TRAILHEAD FELLOWSHIP



New 2026 Edition

THE LITTLE DISCIPLE BOOK

A 52-Week Journey: Practicing the Way of Jesus

BE ONE MAKE ONE

Any Time. Anywhere. Every Man.

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SINGULAR PASSION

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A 52 WEEKS JOURNAL

SELF ASSESSMENT

On a scale of 1-10, rate yourself on the following statements.

(1 = very weak / rarely / unclear ··· 10 = very strong / consistent / clear)

I love God consistently by spending daily time with Him in prayer, worship, and Scripture. _____

I demonstrate love for others by serving, encouraging, and supporting those around me. _____

My character and habits visibly reflect Christ's love in my relationships _____

I regularly practice spiritual disciplines that deepen my love for God and others (prayer, worship, serving, fasting, etc.). _____

I am connected to a discipleship group or accountability relationship where love and growth are cultivated. _____

I am intentional in loving others by encouraging, supporting, and helping fellow believers grow in faith. _____

I am confident in sharing my personal testimony or the Gospel out of love for God and desire to see others transformed. _____

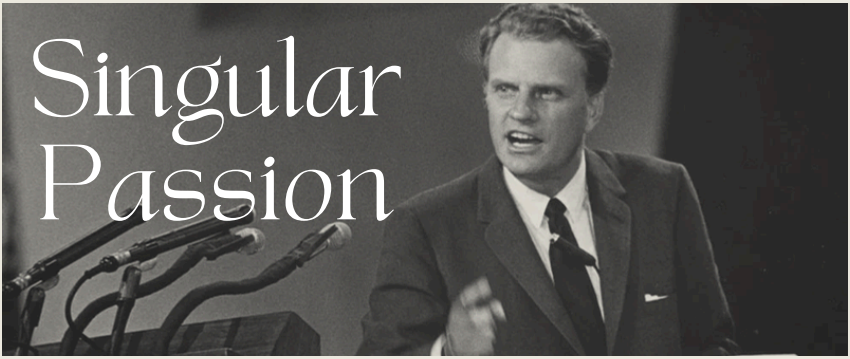
I actively make disciples by mentoring, guiding, and investing in others' faith journeys. _____

My vision or plan for multiplying disciples is clear, reflecting God's heart for all people to know Him. _____

I am a disciple who loves God and others. _____

I am a disciple maker who reflects Christ's love by helping others follow Him _____

I am ready to take the next step God is calling me to in loving Him, loving others, and making disciples. _____



During his 1957 Urbana address, Billy Graham pulled out a copy of a letter that the pastor of the Presbyterian church in his hometown had given him. The letter was written by a university student after he had gone to Mexico and become a Communist. He wrote to his fiancée, breaking off their engagement. Here is part of what he said:

> We Communists have a high casualty rate. We're the ones who get shot and hung and lynched and tarred and feathered and jailed and slandered, and ridiculed and fired from our jobs, and in every other way made as uncomfortable as possible. A certain percentage of us get killed or imprisoned. We live in virtual poverty. We turn back to the party every penny we make above what is absolutely necessary to keep us alive. We Communists don't have the time or the money for many movies, or concerts, or T-bone steaks, or decent homes and new cars. We've been described as fanatics. We are fanatics. Our lives are dominated by one great overshadowing factor, THE STRUGGLE FOR WORLD COMMUNISM.

> We Communists have a philosophy of life which no amount of money could buy. We have a cause to fight for, a definite purpose in life. We subordinate our petty personal selves into a great movement of humanity, and if our personal lives seem hard, or our egos appear to suffer through subordination to the party, then we are adequately compensated by the thought that each of us in his small way is contributing to something new and true and better for mankind. There is one thing in which I am dead earnest and that is the Communist cause. It is my life, my business, my religion, my hobby, my sweetheart, my wife and mistress, my bread and meat. I work at it in the daytime and dream of it at night. Its hold on me grows, not lessens as time goes on. Therefore I cannot carry on a friend-ship, a love affair, or even a conversation without relating to this force which both drives and guides my life. I evaluate people, books, ideas and actions according to how they effect the Communist cause and by their attitude toward it. I've already been in jail because of my ideas and if necessary, I'm ready to go before a firing squad.

If someone could be so radically committed to such a flawed political system such as Communism, how much more should Christians be committed to the King of kings and Lord of lords, whose **"kingdom is one that will never be destroyed"** (Daniel 7:14)? Indeed, Jesus himself declared, **"If any man will come after me, let him deny himself, and take up his cross, and follow me"** (Matt. 16:24). C.T. Studd understood the implications of Jesus' call to discipleship, stating, **"If Jesus Christ be God and died for me, then no sacrifice can be too great for me to make for Him."**

What are the implications of Jesus' call for your life?
What sacrifice are you willing to make for Him?

D-GROUP

COVENANT

As brothers in Christ, we enter into this covenant with humility and resolve. We recognize that discipleship is not casual but costly, and we commit ourselves to walk together in obedience to Jesus. By God's grace, we will encourage one another, hold each other accountable, and practice the disciplines that shape us into His likeness. This covenant is our shared pledge to pursue Christ wholeheartedly, to build one another up in love, and to prepare for multiplication so that others may also follow Him.

During the life of this group, I commit to...

1. **Devotion to Christ**
   Give myself fully to the Lord, embracing this season as an opportunity for accelerated spiritual transformation.

2. **Commitment to the Group**
   Be faithful to this D-Group, seeking to encourage and spur others on in their walk with Jesus.

3. **Integrity in Community**
   Help cultivate an atmosphere of confidentiality, honesty, and transparency.

4. **Faithfulness in Discipline**
   Practice the five weekly disciplines: Bible Reading, H.E.A.R. Journals, Scripture Memory, Accountability, and Prayer.

5. **Consistency in Gathering**
   Meet weekly with my D-Group (60–90 minutes). If unable to attend, remain engaged by sharing H.E.A.R. Journals and prayer requests.

6. **Intercession for Others**
   Pray weekly for my fellow group members and for those in my life who do not yet know Jesus.

7. **Multiplication Mindset**
   Pray and reach out to others (ONE). When the time comes, invite others into a new D-Group to continue multiplying.

8. **Obedience in Practice**
   Embrace the weekly challenge, actively looking for opportunities to put Jesus' words into action.

Signed _____ Date _____

disciple

noun

a learner, follower, an apprentice

Jesus called out to them, "Come, follow me, and I will show you how to fish for people!"

Matthew 4:19

Discipleship.org:

•Someone who is following Jesus, being changed by Jesus, and is committed to the mission of Jesus.

John Mark Comer:

•A disciple is an apprentice of Jesus who: Be with Jesus, Becomes like Jesus, and Does what Jesus did.

Zume:

•A disciple is a follower of Jesus who Loves God, Loves People and Makes Disciples.

Seven Marks of A True Disciple

1

John 8:31-32

Abiding in His Word

"So Jesus said to the Jews who had believed him, 'If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.'"

2

John 13:34-35

Loving One Another

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

3

John 15:8

Bearing Fruit

"By this my Father is glorified, that you bear much fruit and so prove to be my disciples."

4

Matthew 16:24

Denying Self and Following Him

"Then Jesus told his disciples, 'If anyone would come after me, let him deny himself and take up his cross and follow me.'"

5

Matthew 28:20

Obeying His Commands

“Teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

6

John 12:25

Hating Life in This World

"Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life."

7

Luke 14:33

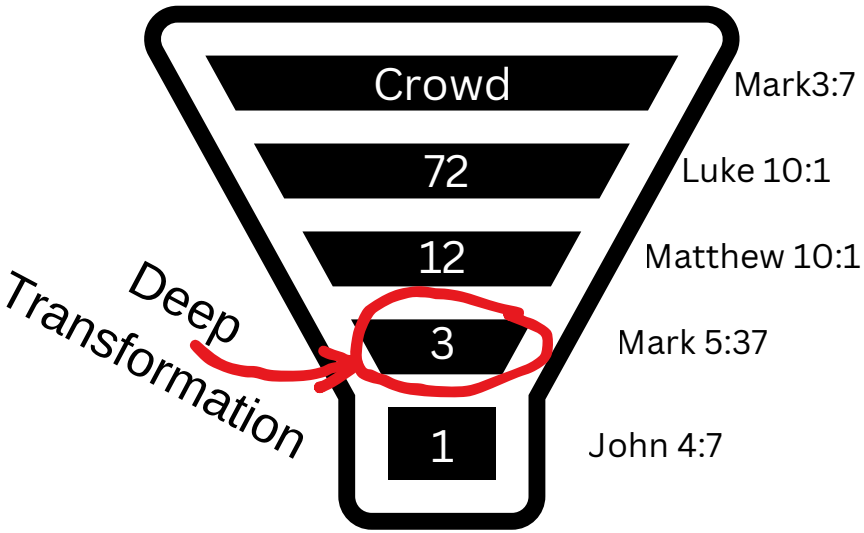
Forsaking Everything

"So therefore, any one of you who does not renounce all that he has cannot be my disciple."

The seven marks of a true disciple may seem challenging, but they should point us to follow Jesus. Through Him, we can do all things. (Philippians 4:13)

JESUS' WAY

More Time on Less People
=
Deep Transformation



Although Jesus used various methods in His ministry to the lost world, He intentionally invested most of His time in a select few very ordinary people, transforming them into extraordinary leaders. That was His way of redeeming the world to His Father, and it should be our way too.



VISION

EVERY LEADER A FOLLOWER

And you should imitate me, just as I imitate Christ.
1 Corinthians 11:1

EVERY FOLLOWER A LEADER

You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others.
2 Timothy 2:2

EVERY DISCIPLE A DISCIPLE MAKER

Jesus came and told his disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."
Matthew 28:18-20

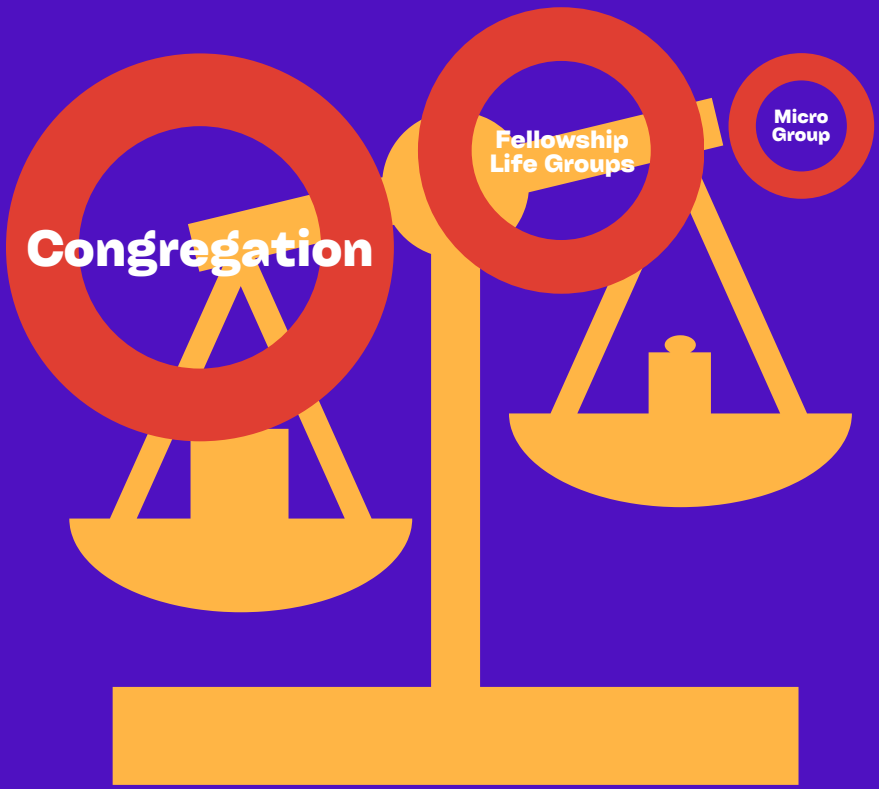
EVERY DISCIPLE BORN TO REPRODUCE

Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."
Genesis 1:28

If you make disciples, you will always get the Church.
But if you make a church, you rarely get disciples.
Mike Breen <Building a Discipling Culture>

SMALL IS BIG

Sunday church	Weekday gatherings	Lifelong process
Everyone	Mostly believers	Only believers
All genders	All genders	Single gender
Come and listen	Come and learn	Come and follow
Worship time	Social time	Training time
No relationships	Shallow relationships	Deep relationships
High cost	Some cost	No cost
Develop consumers	Develop followers	Develop leaders



"Outside of food and shelter, man's two greatest needs are purpose and relationships."
Dave Hataj《Good Work》

Why Making Disciples?



TRANSCENDENT PURPOSE

Align your life with God's purpose by making disciples everywhere—no degrees required, no full-time missionary status needed. Your family, work, and ministry will unite in living out the Great Commandment and Great Commission.

LASTING FRIENDSHIP

Experience deep, lasting friendships with people who truly know you—those who stand by you through challenges and become your family and band of brothers.

ABUNDANT JOY

Live a life overflowing with love and joy that can't be hidden. It's no longer a dead religion, but a vibrant life in Christ, radiating His love and drawing others to the Jesus you adore.

D-GROUP

WERE YOU SAVED?

ARE YOU HUNGRY?

WILL YOU OBEY?

Jesus came and told his disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

Matthew 28:18-20

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6 ELEMENTS OF D-GROUP

An Easy System to Practice the Way of Jesus

Disciples



- Ideal size: 3–4 members, never more than 5.
- Groups are gender-specific for deeper trust and accountability.
- One member serves as coordinator.
- All members sign the group covenant to commit together.

Devotion



- Read the Anchor Passage at least five days each week.
- Pray Lectio Divina with the passage at least three times.
- Write at least one HEAR journal entry each week.
- Memorize 1–2 verses weekly.

Challenge



- Do your best with this week's challenge.
- It moves us from hearing to doing, from belief to obedience.
- Write in your journal what Jesus shows you.

Meeting



- Gather once a week as a group.
- Follow the simple "Five Asks" process.
- Rotate leadership so each member has a chance to guide.

Multiplication



- Create a prayer list of people (Disciple / Unsaved / Unknown).
- Actively reach out, build relationships, and pray for those on the list.
- When ready, begin leading a new group—with blessing and support from your current group.

Growth



- Recognize that spiritual growth is a slow-cooker process.
- Start from where you are, not where you wish you were.
- Value effort over results—faithfulness matters more than perfection.
- Let the daily and weekly rhythm move you toward Jesus in perpetual motion.

LECTIO DIVINA

A RHYTHM FOR HEARING GOD'S VOICE

START

- Play some soft background music
- Take a few deep breath; Gently close your eyes if you want
- Slowly turn your attention to God
- Ask God to give you the grace of Holy Spirit to listen carefully to His voice

1. READ (LECTIO):

- Read the passage slowly and attentively. What word or phrase captures your attention?

2. REFLECT (MEDITATIO):

- Read the passage again. What might God be saying to you through that word or phrase? What emotions or thoughts does it stir?

3. RESPOND (ORATIO):

- Read the passage again. Talk to God about what stood out. Invite Him to speak into your needs and trust.

4. REST (CONTEMPLATIO):

- Be still in God's presence. Let His Word settle in your heart.

END

- Recite the Lord's prayer with the confidence.



HEAR JOURNAL

A powerful way to engage with God's words

1 HIGHLIGHT

What verse or phrase stood out to you?

2 EXPLAIN

What is the context? What does this text tell us about GOD/JESUS? What does this text tell us about PEOPLE?

3 APPLY

How does this truth apply to your life right now? What does GOD want me to do?

4 RESPOND

Write a prayer or action step in response.

An Example

HEAR JOURNAL

HIGHLIGHT

"I am able to do all things through Him who strengthens me." Philippians 4:13

EXPLAIN

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

APPLY

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

RESPOND

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

5 STEPS OF WEEKLY MEETING

READ
TOGETHER BEFORE MEETING

We give ourselves fully to Christ.
We walk together in truth and love.
We practice His way with discipline and devotion.
We pray, we encourage, we multiply.
We are disciples who make disciples.

20 Mins



1. 问候 Check-in

Icebreaker: From God's perspective, what was your "high" and your "low" since we last met?

2. 问道 Scripture

Check memory verses
From last week's passage, what truth did God highlight for you, and how are you putting it into practice?



20 Mins



15 Mins

3. 问心 Heart

What's in your heart lately?
What is God teaching you?

4. 问责 Accountability

- Use the 7 questions to keep brothers accountable
- Emphasize grace over guilt
- Keep group sharing confidential



20 Mins

15 Mins



5. 问神 Prayer

Pray for each other and pray for multiplication

7 ACCOUNTABILITY QUESTIONS

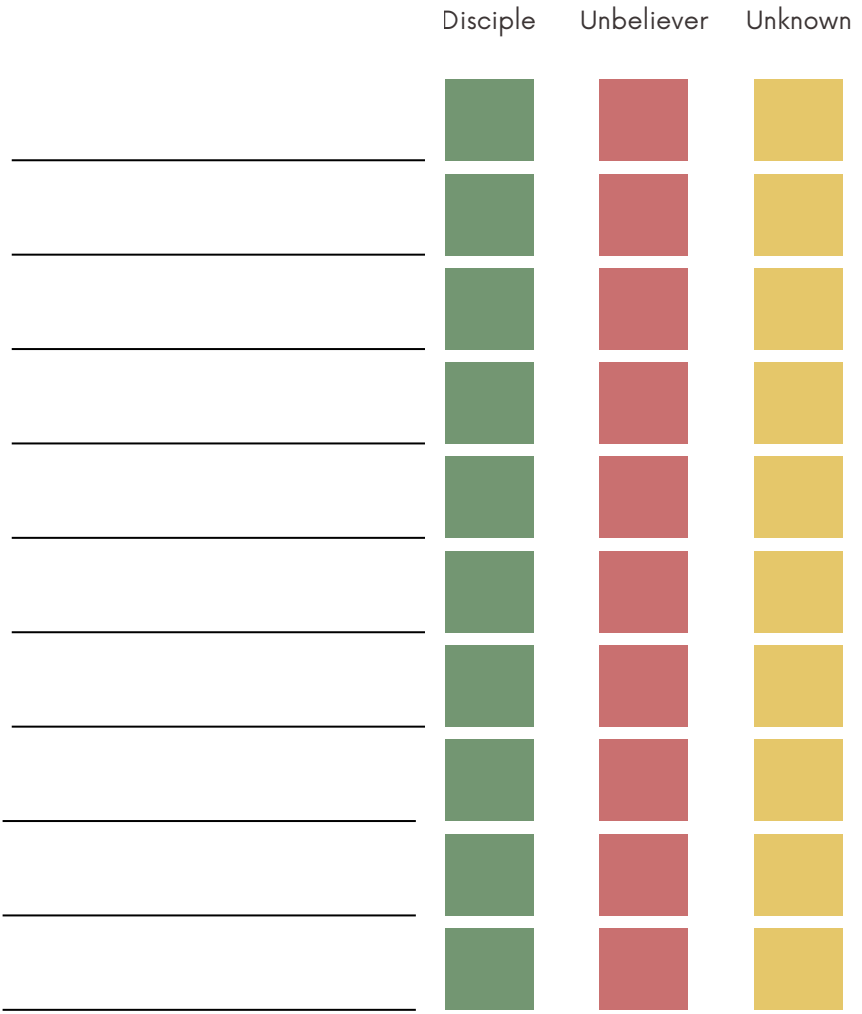
1. How have you set aside intentional time with the Lord this week in prayer and Scripture?
2. How have you taken Jesus' words seriously and put them into action this week?
3. How have you spent life-giving, intentional time with your family this week?
4. How have you been praying for and investing in your ONE this week?
5. How have you cared for your body—the temple of the Holy Spirit—through rest, diet, and exercise this week?
6. Have you struggled with or given in to any addictive behaviors this week (pornography, alcohol, tobacco, gaming, work, entertainment, etc.)?
7. What is one goal that will help you grow closer to Jesus next week, and how will you schedule it into your busy life?

So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us. We want to present them to God, perfect in their relationship to Christ.

Colossians 1:28

List of 10

- Identify 10 people in your life and note their current spiritual status.
- Commit to pray for each of them regularly.
- Make a simple plan to connect personally (coffee, meal, walk, etc.).
- Have an intentional conversation with them about God.
- When the time is right, invite them to join a D-Group.



MARVEL MEN

M	**Maturing Together in Christ** 成熟爱主
A	**Accepting Responsibility** 承担责任
R	**Rejecting Passivity** 拒绝消极
V	**Victorious Over Temptation** 胜过试探
E	**Exercising Regularly** 经常锻炼
L	**Loving & Leading Courageously** 勇敢爱和领导

You are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.

1 Peter 2:9

A Life-building Culture

EACH

EMBRACES

BONDING IN RELATIONSHIPS WITH PHYSICAL HUGS EXPRESSES THE EMBRACE OF GOD OUR FATHER.

AUTHENTICITY

SHARING OUR TRUE SELVES OPENLY TO CREATE AN ATMOSPHERE WHERE LOVE CAN GROW WITHOUT FEAR.



CHALLENGES

CALLING ONE ANOTHER TO RESPOND TO CHALLENGES THAT GOD OR MAN GIVES US ON OUR JOURNEYS.

HEALING

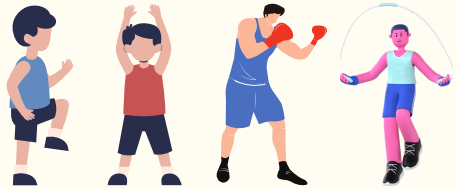
PURSUING PHYSICAL, EMOTIONAL AND RELATIONAL WHOLENESS AS WE LOOK TO GOD OUR HEALER.

10 MINTUES

BURST

High-Intensity Aerobic Workout

CARDIO
4 MINUTES



MUSCLE
3 MINUTES



CORE
2 MINUTES



STRECHING
1 MINUTE



Quarter 1

Foundations — Loving God

WEEK 1

Anchor Passage

Matthew 22:34-40 — The Greatest Commandment

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 22:37
- Challenge: Begin each day by praying the Shema ("Love the Lord your God...") and intentionally journal one way you loved God and one way you loved people.

WEEK 2

Anchor Passage

John 15:1-11 — Abide in the Vine

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: John 15:5
- Challenge: Practice 15 minutes of silence/solitude daily. Sit quietly, breathe deeply, and invite Jesus to prune and grow fruit in you.

WEEK 3

Anchor Passage

Matthew 6:5-15 —
The Lord's Prayer

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 6:9
- Challenge: Pray the Lord's Prayer morning and evening. Pause after each phrase to reflect on how it applies to your day

WEEK 4

Anchor Passage

Philippians 4:4-9 — Rejoice and be thankful

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Philippians 4:6
- Challenge: Write down 3 things you're thankful for each day. Share one with your group or family.

WEEK 5

Anchor Passage

Mark 12:41-44 — The Widow's Offering

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Mark 12:44
- Challenge: Give sacrificially this week—time, money, or service—in a way that costs you something.

WEEK 6

Anchor Passage

Matthew 4:1-11 — Jesus' Temptation

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 4:4
- Challenge: Fast from one meal or one habit (social media, TV). Reflect on dependence on God.

WEEK 7

Anchor Passage

Matthew 11:25-30 — Rest for the Weary

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 11:28
- Challenge: Practice Sabbath for 24 hours. Turn off work emails, social media, and focus on rest, worship, and delight.

WEEK 8

Anchor Passage

Colossians 3:1-17 — Set Your Mind on Things Above

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Colossians 3:12
- Challenge: Choose one verse to meditate daily and intentionally "clothe yourself" with compassion, kindness, humility, gentleness, and patience.

WEEK 9

Anchor Passage

Luke 4:16-21 — Jesus' Mission Statement

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Luke 4:18
- Challenge: Pray for justice and serve one marginalized person (homeless, immigrant, lonely neighbor).

WEEK 10

Anchor Passage

Matthew 5:1-12 — The Beatitudes

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 5:9
- Challenge: Choose one Beatitude to embody this week (e.g., peacemaker—seek reconciliation in one relationship).

WEEK 11

Anchor Passage

John 14:1-14 — Jesus the Way, Truth, Life

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: John 14:6
- Challenge: Share your testimony of how Jesus has been your way, truth, and life with one person.

WEEK 12

Anchor Passage

Romans 12:1-2 — Renewed Mind

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Romans 12:2
- Challenge: Fast from media for 3 days. Replace that time with Scripture meditation and prayer.

WEEK 13

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

Quarter 2

Manifestation—
Loving People

WEEK 14

Anchor Passage

Matthew 5:43-48 — Love Your Enemies

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 5:44
- Challenge: Pray daily for someone difficult. Seek one act of kindness toward them

WEEK 15

Anchor Passage

John 13:1-17 — Jesus Washes Feet

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: John 13:14
- Challenge: Serve someone in a humble, practical way (cleaning, cooking, helping with errands).

WEEK 16

Anchor Passage

Galatians 6:1-10 — Carry Each Other's Burdens

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Galatians 6:2
- Challenge: Share one burden in group; commit to support each other through prayer or action.

WEEK 17

Anchor Passage

Acts 2:42-47 — Early Church Fellowship

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Acts 2:42
- Challenge: Share a meal together; invite someone new into fellowship.

WEEK 18

Anchor Passage

Matthew 18:21-35 — Forgiveness

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 18:22
- Challenge: Write a letter of forgiveness (send if possible).

WEEK 19

Anchor Passage

Luke 10:25-37 — Good Samaritan

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Luke 10:33
- Challenge: Help a stranger in need—pay for groceries, give a ride, or offer prayer

WEEK 20

Anchor Passage

James 1:19-27 —
Quick to Listen

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: James 1:19
- Challenge: Practice listening without interrupting. Ask questions before giving advice.

WEEK 21

Anchor Passage

1 Corinthians 13 —
The Love Chapter

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: 1 Corinthians 13:4
- Challenge: Replace "love" with your name in the passage. Reflect daily on how you embody love.

WEEK 22

Anchor Passage

Matthew 7:1-12 — Do Not Judge

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 7:1
- Challenge: Catch and confess one judgmental thought daily. Replace it with prayer.

WEEK 23

Anchor Passage

Philippians 2:1-11 — Humility of Christ

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Philippians 2:5
- Challenge: Do one hidden act of service without recognition.

WEEK 24

Anchor Passage

Hebrews 10:19-25 — Spur One Another On

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Hebrews 10:24
- Challenge: Encourage 3 people this week with words, notes, or texts.

WEEK 25

Anchor Passage

Ephesians 4:25-32 — Words That Build Up

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Ephesians 4:29
- Challenge: Speak only words of encouragement for one day.

WEEK 26

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

Quarter 3

Mission — Making Disciples

WEEK 27

Anchor Passage

Mark 5:18-20 — Tell What the Lord Has Done

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Mark 5:19
- Challenge: Prepare a 2-minute testimony and practice sharing it. Focus on what Christ has done in your life and how His mercy has changed you.

WEEK 28

Anchor Passage

Acts 26:12-29 — Sharing Your Testimony

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Acts 26:22
- Challenge: Share your testimony with one person.

WEEK 29

Anchor Passage

Luke 10:1-12 — Sent Two by Two

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Luke 10:2
- Challenge: Pair up with a group member; take a prayer walk in the neighborhood to pray for neighbors.

WEEK 30

Anchor Passage

2 Timothy 2:1-7 — Entrust to Faithful People

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: 2 Timothy 2:2
- Challenge: Identify one person to mentor or disciple.

WEEK 31

Anchor Passage

Acts 1:1-11 — Witnesses Everywhere

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Acts 1:8
- Challenge: Pray for a global mission field; support a missionary financially or with prayer.

WEEK 32

Anchor Passage

Matthew 9:35-38 — Harvest Is Plentiful

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 9:37
- Challenge: Pray daily for workers in the harvest.

WEEK 33

Anchor Passage

John 20:19-23 — Sent as the Father Sent Jesus

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: John 20:21
- Challenge: Do one intentional act of mission (share gospel, serve neighbor).

WEEK 34

Anchor Passage

Romans 10:9-15 — Preach the Gospel

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Romans 10:13
- Challenge: Write down how you would share the Gospel. What are the key points you would include, and what tools or illustrations could you use to make it clear?

WEEK 35

Anchor Passage

Matthew 5:13-16 — Salt & Light

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 5:16
- Challenge: Be "light" in workplace/classroom—offer prayer, encouragement, or service.

WEEK 36

Anchor Passage

Acts 17:16-34 — Paul in Athens

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Acts 17:23
- Challenge: Engage culture creatively—write, post, or share gospel in a contextual way.

WEEK 37

Anchor Passage

2 Corinthians 5:11-21 — Ministry of Reconciliation

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: 2 Corinthians 5:20
- Challenge: Reconcile with someone this week.

WEEK 38

Anchor Passage

Colossians 4:2-6 — Wise Toward Outsiders

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Colossians 4:5
- Challenge: Pray for boldness in conversations; intentionally start one spiritual conversation.

WEEK 39

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

Quarter 4

Formation — Practicing the Way

WEEK 40

Anchor Passage

Matthew 11:25-30 — Rest for the Weary

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 11:28
- Challenge: Practice Sabbath rest —no work, focus on worship, delight, and rest.

WEEK 41

Anchor Passage

Romans 12:9-21 — Love in Action

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Romans 12:10
- Challenge: Choose one command from Romans 12:9-21 (e.g., "be devoted," "practice hospitality," "bless those who persecute you") and intentionally live it out this week.

WEEK 42

Anchor Passage

James 1:22-27 —
Doers of the Word

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: James 1:22
- Challenge: Each time you read Scripture this week, immediately choose one concrete action to obey (e.g., forgive someone, encourage someone, serve practically).

WEEK 43

Anchor Passage

Galatians 5:13-26 — Walking by the Spirit

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Galatians 5:22-23
- Challenge: Identify one area of your life where the flesh is strong. Intentionally practice walking by the Spirit in that area this week.

WEEK 44

Anchor Passage

Matthew 6:19-34 — Treasure in Heaven / Do Not Worry

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 6:33
- Challenge: Simplify possessions this week—give away or donate one item that competes for your heart. Replace worry with prayer whenever anxiety arises.

WEEK 45

Anchor Passage

1 Thessalonians 5:16-18 — Rejoice Always, Pray Continually

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: 1 Thessalonians 5:16-18
- Challenge: Practice rejoicing in all circumstances. Each time something frustrates you, pause to pray and give thanks.

WEEK 46

Anchor Passage

John 17:20-26 —
Jesus' Prayer for Unity

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: John 17:21
- Challenge: Pray daily for unity in your D-group, church, and family. Take one step toward reconciliation with someone where division exists.

WEEK 47

Anchor Passage

James 5:7-12 — Patience and Perseverance

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: James 5:8
- Challenge: Practice patience in one specific situation this week, trusting God's timing instead of rushing or complaining.

WEEK 48

Anchor Passage

Hebrews 12:1-3 — Run with Perseverance

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Hebrews 12:2
- Challenge: Reflect on your year of discipleship. Write a testimony of how God has grown you this year.

WEEK 49

Anchor Passage

1 John 4:7-12 — God's Love Among Us

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: 1 John 4:11
- Challenge: Write a letter or message of encouragement to someone in your life. Be specific about how you see God's love in them

WEEK 50

Anchor Passage

Revelation 21:1-7 — New Creation Hope

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Revelation 21:4
- Challenge: Create something (art, poem, prayer, song) that expresses hope in God's renewal.

WEEK 51

Anchor Passage

Matthew 28:16-20 — The Great Commission

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 28:19-20
- Challenge: Celebrate together as a group. Share stories of how Jesus' presence sustained you this year. Commit to another year of practicing His way.

WEEK 52

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

Recommended Books

- Wild at Heart by John Eldredge
- Born to Reproduce by Dawson Trotman
- The Master Plan of Evangelism by Robert Coleman
- My Utmost for His Highest by Oswald Chambers
- The Spirit of Discipline by Dallas Willard
- Celebration of Discipline by Richard Foster
- Practice the Way by John Mark Comer

Recommended Apps

- Lectio 365
- Pause by John Eldredge
- YouVersion Bible
- Remember.Me Bible Memory Joy
- Seven by Perigee

INTO THE MARVELOUS LOVE OF GOD

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MAKE ONE

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