Pt. 2

Session 5

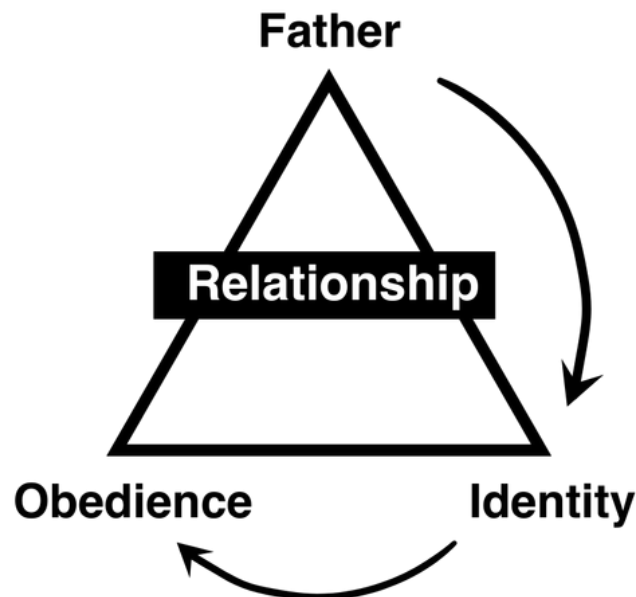
Overview & Purpose

Now that we've explored the truths of the Gospel, we want to explore how those truths affect our day-to-day living. In this session we want to define "Gospel-Centered Life" and discuss how to live this out.

Defining Gospel-Centered Life

We define Gospel-Centered Life as "Letting Jesus' work and identity affect every area of your life." That means Jesus is not just an add-on to everything you already have going. He's the thing that everything else fits into. And your relationship with him affects how you live in all those other areas.

To be able to live like this, we have to do more than just understand the Gospel. We have to understand how the Gospel affects us personally. At Sunnybrook & the Table, we use a triangle to help demonstrate this.



Understanding the Triangle

In this triangle, we see that we are given a relationship with the Father who then freely gives us a new identity in Christ. The Scriptures list a number of different aspects to this new identity. Take a look at the following texts.

What do each of these say about our new identity in Christ?

1 John 3.1-3

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2 Cor. 5.17-21

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1 Peter 2.4-10

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Gal. 3.27-29

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Col. 1.21-23

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Stop and Reflect

1.Can you think of any other descriptions that the Bible gives about our new identity in Christ?

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The relationship triangle also demonstrates this key biblical truth to us: our obedience flows from our identity. The more we understand who we are in Christ, the better we'll understand how we should live. We actually see this play out in some of the texts listed above. Not only do they describe our identity, they describe the obedience that flows from that identity.

2.Look over those first three Scriptures again - 1 John 3.1-3, 2 Cor. 5.17-21, 1 Peter 2.4-10. In what ways do they connect our identity to specific actions?

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It's critical when we look at the relationship triangle to get the direction of the arrows right. The natural human inclination is to move backwards through the triangle, which sounds something like this:

"If I can do enough good things (obedience) that will make me a good person (identity), which means I will be accepted by God (the Father)."

This is the opposite of the Gospel which tells me that God, through Jesus, has already accepted me and given me my identity. Remember: your identity is given, not earned.

Obedience is not the only way to try to earn an identity. We face a constant temptation to create identity through other things (money, success, relationships, human approval, self-discovery, etc). We need the Gospel to remind ourselves of what is true.

Self-made Identity says...	Gospel Identity says...
If I can be successful, I am IMPORTANT	My importance comes from being a Son/Daughter of the King (1 John 3.1-2)
If people approve of me (or if I have a significant other) I am LOVED	I am already loved, so much so that Jesus was willing to die for me (Rom 5.8)
If I am always busy, I am NEEDED/VALUABLE	My value comes from being God's own workmanship (Eph 2.10)
If I search inside, I'll discover my TRUE SELF	My true self is found in knowing Jesus (Col 3.2-4)

3.Can you think of some other ways people seek to create an identity for themselves?

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Mentors: In what ways have you tried to create identity for yourself and how has that affected you? How does the gospel speak to those man-made identities?

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Examining Yourself

After each discussion on one of the four legs, there will be a handful of questions you can ask to help you examine this characteristic in your own life. As you read through them, try to be honest with yourself, and seek input from your mentor. Don't beat yourself up if you're not where you want to be with all of these. Just use them as tool to help you see where you still need to grow, and where you can thank God for the work he's doing in your life.

Examining Your Gospel-centered Life

1. Can I clearly articulate the Gospel?

To live a Gospel-Centered Life, we must first be clear on the Gospel. If someone asked you "What is the main message of the Christian faith," or, "How do I get on right terms with God," would you be able to confidently answer that question?

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2. Am I regularly applying God's Word to my own life?

A Gospel-Centered Life requires regular interaction with and application of the Scriptures. So how often are you reading the Bible? And how well do you do at allowing the Bible to affect your day-to-day living and thinking?

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3. Do I generally live with a sense of joy in my Christian life?

This is not about being extroverted or over-the-top enthusiastic. We all have different personalities, and we will all experience times of sadness and hardship. But those who know Jesus have a hope and peace that is bigger than our circumstances. So there should be a sense of steady contentment that enables us to be okay through the ups and downs of our daily life.

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4. Is my obedience increasingly motivated more by love rather than anxiety or pride?

This can be tricky, because we may never have 100% pure motives. But the hope is that, as you grow in your understanding of all that God has done for you in Christ, you will grow in your desire to obey him out of love for him.

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5. Do I have a stable sense of identity in Christ?

Those who belong to Jesus receive a new identity as children of God and servants of the King. A Gospel-Centered Life means you are growing in your ability to live from that new identity rather than looking to your feelings, relationships, successes, human approval, or possessions to find a sense of purpose and worth.

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Stop and Reflect

1. Set aside 30 minutes to think through different ways you are tempted to create an identity for yourself, and then reflect on how the Gospel speaks to those things.
2. After reflecting, create your own chart like the one on page 23.

Self-made Identity says...	Gospel Identity says...

Memory Work

With the space below, write out our text one time and read it out loud three more times.

Ephesians 2.4-5 - “⁴ But God, who is rich in mercy, because of his great love that he had for us, ⁵ made us alive with Christ even though we were dead in trespasses. You are saved by grace!”

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Prayer

Take a few moments to write a prayer of confession on where you are tempted to create your own identity and ask the Lord to help root you in your gospel identity.

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Formational Rhythms

Session 6

Overview & Purpose

In our last session, we saw how the Gospel gives us new identity and purpose. In light of this, we want to live a different kind of life, one that is built around Jesus and his mission. But this is not always easy, and it certainly doesn't happen by accident. It requires intentionality. It requires maturity. This week we're talking about engaging in formational rhythms that enable us to serve God and the world around us.

Defining Formational Rhythms

We define Formational Rhythms as "Self-discipline for the sake of God and others." We use the term "formational" because we're talking about activities that form and shape us into the people God made us to be.

We use the term "rhythms" because the things that most shape us are rarely the big, one-time events but the small day-to-day habits that we regularly practice. So we want to engage in the kinds of habits that help us live out God's purpose for us. That purpose is touched on in the memory work we've been going over these last couple weeks:

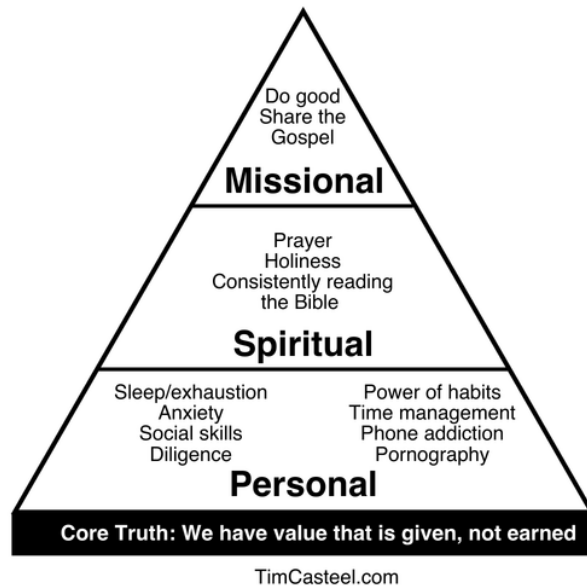
"For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do." Ephesians 2.10

Notice once again, that all of this flows from the Gospel truths described in Eph 2.1-9. God saves us, and then gives us a new identity and purpose/mission (that will be important!).

The Pyramid

A while back, we came across this diagram that was developed by a campus ministry in Arkansas. It's been really helpful in explaining how formational rhythms work.

Three Levels of Formation



Personal Rhythms are those rhythms/disciplines/habits that align us with God's design for human living. These include getting proper rest, eating well, delayed gratification, time management, freedom from phone/screen addiction, healthy relationships, etc.

Spiritual Rhythms are those rhythms/disciplines/habits that align us with God's heart. These include consistent Bible reading and prayer, solitude, Scripture memory, meditation, fasting, involvement in church, accountability, etc.

Missional Rhythms are those rhythms/disciplines/habits that align us with God's mission. These include serving in church, sharing the Gospel, volunteering at nonprofits, regular prayer for the lost and for missionaries, serving roommates, etc.

If you had to pick, which of these three layers comes easiest to you? Which is most difficult for you?

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Building from the Ground Up

All three layers are important and should be practiced, but the arrangement of the pyramid matters. A person who is seeking to live on mission without engaging in spiritual disciplines, like church involvement or Bible reading will eventually run dry, making their ministry less effective. And a person who is attempting to engage in spiritual disciplines without proper sleep or time management will feel like they are spinning their wheels.

In our experience, many students want to engage in the second and third layer, but they struggle to do these things because their bottom layer is crumbling. They're not getting proper rest. They're spending 5-10 hours a day on screens. They're constantly stressed because of overpacked schedules (or they don't manage their time well).

All of this is a recipe for exhaustion and poor mental/emotional health. And in times of stress and exhaustion, the tendency is to lean harder into the very habits that caused these problems (isolating from community, mindlessly scrolling through TikTok, not eating well). This is why it's critical to create healthy, intentional habits that form our hearts and minds in the right ways.

The Gospel as Foundation

We know we sound like a broken record, but it's important to remember that the Gospel is the foundation for all of this. The Gospel reminds us that our value and identity are given, not earned. This means we are free to rest sometimes because we don't have to prove our worth through constant busyness. It means we don't need social media to create identity.

It also means we can work on formational rhythms without turning them into a checklist to show how spiritual, important, or mature we are. And we don't have to feel overwhelmed with guilt when we fail to be as disciplined as we had hoped.

Read Titus 2.11-14 and Romans 12.1-2:

Both of these texts tie our self-discipline to Gospel truths. List the Gospel truths that you see in each text. List the descriptions of discipline and good works. In what ways does Paul connect the two in each text?

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Stop and Reflect

1.Unhealthy rhythms in the personal layer undermine our ability to live out the top two layers. How have you seen this to be true in your own life?

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2.On a scale of 1-10, how healthy would you say your phone use is? If you were to open up your screen time report, how much time would it say you spend each day on your phone?

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3.Do you have any questions about how to engage in specific spiritual disciplines (how to read the Bible, how to pray, how to have a quiet time, etc.)?

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Mentors: What rhythms/disciplines have you found to be helpful in your own life? What advice would you give about developing these disciplines?

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Choose one habit from each category that you want to put into practice this semester.

Personal

- Get 7+ hours of sleep each night
- Turn your phone off for an hour each day
- Curate media to 4-6 hours a week
- 1 hour of real face-to-face conversation a week
- Share a meal with someone each day
- Be active 2-3 times a week (even a short walk each day)
- Give up one thing for 24 hours, once a week

I want to work on this personal habit: _____

Spiritual (Hint: if you're not yet regularly reading the Word, do the first or second one)

- Have a morning quiet time (time spent in Scripture and prayer) 5 days a week
- Commit to reading Scripture before checking your phone each morning
- Pray on your knees three times a day (after waking, mid-day, just before bed)
- Fast from one meal each week, and spend that time in prayer
- Sabbath from all work for 24 hours each week
- Memorize one 2-3 verse Bible text every week
- Every day, take one section of Scripture (like your memory verse), set a 5 minute timer on your phone, then try to do nothing but think about that Scripture and its implications

I want to work on this spiritual habit: _____

Missional

- Set a daily reminder on your phone to pray for a lost friend
- Volunteer in your church
- Start a weekly gathering (basketball, game night) with some Christian friends, and then invite non-Christian friends to join you each week
- Try to bring up your faith in one conversation every day
- Become a weekly volunteer at Our Daily Bread or another charity in town
- Find one creative way to serve your roommates every week
- Introduce yourself to a non-Christian classmate, co-worker, or neighbor. Make it your goal to have a conversation with them every week, and pray for an opportunity to talk about Jesus with them.

I want to work on this missional habit: _____

Examining your Formational Rhythms

1. Do I have a regular habit of prayer and Scripture?

Prayer and God's Word are some of the basic building blocks of Christian life. So do you have a plan for engaging with these things each day, even if it's in small ways?

2. Am I beginning to explore and practice other spiritual rhythms like fasting, solitude, Scripture memory, etc.?

These are rhythms that might not be quite as frequent as Bible reading and prayer but engaging with one other habit like this on a weekly or monthly basis can be valuable and life-giving.

3. Am I consistently getting enough sleep?

This may not seem all that spiritual, but if you're not getting enough sleep (at least 7 hrs a night), it will make it much more difficult to pray, engage with God's word, find joy and fight temptation. School projects and certain events will sometimes prevent a full night's sleep, but these should be the exceptions, not the rule.

4. Do I have healthy habits in place for phone use, video games, and other media?

This can be a tough one, but so vital for spiritual and mental health. There's not a "one-size fits all" rule for this, but you should have some kind of limits and principles in place (like screen time limits and no phones in bed), so the world doesn't dominate your time and attention.

5. Am I generally living with a sense of steady peace?

It's natural to experience times of stress and even worry. But healthy formational rhythms should steady us a bit, so that we're not constantly overwhelmed and exhausted by life.

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Memory Work

With the space below, write out our text one time and read it out loud three more times.

Ephesians 2.6 - “⁶ He also raised us up with him and seated us with him in the heavens in Christ Jesus,”

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Prayer

Take a few moments to write a prayer of thanks for the ways the Lord has already been shaping your formational rhythms and ask him to help you become more self-disciplined for the sake of God and others with other formational rhythms.

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Discipleship Check-in

Session 7

Feelings and Truth

A couple sessions ago, you were asked to make a chart comparing self-made identity to Gospel Identity. This week we'd like you to do something similar on a broader scale. Take some time to pray and reflect on false narratives that you are prone to believe about yourself, about God, and/or about how life works best (Examples might include, "If I don't get into grad school, I'm worthless," or "I feel like God is always angry and disappointed in me," or "If I can make enough money, then I'll finally be happy/secure.").

Write those on the left. Then, on the right side of the "T", spend time finding truths from God's Word that speak to those lies. If you need help, ask your mentor!

Lies	Truth

Shapes

Over the last 6 weeks, you've looked at three different diagrams using shapes to demonstrate different principles of discipleship. Mentees, look back over those shapes, draw them out, and give a brief explanation of each.

Circles (the Discipleship Process)

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Triangle (Gospel Relationship)

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Pyramid (Formational Rhythms)

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Memory Work

With the space below, write out our text one time and read it out loud three more times.

Ephesians 2.7 - “⁷ so that in the coming ages he might display the immeasurable riches of his grace through his kindness to us in Christ Jesus.”

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Prayer

Take a few moments to write a prayer confessing lies that you have or are currently believing and ask the Lord to reveal what is true in scripture and for the Spirit to help you believe those truths.

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Commitment to the Church

Session 8

Overview and Purpose

The Christian life is not an individual faith journey. It is meant to be lived out in community. So if we are serious about becoming life-long, life-wide disciples of Jesus, we will be serious about our commitment to his people—the Church. This week, we’ll talk about why the Church matters, and how to integrate ourselves into a local church.

And One More Thing

Not everyone has had a healthy relationship with church. For some people, the word “church” is associated with deep pain and hurt. So before we jump in, let’s talk about your own experience with church.

How would you describe your relationship with church growing up? Life-giving? Painful? Complicated? Apathetic? Something else? Is that still how you would describe your relationship today or has it changed?

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The Church is made up of flawed people, so all of us will be hurt by our church brothers and sisters at some point. But some of us have received some deep wounds from the church family. Has that been your story? How have you worked through those wounds? Is that still something you’re working through today?

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Defining Commitment to the Church

We define commitment to the Church as, “Making life in the body of Christ a priority.” This means that we invest our time, gifts, and resources in a local church as we invest relationally in our brothers and sisters in Christ.

The Importance of the Church

In the book of Ephesians, Paul talks about the church a lot. Take a look at the following texts and notice different metaphors they use for church. What are they?

Ephesians 2.19-22 (if you need more context, back up to v.11)

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Ephesians 4.11-16

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Ephesians 5.25-32

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What aspect of the Church is being highlighted in each of the texts? What do they tell us about the Church’s importance?

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Each metaphor stresses a different aspect of the Church, but all of them highlight God's connection to her. She is God's family (Household), Christ's Body, and his Bride. The Church is far from perfect, and she has often been misrepresented by sinful people. But for all her flaws, Jesus loves his Church, and he has called us to love her as well (John 13.34-35).

What Makes a Church a Church?

Thought experiment: A group of students get together every week for a Bible study. At this Bible study, not only do they open up the Scriptures together, but they also spend some time in prayer, and fellowship. Someone even brings a guitar, and they sing worship songs together.

Question: Is that church? If you asked one of those students where they went to church, and he replied, "Actually, I go to this weekly gathering at my friend's apartment, and that's my church," would he be right? Is anything missing there?

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We would argue that, while that kind of gathering has some important church elements (fellowship, Scripture reading, prayer), it still lacks some of the key biblical criteria that makes a church a church. Things like:

Qualified Leadership - In the Bible, whenever a church is planted, one of the first tasks for the planting team is to appoint godly men to serve as elders for that church (Acts 14.23). The elders' task is to shepherd God's people, protect sound doctrine, and engage in church discipline when necessary.

Biblical Teaching (by someone with knowledge/authority) - A Bible study with friends is a great thing! But it shouldn't be our only source for Biblical instruction. It's important to have teachers with knowledge of God's Word who can help us rightly understand it and apply it to our lives (2 Tim 2.2).

Ordinances - This is just a fancy word for regular church rituals, specifically baptism and communion. Both of these were significant in the life of the Early Church (Acts 2.41; 1 Cor 11), and they are an important part of church life today.

We're not against student-led Bible studies. We think they're great! We just don't believe they (or campus ministries like the Table) should be substituted for involvement in a local, multi-generational church.

Older Disciples

Though the Bible never says that a church must be multi-generational, it is assumed throughout the New Testament that this will be the case. It was expected that those who were further along in their faith would invest in those who came behind them (Titus 2.2-4). This is one of the most valuable resources that the church can offer to young disciples. Most students miss out on this resource because college life surrounds us with peers while separating us from other age groups.

So how do we fix this?

Be involved at your church - Don't just go to services. Go to women's and men's gatherings, join a small group. Show up to church fellowship events. Introduce yourself to people in the church lobby.

Serve - One of the best ways to be around adults in your church is to serve alongside them. When you're volunteering in kids' church, youth group, or on a greeting team, you'll be doing those things with adults which create natural spaces to form friendships (we'll talk more about serving later).

Ask questions - Very few adults are going to give unsolicited wisdom to a student, especially if they haven't known you that long. If you ask them questions, many are happy to share. Basic, get-to-know-you questions like, "How did you meet your spouse?," or, "How did you choose your major?," can lead to bigger questions like, "What kinds of things did you look for in a spouse?," and "If you were giving advice to yourself at my age, what would it be?"

Where to Start

If you're not yet plugged into a specific church, here's how to start:

1. Be as consistent as possible on Sunday mornings, plus 1 other thing (the plus 1 could be Sunday School, small group, serving, etc).
2. Ask how to become a member, and then begin that process.
3. Start volunteering in one of the church's ministries.

Where are you in this process of plugging into a specific church? What do you think your next step needs to be?

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Further Discussion on Community

Are you more introverted or extroverted? What would you say are the strengths and weaknesses of your personality type when it comes to engaging in community?

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Do you tend to withdraw from community or lean into it in times of stress or hardship?

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Examining your Commitment to the Church

1. Am I regularly attending Sunday worship services with God's people?

Attendance is not the "end all, be all" of church life. But it's certainly an important part of it. Are you making it a priority to be well-rested, so you can gather with God's people in worship each week?

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2. Am I engaged in Christian community outside of Sunday morning?

As important as Sunday service is, if we limit church to that small window each week, we're missing out on all God has for us in His Church. So do you have any other time/place where you spend time around God's people and talk about the Christian life (small group, Bible Study, accountability group, etc.)?

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3. Do I have 2-3 Christian friends who truly know me, and I truly know them?

The Christian life was not meant to be lived alone. We need other brothers and sisters to walk alongside us. This means being close enough to a few people that you can be honest about difficulties, temptations, etc. in your life.

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4. Am I connected to any adults in my church?

One of the best resources in any church is the wisdom and experience of older believers. So how often are you around the adults in your church? How many do you know by name?

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5. Am I serving in my church?

Church is not just something you go to. It's a body in which you have a role to play. Are you finding ways to serve your church family?

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Check-in

You began working on your formational rhythms a few weeks ago. How are those going? Are there any adjustments you need to make for this next week?

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Memory Work

With the space below, write out our text one time and read it out loud three more times.

Ephesians 2.8 - “⁸For you are saved by grace through faith, and this is not from yourselves; it is God’s gift —”

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Prayer

Take a few moments to write a prayer thanking the Lord for the gift of his church.

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Missional Living Pt.1

Session 9

Overview and Purpose

God did not save us so we could then sit on the sideline and wait for heaven. Everyone who is saved by Jesus has been recreated “in Christ Jesus for good works which God prepared ahead of time for us to do” (Eph 2.10). As one Bible college professor used to say, “You stepped into the ministry, the moment you stepped out of the baptistry.” This week we’re going to take a look at something we’ve been touching on throughout this series: Missional Living.

Defining Missional Living

We define Missional Living as, “Living intentionally for Christ’s mission and his Church”. This means we view our everyday life—work, school, relationships, living situation—as a means that can be used to serve Jesus.

The Mission of the Church

Just as the Christian life is not meant to be an individual faith journey, the Christian’s ministry is not meant to be an individual mission. As a follower of Jesus, the Church’s mission is my mission. And what is that mission? For that, we turn once again to the Great Commission.

Read Matthew 28.18-20. According to those verses, what is the mission our king has given us?

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Put simply, the Church's mission is to make disciples of Jesus by sharing the Gospel with them, baptizing them, and teaching them to obey their new king. Notice, Jesus doesn't say "make converts." The work is not done once we've baptized someone. We are called to introduce people to Jesus and to help them grow up in Jesus.

As individual disciples we have a role to play in this, and that role takes place in two major categories: (1) building up and (2) reaching out. In this session, we'll focus on building up.

Building Up

The first category of missional living involves building up the Church. This idea of "building up" is a favorite for the Apostle Paul. Take a look at some of the following verses. According to these, what are some of the ways we build up the church?

Acts 20.32

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Romans 15.1-3

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1 Corinthians 14.12-19

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Ephesians 4.29-30

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Often, when people talk about building someone up, they mean something like “help them feel good about themselves.” And though the biblical idea can include encouragement, it’s bigger than that. It means “strengthening someone’s faith, joy, holiness, or wisdom.” Essentially, it means we are helping people grow in Christ.

This can be done through a lot of different means (teaching, giving, praying for missionaries, encouraging, serving, confronting, mentoring, pointing to Scripture, etc.). But, the New Testament most frequently uses the term “build up” in the context of spiritual gifts.

Spiritual Gifts

A spiritual gift is any ability given by the Spirit that helps fulfill Christ’s mission and/or strengthen His Church. These abilities seem to have an extra level of effectiveness in accomplishing their task, especially when used in a spirit of faith and prayer. A great summary of their purpose can be found in 1 Cor 12.4-11. Read that text together.

In those eight verses, we see two key truths about spiritual gifts:

- 1. Every Christian has at least one.**
- 2. The gift is not primarily for our own benefit. It’s for the benefit of others.**

If you’re not sure what your gift is, there are various online assessments you can take to help. But one of the most helpful tools we’ve seen is the following Venn diagram put together by J.D. Greear.



[Jesus Continued](#) by J.D. Greear

Abilities -- What do I seem to be good at?

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Affinities -- What do I like doing? What things am I passionate about?

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Affirmation -- What strengths have others pointed out? How have people mentioned being blessed by me?

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Usually the overlap of these things gives us a pretty good idea about what our gifts might be. But – and this is key – we can’t know those things if we’re not already serving. More important than knowing your gifts is using your gifts (and God can use your gifts, even if you don’t know what they are yet). So we encourage students to find ways to serve the church, and then pray that God empowers their service for effectiveness.

In what way(s) do you enjoy serving in ministry? Do you have any ideas about what your spiritual gifts might be?

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Read the other two lists of spiritual gifts (Rom 12.3-8 and Eph 4.11-13). Then look over the Venn diagram and list some possible ideas for each category. See if you notice any overlap. FYI: The spiritual gift lists in the Bible are not exhaustive, so your spiritual gift(s) might not be mentioned in any of those lists.

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Check-in

In our last session, you were asked to take steps toward plugging into your local church (if you haven't already), how did that go?

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How have your formational rhythms been going?

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Memory Work

With the space below, write out our text one time and read it out loud three more times.

Ephesians 2.8-9 - “⁸ For you are saved by grace through faith, and this is not from yourselves; it is God’s gift— ⁹ not from works, so that no one can boast.”

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Prayer

Take a few moments to write a prayer of praise to the Lord for his gift of salvation, his kindness to bring you to the Table/Sunnybrook and for his ongoing work to make you holy as he is holy.

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Missional Living Pt. 2

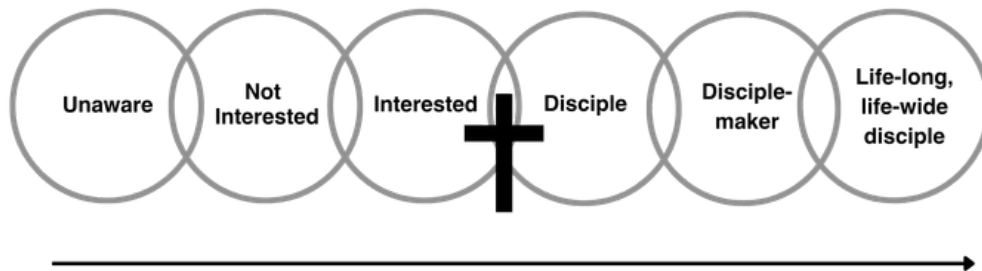
Session 10

Overview and Purpose

In our last meeting, we talked about Missional Living, and specifically living in a way that builds up the Church. Today, we want to talk about the second category of Missional Living, which is reaching out to unbelievers with the Gospel. We'll discuss why it matters, and then talk practically about how we can do that.

Back to the Circles

In our second session (Defining Discipleship) we introduced the following diagram.



In that session, we said that everyone falls somewhere in one of these six circles. And the mission of the Church is essentially to help people progress through these toward a deeper faith and commitment to Jesus.

Our focus last week was primarily on building up people in the last three circles (those who already follow Jesus). Today, we're focusing on reaching out to people in the first three circles.

Stop and Reflect

1. On a scale of 1-10, how comfortable are you talking about Jesus with non-Christians?

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2.What (if anything) is the greatest hindrance to you sharing the Gospel with others?

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Why This Matters

We've already seen from Matthew 28.18-20 that Jesus commanded his followers to do this. But why? Why does this matter? Go to Romans 10.9-17.

According to v.9, what must happen for a person to be saved from condemnation (eternal separation from God)?

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Starting in v.14, Paul describes a series of causes-and-effects that must happen before a person can call on Jesus. What are the steps in that series ("they cannot call, unless they...")?

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This is why Jesus has given the Great Commission, because God is on a rescue mission to redeem humanity (and all creation) to himself. But people cannot be redeemed without hearing the Good News (Gospel) of Jesus. Loving neighbors, serving our family, and being a good example to our roommates are all good things, and we should do them! But, they can't be saved by our love or good example. They need to hear the Gospel, which means they need someone to tell them.

Be a Link in the Chain

One of the reasons outreach can seem so overwhelming is that we often think of it as a solo mission. As though it's my responsibility to find some random person in circles 1 or 2, and then convince them to believe in Jesus, by perfectly presenting the Gospel and confidently answering all their objections. No wonder this sounds overwhelming!

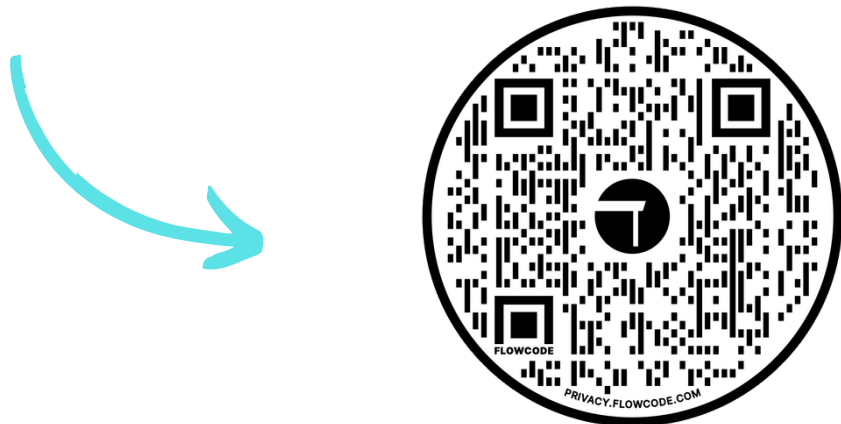
Sometimes people come to Christ that way, but this is rare. More often, a person becomes a Christian through a number of conversations with more than one individual, over the course of several months or even years.

When we talk to students about reaching lost friends, we use the phrase, “be a link in the chain.” That is, you don’t need to feel the pressure of taking your lost friend from circle 1 to circle 6 all by yourself. But, be willing to be part of the process. Be willing to demonstrate Christ’s love, to pray for them, and to talk about Jesus when the opportunity arises. Maybe God will use you to move them from circle 2 to circle 3. Maybe he’ll use someone else to move them from circle 3 to circle 4. Our job is simply to be faithful in pointing people to Jesus, and then we trust him with the rest (check out how Paul describes making disciples in 1 Cor 3.5-9).

Sharing your faith

Even though it’s not our responsibility to convert everyone by ourselves, we still need to be ready to talk about Jesus and the Gospel when the opportunity arises (1 Peter 3.15). Here are some things that might help with this.

- Know Scripture. You don’t have to be a Bible scholar to share the Gospel, but there is real power in the Word of God, so even knowing a few verses about the Gospel can be really important. Some great ones are Romans 6.23; 5.6-8; John 3.16-17; Titus 3.3-7.
- Be able to articulate a simple summary of the Gospel. Back in session 4, you were asked to write a bullet point summary of the Gospel (based on some of the Gospel summaries in the Bible). Be sure to know that well enough that if someone were to ask you what you believe, you could share that in 30-60 seconds
- Be ready to share your story. One of the most important resources you have is your own story of how Jesus has changed your life. Take a look at the “Sharing Your Testimony” resource in the appendix (pg. 55) and scan the QR code below to watch a video explaining more.



- Pray and pray and pray some more. After a few years of focusing on this, we have come to believe that prayer is the most powerful tool we have in making disciples. After all, the only person with the power to change human hearts is God. So pray regularly for your lost friends and family members. Pray that God would give them soft hearts toward the truth. Pray for him to give you more opportunities to talk about Jesus.

Who is one lost person that you feel a burden for? Someone that you want to know Jesus?

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Steps toward sharing your faith with a friend...

1. Meet your lost neighbor, co-worker, classmate, etc.
2. Regularly pray for them
3. Have "small talk" conversation with them
4. Mention anything about your faith (church events, God, prayer)
5. Service, hospitality, or generosity
6. Have a personal conversation with them (family, hurts, hopes)
7. Ask them what they believe
8. Tell them what you believe (the gospel); share your story
9. Ask them to come to a church service, event, activity
10. Call them to follow Jesus

Stop and Reflect

1. How far along that list are you with the person you just mentioned? What would it look like to take the next step?

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2. Take some time to write out your testimony using the "Sharing Your Testimony" resource in the appendix. Have it ready to share with your mentor.

Examining your Missional Living

1. Am I serving in my church and/or campus ministry?

Yes, this question was asked under Commitment to the Church. But living on mission starts by playing your part the Church's mission.

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2. Am I engaged in gospel-oriented relationships with unbelievers?

Our closest friendships will generally be with those in the Church, but we don't want to disengage with unbelievers around us. Are you praying for classmates, roommates, family members who don't know Jesus? Are you looking for opportunities to point them to him?

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3. Do I view my time, money, and abilities as resources for Christ's kingdom and am I using them as such?

Missional living means we are kingdom-minded about the gifts we've received from God. Are you thinking about how you can use these things to serve his people and his mission?

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4. Do I see the different spheres of my life as mission fields?

Missional living means thinking "life-wide." There are non-Christian people in almost every sphere of your life (in your classes, work, your family, the gym, etc.). This doesn't mean you grab a bullhorn & preach in each of those environments, but if we're living missionally we'll look for opportunities to reach out to those around us.

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5. When making life decisions, do I consider the effects those decisions have on the kingdom?

Life-long, life-wide disciples will seek to base their decisions not just on what will benefit them (financially, socially, etc.), but also on what will benefit the kingdom and the mission. This doesn't necessarily mean going into vocational ministry or even non-profit work. It just means you factor in ministry implications when you make small & big decisions.

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Closing Memory Work

Ephesians 2.10 - “¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.”

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Let's put it all together. Using the space below, write out Ephesians 2.1-10 from memory.

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Now go back through and see how you did. If you would like to try it again, use the space below.

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Closing Prayer

Commit to praying every day this week for your lost friend (set a daily reminder in your phone). Pray that God would open their heart to Jesus, and that he would give you opportunities to share with them. Let's begin by writing out your prayer for your lost friend now, asking the Lord to do a work in them.

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Sharing Your Testimony

A testimony is the story of how God saved you through faith in Jesus. Your testimony is a valuable tool in sharing the Gospel, and it can also be a great way to encourage the faith of other followers of Jesus. For this reason, it's important to learn how to articulate your testimony in a clear and simple way. It can be helpful to have a 15-20 minute version, that you can share in a Table group setting, or over a meal with someone. But it's also really helpful to have a 3-5 minute version that could be shared in casual conversation, when God gives you opportunities to talk about Jesus with a friend or acquaintance.

My life before Jesus

This is a brief sketch of your life before you became a Christian, along with a description of how you came to recognize your need to be saved from sin.

If you became a Christian in high school or later, this section will be fairly simple to articulate. If you gave your life to Jesus at a young age, this might be harder to explain, since you don't have much history "before Jesus." So it might be more helpful to think in terms of "without Jesus."

Even though you may not have committed any major sins before you became a Christian, the seeds of sin and selfishness were still there. And you probably know all too well what happens when you indulge those sinful desires. Those moments are a glimpse of what your life would be without Jesus.

My encounter with Jesus

This is where you describe the what, when, and how of your conversion.

1. What did you come to understand about Jesus that caused you to believe in him?

You should articulate some key truths of the Gospel here: Jesus is the Son of God who died for our sins, and physically rose from the grave and now reigns as Savior and King. God's grace poured out through Jesus saves anyone who gives their life to him, etc.). It would also be good to share at least one Scripture about these truths.

2. When did you come to believe this?

For some of us, it might be difficult to pinpoint an exact time or date, and that's okay. Sometimes, we come to faith slowly, a little at a time. But there is a line we cross at some point, from death to life, from unbelief to belief, from rebellion to commitment. And it's good to try to at least point to when you can tell that happened for you (One tip: the Bible tends to point to baptism as a key marker for this moment, so that might be the best place to start)

3. How did you come to believe this?

Who told you about Jesus? Where did you hear the Gospel explained? Was there a specific event or conversation that moved you toward this decision?

My life in Christ

How has Jesus made a difference in your life?

How is he redeeming those areas of sin that you mentioned in the "before Jesus" section?

Have you had moments since giving your life to Jesus when you've rediscovered his grace and power to save you from sin, selfishness, and idolatry?

You don't have to exaggerate the change, or pretend you're now perfect, but in Christ we are raised to "walk in newness of life." So there should be some kind of change you can point to.

Watch a video with more explanation & details!



Sharing Your Testimony

My encounter with Jesus

My life in Christ

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Appendix

SOAP Method

The S.O.A.P. Method is a really easy way to help engage with Scripture beyond simply reading the text and moving on. As you work through your time reading the Bible, use this method!

It works like this: Grab a pen and a notepad, and after reading the text, write out a very brief (1-2 sentences) response under each of these four headings.

- S(cripture) - Choose one verse that sticks out to you, and write it out by hand.
- O(bservations) - Write out 1-2 interesting things you noticed in the text, or write a question you have about the text.
- A(pplication) - Write down one way that you can obey or apply this text in your life today.
- P(rayer) - Write a brief prayer based on the text you just read.

Additional Resources

Here are some recommended resources if you're looking for something else to go through after finishing the Discipleship Resource.

Growing Together by Melissa B. Kruger

- A book about discipleship and mentoring relationships. Helpful for missional living and for learning more about how to disciple someone.

Made for More by Hannah Anderson

- A book about discovering your significance in Christ. Helpful for building a Gospel-Centered Life.

The Hole in Our Holiness by Kevin DeYoung

- A book about the importance of holiness in the Christian life. Helpful for building a Gospel-Centered Life & spiritual growth in general.

The Knowledge of the Holy by AW Tozer

- A classic on the attributes of God. Helpful for building a Gospel-Centered Life and for growing in theology.

None like Him by Jen Wilkin

- A slightly more readable book on the attributes of God.

Life Together by Dietrich Bonhoeffer

- A classic on Christian community. Helpful for Commitment to the Church

Appendix

Additional Resources

Women of the Word by Jen Wilkin

- A book about how to read and understand the Bible. Helpful for Gospel-Centered Life and Formational Rhythms.

The Common Rule by Justin Early

- A book about developing rhythms that help you live a healthy spiritual life. Very helpful for Formational Rhythms. love and grace of Jesus. Helpful for those who feel like failures and for a Gospel-Centered Life.

Confronting Christianity by Rebecca McLaughlin

- A book that answers the biggest objections to the Christian faith. Helpful for building your own faith, and for answering tough questions that unbelieving friends may ask (Missional Living).

Just Do Something by Kevin DeYoung

- A book about making decisions for your life and your future. Helpful for determining what's next in life, and for a Gospel-Centered Life.

Gentle and Lowly by Dane Ortland

- A book about the incredible love and grace of Jesus. Helpful for those who feel like failures and for a Gospel-Centered Life.

CCEF Booklets on Mental Health

- A series of very small booklets (20ish pages) on subjects like anxiety, depression, exhaustion, social anxiety, etc. Ask the Table staff about these.