COLONIAL PRESBYTERIAN CHURCH



ONE TABLE

Following Jesus Together

Discipleship Micro Course

12 weeks. Two people. One table.

For one-on-one discipleship, triads, and small groups

Know Jesus. Grow like Jesus. Go for Jesus.

My name _____

My discipler or group _____

We began on _____

onetable.faith

Contents

GETTING STARTED

Welcome to the Journey 3
Be the L.I.G.H.T. 4
Your Journey at a Glance 5
How It Works 6
The Weekly Meeting 7
Our Covenant 8

THE TWELVE SESSIONS

01 Begin with Jesus 9
02 Prayer 13
03 Calling 17
04 Self-Denial 21
05 Fasting 25
06 Forgiveness 29
07 Downward Mobility 33
08 Unmet Needs and Finding Freedom 37
09 Living Generously 41
10 Walking in Community 45
11 Training Others 49
12 Go and Be the Light 53

TOOLS TO RETURN TO

Tool 1 The Good News on One Page 58
Tool 2 My 3-Minute Story 59
Tool 3 My BLESS List & Conversation Guide 60
Tool 4 My Freedom Plan 62
Tool 5 Growth Snapshot 64
Tool 6 My Abide Plan 65
Tool 7 My 90-Day Multiplication Plan 66
Tool 8 A Guide for Disciplers 67
Tool 9 Using This Booklet in a Small Group 69
Sources and Acknowledgment 70

Welcome to the Journey

WELCOME FROM PASTOR JEFF onetable.faith

At Colonial Presbyterian Church, we believe discipleship is the intentional journey of following Jesus, being transformed by the Holy Spirit, and becoming the light of Christ in a hurting world. This booklet is a simple tool for that journey, and it is designed to be walked with another person.

Discipleship is apprenticeship

The best English word for *disciple* may be *apprentice*. An apprentice of Jesus spends time with Him, learns from Him, and slowly becomes like Him. And every apprentice is meant to become a trainer. Jesus' call to "Follow Me" and His command to "go and make disciples" belong together. That is why this course is about both **discipleship** and **disciple-making**.

We are always being formed

The world around us is constantly shaping what we believe and what we want, often without our noticing. In the garden, the serpent first twisted an idea ("Did God really say…?") and then stirred a desire (the fruit looked good). John Mark Comer names the pattern in *Live No Lies*: "deceptive ideas that play to disordered desires that are normalized in a sinful society." Paul's answer still stands: "Do not be conformed to this world, but be transformed by the renewing of your mind" (Romans 12:2).

Discipleship is *counterformation*: choosing practices, habits, and relationships that shape us toward Jesus. We cannot transform ourselves any more than we can save ourselves. But we can make room for God to work. The Church has practiced these ways of making room for two thousand years.

Aim high. Start small.

Dallas Willard warned that the greatest danger to the Church is "pitching its message too low." We don't want a faith tossed around by every cultural wind. We want a vibrant faith that hears God's voice and obeys it. So this course aims high, and every week gives you one small, clear step you can take.

Be in the Word. Be available.

As we say at Colonial: *Be in the Word. Be available. And God will send someone your way.* You don't have to wait until you feel "ready" to walk with someone. When you are following Jesus, He will bring people into your life. This booklet is what we have prepared for that moment.

Please know that we have prayed for you. Let's take this journey together, with faith, hope, and a shared commitment to be the light.

Pastor Jeff Sparks
Discipleship & Groups, Colonial Presbyterian Church

Be the L.I.G.H.T.

Be the L.I.G.H.T. is Colonial's picture of a whole life following Jesus. Each lesson in this booklet leans into one of the five dimensions, but they all belong together.

	Dimension	What we practice	Lessons
L	**Loving God**	Attend to Jesus through prayer, Scripture, worship, and obedience.	*Prayer · Self-Denial · Fasting*
I	**Investing in Others**	Give attention, encouragement, forgiveness, and care.	*Forgiveness · Downward Mobility*
G	**Growing in Community**	Share life with believers and practice mutual love.	*Unmet Needs and Finding Freedom · Walking in Community*
H	**Helping the World**	Shine where you live, and serve neighbors with generosity and mercy.	*Calling · Living Generously*
T	**Training Others**	Help another person learn to follow Jesus.	*Training Others · Commissioning*

Jesus said, "You are the light of the world... let your light shine before men, that they may see your good deeds and glorify your Father in heaven" (Matthew 5:14, 16). We don't make ourselves shine. We stay close to the Light, and He shines through us.

Your Journey at a Glance

Twelve sessions. Ten lessons. One clear action step each week. A Launch session starts you with Jesus, and a Commissioning session sends you out to walk with someone else.

Session	Lesson	LIGHT	Theme	This week's action step
1	Launch	—	**Begin with Jesus**	Set a daily 15-minute appointment with Jesus
2	Lesson 2	L	**Prayer**	Keep a daily 10-minute P.R.A.Y. time
3	Lesson 3	H	**Calling**	Write your 3-minute story and tell one person
4	Lesson 4	L	**Self-Denial**	Keep one small daily "no" for seven days
5	Lesson 5	L	**Fasting**	Fast from one meal (or a non-food fast) and pray
6	Lesson 6	I	**Forgiveness**	Write a forgiveness prayer; bless that person daily
7	Lesson 7	I	**Downward Mobility**	Do one act of hidden service
8	Lesson 8	G	**Unmet Needs and Finding Freedom**	Write and practice a Freedom Plan
9	Lesson 9	H	**Living Generously**	Set a planned giving rhythm
10	Lesson 10	G	**Walking in Community**	Commit to one ongoing gathering
11	Lesson 11	T	**Training Others**	Name and invite your "one"
12	Send	T	**Commissioning**	Calendar your first meeting with your "one"

After Session 12, your natural next step: walk through this same booklet with the person you invited, while your discipler coaches you. (See Session 12 and Tool 7.)

How It Works

Who it's for

This booklet is built for two people: a **discipler** (someone a few steps further along) and a **disciple** (someone who wants to grow). It also works for a triad of three, or a small group. Everyone uses the same booklet. You don't need to be an expert to be a discipler. You need to be following Jesus and willing to walk with someone.

The pace

- **Meet once a week** for about 60 minutes, in person or online.
- **Between meetings,** spend 10–15 minutes a day, five days a week, with the daily readings.
- **Move on when you reach the week's outcome,** not just when the week ends. It's fine to repeat a week. The goal is not speed but life change.
- **Missed a day?** Start again with the next one. Grace, not guilt.

What you'll find in every session

At a Glance	The big idea, memory verse, action step, and outcome on one card.
The Way of Jesus	A short teaching. Read it before you meet (about 5 minutes).
When You Meet	A 60-minute guide: Connect, Read, Practice, Pray & Plan.
Live It	This week's one action step. Write down when and where.
Pass It On	One simple way to share what you're learning within 48 hours.
Five Days with Jesus	Short daily readings and prompts for your time alone with God.
Awareness	A simple way to notice God, and yourself, during the week.
Ready to Move On?	A short checklist you and your discipler agree on together.

Listen online

Listen to Pastor Jeff's introduction on each lesson page at onetable.faith before you meet. The welcome recording and all twelve lesson recordings are available. Scan the QR code at the start of a session to open its page.

The Weekly Meeting

Every meeting follows the same simple rhythm, so you always know what comes next.

Connect	10 min	Share a joy and a burden. Ask: *How did your action step go? How has God spoken to you since we last met?* Celebrate wins, even small ones.
Read	20–25 min	Read the passage aloud. Talk through the questions. Keep coming back to what the text actually says.
Practice	15 min	Try the week's practice together, right there. Then each of you choose your action step.
Pray & Plan	10 min	Pray for each other and for the people on your hearts. Confirm your action step and your next meeting.

Two tools you'll use every week

P.R.A.Y. (a simple pattern for prayer)

- **Pause.** Get quiet. Put the phone in another room. Invite the Holy Spirit.
- **Rejoice.** Thank God for who He is and what He has given.
- **Ask.** Bring your needs, your worries, and your people by name. Confess what's heavy.
- **Yield.** Listen. Ask, "Jesus, what do I need to hear from You?" Surrender your day to Him.

R³ (a simple way to read Scripture)

- **Read.** Read the passage slowly, two or three times. Notice what it actually says.
- **Reflect.** What does this show me about God? About people? About me?
- **Respond.** Turn it into a prayer and one "I will..." step for today.

Growing into a leader

Jesus trained His disciples by doing it in front of them, then with them, then watching them do it. This course follows the same pattern. Each phase, the disciple takes a little more of the meeting:

Sessions 1–4	The discipler leads and models everything.
Sessions 5–7	The disciple opens in prayer and leads Connect.
Sessions 8–10	The disciple also leads the Read section.
Session 11	The disciple leads the whole meeting. The discipler encourages.
Session 12	You commission each other and plan what's next.

Our Covenant

Read this together at your first meeting. Talk about anything you'd change, then sign it.

With God's help, I commit to:

- ☐ Meet weekly for these twelve sessions, and let my partner know ahead of time if I can't.
- ☐ Spend 10–15 minutes with God, five days a week.
- ☐ Take each week's action step, even imperfectly.
- ☐ Be honest, and keep what's shared between us confidential, unless someone is at risk of harm.
- ☐ Pray for my partner (or group) every week.
- ☐ Begin praying now for the person I may walk with next.

We will meet on (day/time/place)_____

Our between-meeting check-in (text, call, app)_____

Signed_____

Signed_____

Date_____

Pray for your next disciple

Discipleship is about multiplication. You don't have to wait until you finish this booklet to start praying for the person you'll walk with next. Ask God to bring someone to mind, and write their name or initials here.

I'm praying for_____

SESSION 1 · LAUNCH

Begin with Jesus

Know Jesus. Grow like Jesus. Go for Jesus.

LISTEN ONLINE onetable.faith/launch

BIG IDEA	Discipleship doesn't start with trying harder. It starts with Jesus: who He is, what He has done, and His invitation to "Come, follow Me."
MEMORY VERSE	*"Come, follow Me," Jesus said, "and I will make you fishers of men."* **Mark 1:17**
ACTION STEP	**Set a daily 15-minute appointment with Jesus (same time, same place) and keep it five days this week.**
OUTCOME	We understand the good news, we've agreed how we'll walk together, and we've each started a daily time with God.

The Way of Jesus *Read before you meet · about 5 minutes*

What is a disciple?

In Jesus' day, a rabbi's apprentices didn't just learn what he knew. They followed him everywhere, watched how he lived, and learned to do what he did. That is still Jesus' invitation: to **be with Him, become like Him, and do what He did.** At Colonial we say it this way: *Know Jesus. Grow like Jesus. Go for Jesus.*

Look closely at Jesus' first invitation: "Come, follow Me... and I will make you fishers of men." Following Jesus and bringing others to Him come in the same sentence. From day one, a disciple is on the way to becoming a disciple-maker.

It starts with good news

Before Jesus asks anything of us, He gives. The gospel isn't advice about what we must do. It is news about what God has done. Here it is in four movements:

- **God.** God made us for life with Him, and He loves us (Genesis 1:27; John 3:16).
- **Us.** We have turned from God to run our own lives. Sin breaks our relationship with God, with others, and within ourselves, and we can't fix it on our own (Romans 3:23).
- **Christ.** Jesus, God's Son, lived the life we couldn't live, died for our sin on the cross, and rose from the dead (1 Corinthians 15:3–4).
- **Response.** We turn from sin, trust Jesus, and follow Him as Lord. "Repent and believe in the gospel!" (Mark 1:15). He forgives us, gives us His Spirit, and makes us new (Ephesians 2:8–10).

If you have never said yes to Jesus, this may be the week. If you said yes long ago, this is a chance to say it again, and to learn to explain it to someone else.

Why a pathway?

We are always being formed by something: our phones, our culture, our habits, our wounds. The practices in this booklet (prayer, Scripture, self-denial, fasting, forgiveness, generosity, community) are time-tested ways to make room for the Holy Spirit to form us into the image of Jesus. We can't change ourselves. But we can show up, and God does the changing. Notice the order in Mark 1:17: *follow Me*, then *I will make you*.

When You Meet *about 60 minutes*

Who leads: The discipler leads and models.

Connect · 10 min

- Get to know each other. Each take three minutes: Where did you grow up? When did Jesus become real to you, or is He still a question for you?
- What made you say yes to these twelve sessions? What do you hope will be different by the end?

Read · 20–25 min

Read aloud: Mark 1:14–20

1. What does Jesus announce, and what two responses does He call for (v. 15)?
2. What did Simon, Andrew, James, and John leave behind? What did Jesus promise to make them?
3. Notice the order: "Follow Me," then "I will make you." What does that say about who does the changing?
4. Where are you with Jesus right now: curious, cautious, ready, or already following?

Practice · 15 min

- Walk through **How It Works** and **The Weekly Meeting** together. Try the **P.R.A.Y.** pattern for two minutes.
- Take the **Growth Snapshot** (Tool 5). Fill in the *Start* column only.
- Read **Our Covenant** aloud. Adjust anything you need to, then sign it.
- Look at **The Good News on One Page** (Tool 1). Talk through the four movements: God, Us, Christ, Response.

Pray & Plan · 10 min

- Each person pray (or read) this: *"Jesus, I want to follow You. Teach me. Change me. Use me."*
- Set your weekly meeting time and your between-meeting check-in.
- Each write one name on the covenant page: someone you'll start praying for as a person you might walk with next.

For disciplers: Don’t rush this session. For someone new to faith, it may take two meetings. Spend the extra time on the good news, and give them room to ask real questions.

For groups: Use pairs or triads for the three-minute stories so everyone gets to share. Read the covenant together as a group.

Live It *This week's action step*

Set a daily 15-minute appointment with Jesus, same time and same place, and keep it five days this week using the readings below.

My time _____

My place _____

Go deeper (optional): Write the good news in four sentences (God, Us, Christ, Response) in Tool 1, as if you were explaining it to a ten-year-old.

Pass It On *within 48 hours*

Tell one person that you’ve started this journey, and ask them to pray for you.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read the passage slowly, Reflect on the prompt, Respond with a short prayer and one line in your journal.

☐ **Day 1 · Mark 1:14–20**
Jesus, what are You inviting me into, and what might I need to leave?

☐ **Day 2 · Luke 15:11–32**
Which son am I most like? What does the father’s welcome tell me about God?

☐ **Day 3 · John 3:1–17**
Write in one sentence what I believe about Jesus.

☐ **Day 4 · Ephesians 2:1–10**
Circle everything God does. What is grace? What good works has He prepared for me?

☐ **Day 5 · John 15:1–11**
What would it look like for me to “remain” in Jesus this week?

Awareness: You Are Being Formed

Each day this week, notice one thing that is shaping your thoughts or desires: a feed, a show, a conversation, a worry. Ask: *Is this forming me toward Jesus or away from Him?*

Ready to Move On?

- ☐ I can explain the good news in my own words (God, Us, Christ, Response).
- ☐ We’ve signed our covenant and set our meeting rhythm.
- ☐ I’ve started a daily time with God.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 2 · LESSON 2 · L · LOVING GOD

Prayer

Establish a meaningful rhythm of prayer

LISTEN ONLINE onetable.faith/prayer

BIG IDEA	Prayer isn't a religious duty or a way to get things from God. It's a two-way conversation with a Father who wants to be with you.
MEMORY VERSE	*Yet He frequently withdrew to the wilderness to pray.* **Luke 5:16**
ACTION STEP	**Keep a daily 10-minute P.R.A.Y. time, five days this week, at the same time and place.**
OUTCOME	I have a simple daily rhythm of prayer that I keep most days.

The Way of Jesus *Read before you meet · about 5 minutes*

Prayer and the life of Jesus

Prayer is the oxygen of the soul. You can attend church, join a Bible study, and serve on every team, but nothing replaces time alone with God.

Look at Jesus in Luke 5. News about Him is spreading. Crowds are pressing in. People need healing. It is the busiest, most successful season of His ministry. And Luke tells us: "Yet He frequently withdrew to the wilderness to pray." Not once. *Frequently.* If the Son of God needed unhurried time with His Father, how much more do we? Jesus teaches us a simple, uncomfortable truth: we are never too busy to pray.

Talking with God, not just to God

Most of us think of prayer as talking *to* God. But Jesus describes a relationship: "My sheep listen to My voice; I know them, and they follow Me" (John 10:27). Prayer is a conversation. God speaks mainly through Scripture, and also through the quiet nudges of His Spirit, wise friends, and the circumstances of our lives. We learn to recognize His voice the way you recognize a friend's voice on the phone: by spending time together. Anything we sense from God will always agree with Scripture and look like Jesus.

A simple pattern

A meaningful prayer life doesn't happen by accident. It begins with a time, a place, and a simple pattern. This week you'll practice **P.R.A.Y.**: *Pause, Rejoice, Ask, Yield* (see The Weekly Meeting). Think of it as an experiment with God. You'll get distracted. That's okay. Every time you notice and come back, you are praying.

When You Meet *about 60 minutes*

Who leads: The discipler leads and models prayer.

Connect · 10 min

- When have you felt closest to God? When does prayer feel hardest?
- How did your daily time with Jesus go this week?

Read · 20–25 min

Read aloud: Luke 11:1–13 (and, if time allows, Luke 5:12–16)

1. The disciples watched Jesus pray, then asked, “Lord, teach us.” What do you notice about the prayer He teaches (vv. 2–4)?
2. In the story of the friend at midnight (vv. 5–8), what does Jesus commend?
3. What do verses 11–13 say about the kind of Father we pray to? How might that change the way you pray?
4. What gets in the way of prayer for you: time, distraction, doubt, or feeling unheard?

Practice · 15 min

- **Pray P.R.A.Y. together for 10 minutes.** The discipler guides each step aloud. At *Yield*, take two full minutes of silence to listen.
- Afterward, talk: What did you notice? Was the silence hard? Did anything come to mind?
- Each choose a daily time and place for this week.

Pray & Plan · 10 min

- Pray for two or three people by name.
- Confirm your time and place for the week.

For disciplers: Model, don’t lecture. Pray out loud simply and briefly so your partner hears that prayer doesn’t need fancy words.

For groups: Split into pairs for the 10-minute practice. Keep the two minutes of silence; groups can do it.

Live It *This week's action step*

Keep a 10-minute P.R.A.Y. time five days this week, at the same time and place. Tie it to something you already do (morning coffee, lunch break, before bed).

I will pray at (time) _____

In (place) _____

My phone will be _____

Go deeper (optional): Take a 30-minute prayer walk this weekend. Walk slowly, talk with God, and stop to listen.

Pass It On *within 48 hours*

Ask someone, “How can I pray for you?” Then pray for them specifically, right there if they’re open to it, or later that day. Let them know you did.

Five Days with Jesus *10–15 minutes a day*

Read the day’s passage slowly, at least three times. Then write a short prayer using these five prompts:

- *God, You’re good because...*
- *Today this feels heavy. I hand it to You...*
- *Thank You for...*
- *I’m asking for...*
- *Jesus, what do I need to hear from You?*

☐ **Day 1 · Psalm 8**
Start with who God is.

☐ **Day 2 · 1 John 1:5–10**
Walk in the light. Confess what’s heavy.

☐ **Day 3 · John 17:20–26**
Jesus prayed for you. Let that sink in.

☐ **Day 4 · Colossians 3:12–17**
Give thanks for the people in your life.

☐ **Day 5 · Ephesians 6:10–18**
Pray for others, staying alert.

Awareness: Open My Eyes

In 2 Kings 6:8–17, Elisha’s servant woke to an enemy army surrounding the city and panicked. Elisha prayed, “O LORD, please open his eyes that he may see,” and the hills were full of horses and chariots of fire. God was there all along. This week,

three times a day, pray: *“Lord, open my eyes.”* Each evening, write down one “God sighting”: a place you noticed Him at work.

Ready to Move On?

- ☐ I have a daily time and place for prayer, and I kept it most days.
- ☐ I can walk someone through P.R.A.Y.
- ☐ I’m learning to listen to God, not just talk to Him.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 3 · LESSON 3 · H · HELPING THE WORLD

Calling

Called to follow. Sent to shine.

LISTEN ONLINE onetable.faith/calling

BIG IDEA	Before God calls you to do something, He calls you to Someone. Your first calling is to follow Jesus. Your everyday places are where He sends you to shine.
MEMORY VERSE	*"You are the light of the world. A city on a hill cannot be hidden... In the same way, let your light shine before men, that they may see your good deeds and glorify your Father in heaven."* **Matthew 5:14, 16**
ACTION STEP	**Write your 3-minute story and tell it to one person this week.**
OUTCOME	I know my first calling, I can share my story, and I have three people I'm praying for.

The Way of Jesus *Read before you meet · about 5 minutes*

Called in the middle of ordinary life

Jesus found His first disciples at work. Simon and Andrew were casting nets. James and John were mending them. He didn't wait for them to get cleaned up or trained. He simply said, "Come, follow Me."

Your first calling isn't a job, a role, or a ministry. It's a Person. Before you ever ask, "What should I do with my life?" Jesus asks, "Will you follow Me?" Everything else (your work, family, gifts, and dreams) flows from that yes. Your second callings are the places and people God has already given you: your home, your street, your workplace, your team, your school.

Sent to shine

Jesus doesn't say, "Try to become light." He says, "You *are* the light of the world." A lamp isn't lit so we can gather around it and warm our hands. It's set on a stand to give light to everyone in the house.

In an evangelism training at Colonial, Kent Mathews recalled the first thing Colonial's first youth leader, Richard Beach, told him back in 1969: *"Private Christianity is not a real thing."* If God's only plan were to secure you for heaven, He could take you home today. Instead He gave you His Spirit and left you here, on purpose, for the people around you.

Know, tell, do, and be the story

Kent sums up our part in four simple phrases:

- **Know the story.** You can't share good news you can't explain. (That's why you wrote it out in Session 1.)

- **Tell the story.** Your own story of what Jesus has done is one thing no one can argue with.
- **Do the story.** Serve, keep your word, and treat people with dignity.
- **Be the story.** Become more like Jesus, so the message and the messenger match.

Start by listening

Most people aren't won by our arguments. They're won by being heard. Kent's favorite opener works almost anywhere: *"How's your day going so far?"* Then listen. Ask a follow-up question. Let people tell you their story before you tell yours.

When You Meet *about 60 minutes*

Who leads: The discipler leads and models.

Connect · 10 min

- Who first showed you what following Jesus looks like? What did they do?
- How did your prayer rhythm go? Share one "God sighting."

Read · 20–25 min

Read aloud: Mark 1:14–20 and Matthew 5:13–16

1. What did the first disciples leave to follow Jesus? What might following Him cost you?
2. Jesus says, "I will make you…" Who does the making? Why does that matter?
3. Salt and light both work by contact. Where are your "places of presence," the places you are every week?
4. Is your light more "under a basket" or "on a stand" right now? Why?

Practice · 15 min

- **Draft your 3-minute story** using Tool 2: *Before* (what my life was like, or what I was looking for), *Jesus* (how I came to trust Him), and *Since* (what's different now). Then tell it to each other.
- If you came to faith as a child, tell about a season when Jesus became real to you, or what your life would be like without Him.
- **Start your BLESS list** (Tool 3): write three names of people God has put in your life who don't yet follow Jesus.

Pray & Plan · 10 min

- Pray for each other's three names, by name.
- Confirm who you'll share your story with this week.

For disciplers: Share your story first and keep it under three minutes. You're showing how short and simple it can be.

For groups: Share stories in pairs or triads, then invite one or two volunteers to tell theirs to the whole group.

Live It *This week's action step*

Finish your 3-minute story and tell it to one person this week. A friend, spouse, or fellow believer is a great place to start.

I'll share my story with _____

By (day) _____

Go deeper (optional): Write a two-sentence answer to "Why do you follow Jesus?" (1 Peter 3:15) and memorize it.

Pass It On *within 48 hours*

Ask one person Kent's question: "How's your day going so far?" Then listen. No fixing, no preaching. Ask one follow-up question.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Mark 1:14–20**
What might I need to leave behind to follow Jesus more fully?

☐ **Day 2 · Matthew 5:13–16**
Where is my "stand"? Name the places I will shine this week.

☐ **Day 3 · John 4:4–26**
Count Jesus' questions. What can I learn from how He listens?

☐ **Day 4 · 1 Peter 3:15–16**
Write my hope in Jesus in two sentences, with gentleness and respect.

☐ **Day 5 · Colossians 3:17, 23–24**
How can I do my ordinary work "for the Lord" today?

Awareness: Places of Presence

Each day, notice the people you'll see again: a coworker, a neighbor, a barista, a teammate. Pray silently: *"Jesus, what are You doing in their life? How can I shine here?"*

Ready to Move On?

- ☐ I can say my first calling in one sentence.
- ☐ I've written my 3-minute story and shared it with someone.
- ☐ I have three names on my BLESS list, and I'm praying for them.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That's growth too.

SESSION 4 · LESSON 4 · L · LOVING GOD

Self-Denial

Saying no to self to say a bigger yes to Jesus

LISTEN ONLINE onetable.faith/self-denial

BIG IDEA	Self-denial isn't self-hatred. It's saying no to the rule of the self so we can say a bigger yes to Jesus, and find real life.
MEMORY VERSE	*"If anyone wants to come after Me, he must deny himself and take up his cross daily and follow Me."* **Luke 9:23**
ACTION STEP	**Choose one small daily "no" and keep it all seven days, praying "Jesus, You are Lord" each time you feel the pull.**
OUTCOME	I've practiced a daily "no" and surrendered one area of my life to Jesus.

The Way of Jesus *Read before you meet · about 5 minutes*

The most countercultural sentence

Our culture preaches a simple creed: *Follow your heart. You do you. You deserve it.* Jesus says something that sounds almost offensive to modern ears: "If anyone wants to come after Me, he must deny himself and take up his cross daily and follow Me."

Then He explains why: "For whoever wants to save his life will lose it, but whoever loses his life for My sake will save it" (Luke 9:24). Self-denial isn't about losing your life. It's about finding it.

Not self-hatred, but self-surrender

Self-denial doesn't mean you don't matter, or that all your desires are bad. God made you, loves you, and delights in you. But our desires have been bent. Left on the throne, the self is a demanding little ruler: *I want. I need. I deserve. Right now.*

Jesus showed us the other way in the garden of Gethsemane. Facing the cross, He prayed, "Yet not My will, but Yours be done" (Luke 22:42). That is the heart of self-denial: handing Jesus the throne, one decision at a time.

Training, not just trying

Paul compares the Christian life to an athlete in training (1 Corinthians 9:24–27). An athlete doesn't just try harder on game day. She trains every day in small ways so she's ready when it counts. Small daily "no's" (to the snooze button, the extra scroll, the last word in an argument) train our hearts to say yes to God when the big moments come. **Every small no is practice for a bigger yes.**

“Daily” and “follow Me”

Notice two words. *Daily*: taking up the cross isn’t a one-time heroic act; it’s an everyday choice. And *follow Me*: we never carry the cross alone. We follow the One who carried His first.

When You Meet *about 60 minutes*

Who leads: The discipler leads and models.

Connect · 10 min

- What’s one thing you find really hard to say no to? (The snooze button, dessert, your phone, having the last word, a purchase…)
- How did sharing your story go? Did you ask anyone how their day was going?

Read · 20–25 min

Read aloud: Luke 9:18–25 and Luke 22:39–46

1. Right after Peter confesses Jesus as the Christ, Jesus talks about the cross. Why do you think He connects the two?
2. What three things does Jesus ask of a follower (9:23)? What does the word “daily” add?
3. In Gethsemane, what did it cost Jesus to pray, “Not My will, but Yours”?
4. Where is your will most on the throne right now: your schedule, money, relationships, reputation, comfort, or future?

Practice · 15 min

- **The Surrender Prayer.** Each person write down one area from question 4. Hold the paper in an open hand and pray together: *“Jesus, this is Yours. Not my will, but Yours be done.”*
- **Choose your daily “no.”** Some ideas: no phone for the first 30 minutes of the day; no complaining; no second helpings or dessert; let someone else have the last word; no online shopping; get up at the first alarm.

Pray & Plan · 10 min

- Pray for each other’s surrendered area by name.
- Confirm your daily “no” for the week.

For disciplers: Share your own daily “no” and how it’s going. Your honesty about failing and starting again will help more than any teaching.

For groups: Invite volunteers to share their daily “no” so the group can pray and cheer each other on during the week.

Live It *This week's action step*

Choose one small daily "no" and keep it all seven days. Each time you feel the pull, pause and pray: "Jesus, You are Lord."

My daily "no" _____

When I feel the pull, I will _____

Go deeper (optional): Choose one secret act of self-denial that no one else will ever know about (Matthew 6:3–4).

Pass It On *within 48 hours*

Tell someone what you're saying no to this week and why, and what you're learning about freedom.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Luke 9:23–25**
What does "deny myself" look like in my real schedule today?

☐ **Day 2 · Luke 22:39–46**
Pray Jesus' prayer, "Not my will, but Yours," about one specific situation.

☐ **Day 3 · Galatians 2:20**
If Christ lives in me, what changes about today's choices?

☐ **Day 4 · Romans 12:1–2**
What would it mean to offer my body as a "living sacrifice" this week?

☐ **Day 5 · 1 Corinthians 9:24–27**
What is one small way I can "train" today?

Awareness: Notice the Pull

When you feel "I want, I need, I deserve, right now" rising up, don't just obey it or fight it. Name it: *"That's my self asking for the throne."* Then pray, *"Jesus, You are Lord."* Pay attention to what you reach for when you're tired, bored, or stressed.

Ready to Move On?

- ☐ I kept my daily “no” most days and talked about what I noticed.
- ☐ I’ve surrendered one specific area of my life to Jesus.
- ☐ I can explain why self-denial leads to freedom, not misery.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 5 · LESSON 5 · L · LOVING GOD

Fasting

Hungry for God

LISTEN ONLINE onetable.faith/fasting

BIG IDEA	Fasting is feasting on God. By going without for a time, we tell our bodies and our hearts that Jesus is enough.
MEMORY VERSE	*"Man shall not live on bread alone, but on every word that comes from the mouth of God."* **Matthew 4:4**
ACTION STEP	**Fast from one meal (or choose a non-food fast) this week. Spend that time with God, and give away what you save.**
OUTCOME	I've completed a fast with a clear purpose and used it to pray.

The Way of Jesus *Read before you meet · about 5 minutes*

"When you fast," not "if"

Jesus assumed His followers would fast. In the Sermon on the Mount He says, "When you give...," "When you pray...," and "When you fast..." (Matthew 6:2, 5, 16). Fasting was simply part of life with God for Jesus, for the early church, and for Christians through the centuries. One of the earliest Christian teaching documents, the *Didache*, describes believers fasting every Wednesday and Friday.

Jesus began His public ministry with forty days of fasting in the wilderness. When the tempter told Him to turn stones into bread, Jesus answered from Scripture: "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Why fast?

- **Fasting exposes what controls us.** Skip a meal and see what comes out: impatience, irritability, cravings. Fasting doesn't create those things. It reveals them, so we can bring them to Jesus.
- **Fasting turns hunger into prayer.** Every hunger pang becomes a reminder: *God, I need You more than this.*
- **Fasting sharpens our seeking.** The early church fasted and prayed when they needed God's direction (Acts 13:2–3).
- **Fasting opens our hands.** In Isaiah 58, the fast God chooses includes sharing food with the hungry and setting the oppressed free. Many Christians give the money they save to someone in need.

How to begin

Start small. Skip one meal and spend that time in prayer and Scripture. Drink water. If that goes well, try a sunrise-to-sundown fast, or join the ancient rhythm of a weekly fast day. Fasting isn't about earning God's favor or proving how spiritual you

are. Jesus warns against showing off (Matthew 6:16–18). It's a quiet, private way of saying, *"Jesus, You are my bread."*

A word of care

Fasting from food isn't right for everyone. If you are pregnant or nursing, have diabetes or another medical condition, take medication that must be taken with food, or have a history of disordered eating, please don't fast from food. Talk with your doctor, and choose a non-food fast instead: social media, streaming, news, video games, or shopping. A non-food fast is a real fast.

When You Meet *about 60 minutes*

Who leads: The disciple opens in prayer and leads Connect. The discipler leads the rest.

Connect · 10 min

- What's your experience with fasting: never tried it, tried and struggled, or it's a regular practice? What questions or fears do you have?
- How did your daily "no" go? What did you notice about yourself?

Read · 20–25 min

Read aloud: Matthew 6:16–18 and Isaiah 58:6–9

1. What's the difference between the fasting Jesus warns against and the fasting He blesses?
2. In Isaiah 58, what does God connect fasting to? Why might that matter?
3. What do you think a fast might reveal in you?
4. What would you want to pray about while you fast?

Practice · 15 min

- **Plan your fast together.** Decide five things:
  - **What:** one meal, sunrise to sundown, or a non-food fast?
  - **When:** what day and time?
  - **Why:** what will you pray about?
  - **Instead:** what will you do with the time (pray, read, take a walk)?
  - **Give:** what will you do with what you save?
- Consider fasting on the same day so you can pray for each other.

Pray & Plan · 10 min

- Pray for each other's fast and prayer focus.
- Confirm the day you'll fast.

For disciplers: Tell your partner about a fast that went badly, or one that surprised you. It takes away the pressure to perform.

For groups: Pick one day for the whole group to fast and pray about a shared concern (a mission partner, someone who is sick, your church). Share what happened next week.

Live It *This week's action step*

Fast from one meal (or keep one non-food fast) this week. Use that time to pray and read Scripture, and give what you save to someone in need.

I'll fast from _____

On (day) _____

My prayer focus _____

I'll give what I save to _____

Go deeper (optional): Try a sunrise-to-sundown fast, or fast with your partner or group on the same day.

Pass It On *within 48 hours*

Invite someone to pray with you about the need you're fasting for.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Matthew 4:1–4**
What am I hungry for besides God? How did Jesus answer temptation?

☐ **Day 2 · Matthew 6:16–18**
Why does Jesus want fasting kept private? What's my motive?

☐ **Day 3 · Isaiah 58:6–12**
Who could my fasting help this week?

☐ **Day 4 · Acts 13:1–3**
What decision or direction do I need God's guidance on?

☐ **Day 5** · **John 4:31–34**
Jesus said, “I have food to eat that you know nothing about.” What truly feeds my soul?

Awareness: Hunger Is a Prayer Bell

During your fast, and all week long, let every craving ring like a bell that calls you to prayer: *“Jesus, You are my bread.”* Notice what emotions surface when you don’t get what you want.

Ready to Move On?

- ☐ I completed a fast (food or non-food) with a clear prayer focus.
- ☐ I used the time to be with God.
- ☐ I can explain why followers of Jesus fast.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 6 · LESSON 6 · I · INVESTING IN OTHERS

Forgiveness

Receive it. Release it.

LISTEN ONLINE onetable.faith/forgiveness

BIG IDEA	Forgiven people forgive. We receive God's mercy for our sin, and we release others from the debt they owe us.
MEMORY VERSE	*Bear with one another and forgive any complaint you may have against someone else. Forgive as the Lord forgave you.* **Colossians 3:13**
ACTION STEP	**Write a forgiveness prayer for one person, then pray a blessing over them every day this week.**
OUTCOME	I've received God's forgiveness and begun releasing someone who hurt me.

The Way of Jesus *Read before you meet · about 5 minutes*

Start by receiving

Forgiveness begins with God's forgiveness of us. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9). Confession isn't groveling. It's agreeing with God about what's true and letting Him wash it clean. Shame says, *Hide.* Jesus says, *Come into the light.*

The debt we're asked to release

Peter asked Jesus how many times he had to forgive. Seven times? Jesus answered, "Not just seven times, but seventy-seven times!" Then He told a story (Matthew 18:21–35). A servant was forgiven a debt he could never repay in a hundred lifetimes. Then he went out and choked a fellow servant over a few months' wages. The point is unmistakable: when we grasp how much we've been forgiven, holding others hostage for far smaller debts makes no sense.

What forgiveness is, and isn't

Forgiveness is NOT...	Forgiveness IS...
Pretending it didn't hurt	Telling the truth about what happened
Excusing or approving what was done	Releasing my right to get even
Forgetting	Handing the person and the hurt to God, the just Judge (Romans 12:19)
Instantly trusting again	A decision, often followed by a process
Staying in a harmful situation	Compatible with healthy boundaries and safety

Forgiveness and reconciliation are different. Forgiveness takes one person. Reconciliation takes two, and it requires honesty and rebuilt trust. You can forgive someone and still keep healthy boundaries. If you are in a situation involving abuse or danger, your safety comes first. Please reach out to a pastor or a professional for help.

A decision and a process

Deep hurts often need forgiving again every time the memory stings. That's okay. Each time, you choose again: *"Jesus, I've handed this to You."* Over time, the feelings often follow the decision. Here is a simple path to walk: **Name it. Confess it. Receive it. Release it.**

When You Meet *about 60 minutes*

Who leads: The disciple opens in prayer and leads Connect. The discipler leads the rest.

Connect · 10 min

- Is it easier for you to ask for forgiveness or to give it? Why?
- How did your fast go? What did it reveal?

Read · 20–25 min

Read aloud: Matthew 18:21–35 and 1 John 1:5–9

1. Compare the two debts in the story. What is Jesus saying about the size of God's forgiveness?
2. Why do you think the forgiven servant acted the way he did?
3. According to 1 John, what happens when we "walk in the light"?
4. Which step is yours right now: confessing a sin, receiving forgiveness, forgiving someone, or asking someone's forgiveness?

Practice · 15 min

- **Receive.** Take two minutes of silence to confess anything to God. Then read 1 John 1:9 aloud over each other, using their name: *"[Name], if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*
- **Release.** Each privately write the initials of someone you need to forgive and what they did. Pray, aloud or silently: *"Lord, I release ___ for ___. I give You my right to get even. Please bless them."* You don't need to share details.

Pray & Plan · 10 min

- Thank God together for His forgiveness.
- Confirm the person you'll pray a blessing over this week (initials are enough).

For disciplers: Listen more than you speak. If deep wounds, abuse, or trauma come up, thank them for trusting you, pray with them, and connect them with a pastor or counselor.

For groups: Keep the Release step private and silent. Never ask people to share names or details in a group.

Live It *This week's action step*

Write a forgiveness prayer (or a letter you won't send) for one person. Then pray a blessing over them every day this week (Luke 6:28).

The person I'm releasing (initials)_____

My blessing prayer for them_____

Go deeper (optional): If you have wronged someone, go to them this week and ask forgiveness, with no excuses and no "but" (Matthew 5:23–24).

Pass It On *within 48 hours*

Tell someone how God's forgiveness has changed you.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Psalm 51:1–12**
Pray David's prayer as my own. What do I need God to cleanse?

☐ **Day 2 · 1 John 1:5–2:2**
What do I need to bring into the light?

☐ **Day 3 · Matthew 18:21–35**
How much have I been forgiven? Who am I still holding a debt over?

☐ **Day 4 · Luke 6:27–36**
Pray a specific blessing for someone who has hurt me.

☐ **Day 5 · Genesis 50:15–21**
Joseph said, “What you intended against me for evil, God intended for good.” Where might God bring good from my hurt?

Awareness: Notice the Replay

When an old hurt starts replaying in your mind, don’t rehearse it. Release it: *“Jesus, I’ve handed this to You.”* Keep a quiet count of how often it happens this week, and watch the number.

Ready to Move On?

- ☐ I’ve confessed my sin and received God’s forgiveness.
- ☐ I’ve begun releasing one person.
- ☐ I understand the difference between forgiveness and reconciliation.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 7 · LESSON 7 · I · INVESTING IN OTHERS

Downward Mobility

The way of selfless ambition

LISTEN ONLINE onetable.faith/downward-mobility

BIG IDEA	In a world that climbs ladders, Jesus climbs down. Greatness in His kingdom isn't measured by how high you rise but by how many people you lift.
MEMORY VERSE	*"For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many."* **Mark 10:45**
ACTION STEP	**Do one significant act of hidden service that no one will applaud, and tell only God.**
OUTCOME	I've made one "lower-place" choice that lifted someone else.

The Way of Jesus *Read before you meet · about 5 minutes*

The only direction Jesus went was down

Everything around us pushes up: more followers, a bigger title, a better house, a higher seat. Jesus went the other way. Though He existed in the form of God, He "emptied Himself, taking the form of a servant... He humbled Himself and became obedient to death—even death on a cross" (Philippians 2:7–8). From heaven to a manger. From a manger to a towel. From a towel to a cross.

Greatness, redefined

When James and John asked for the best seats in Jesus' kingdom, the other disciples were furious, probably because they wanted those seats too. Jesus gathered them and turned the ladder upside down: "Whoever wants to become great among you must be your servant" (Mark 10:43). Later, He knelt and washed their feet (John 13).

Henri Nouwen called this the way of *downward mobility*. It isn't self-loathing or thinking less of yourself. It's thinking of yourself less. Because Jesus has already given you your identity (loved, chosen, secure), you don't need to climb to prove anything. You're free to aim your ambition at other people's good.

Use your place to lift others

Downward mobility doesn't mean quitting your job or turning down a promotion. It means using whatever position you have to raise others up: sharing credit, mentoring someone, covering the unseen task, choosing the lowest seat (Luke 14:7–11), and giving your best to people who can't repay you.

This is where **Investing in Others** gets practical. Self-denial deals with my desires. Downward mobility deals with my *status*, and turns it into a gift for someone else.

When You Meet *about 60 minutes*

Who leads: The disciple opens in prayer and leads Connect. The discipler leads the rest.

Connect · 10 min

- Where do you feel the most pressure to climb: work, social media, family, church, even your kids' success?
- How did your forgiveness prayer and daily blessing go?

Read · 20–25 min

Read aloud: Philippians 2:1–11 and Mark 10:35–45

1. List the "downward steps" Jesus takes in Philippians 2:6–8. Which one surprises you most?
2. What were James and John really asking for? What did Jesus offer instead?
3. Paul writes, "Let this mind be in you which was also in Christ Jesus" (v. 5). What would that look like in your closest relationships?
4. Where do you instinctively reach for the best seat?

Practice · 15 min

- **Name a ladder. Turn it upside down.** Each person answers three questions:
  - What "ladder" am I tempted to climb? (Recognition, being right, success, image...)
  - Who is one person I could lift up this week?
  - How, specifically? (Share credit, praise them to others, mentor, cover an unseen duty, give my time.)

Pray & Plan · 10 min

- Pray together: *"Jesus, yoke my ambition to Your love."*
- Confirm the person you'll lift up this week.

For disciplers: Look for a way to serve alongside your disciple this week: bring a meal, help someone move, set up chairs. Doing it together teaches more than talking about it.

For groups: Don't share your hidden act of service. That would defeat the purpose! Share instead what the practice revealed in you.

Live It *This week's action step*

Do one significant act of service that no one will applaud. Don't mention it. Tell only God.

My hidden act of service _____

When _____

Go deeper (optional): Pray every morning this week: "Jesus, yoke my ambition to Your love."

Pass It On *within 48 hours*

Lift someone up by name this week. Praise them publicly, share the credit, or tell their boss, parent, or friend what they did well.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Philippians 2:1–11**
Where am I clinging to my rights instead of emptying myself?

☐ **Day 2 · Mark 10:42–45**
How can I serve rather than be served today?

☐ **Day 3 · Luke 14:7–11**
What is the "lowest seat" in front of me?

☐ **Day 4 · John 13:3–17**
Whose feet will I wash, in a practical way, this week?

☐ **Day 5 · 2 Corinthians 8:9**
How has Jesus' poverty made me rich? How can His riches flow through me?

Awareness: Spotlights vs. Lamps

Notice when you reach for a spotlight: credit, attention, the last word, the platform. Ask the Spirit to make you a lamp instead, quietly giving light so others can see Jesus.

Ready to Move On?

- ☐ I did one hidden act of service.
- ☐ I intentionally lifted up someone else.
- ☐ I can name one “ladder” I’m learning to step down from.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 8 · LESSON 8 · G · GROWING IN COMMUNITY

Unmet Needs and Finding Freedom

Bring the need into the light. Practice a healthier response.

LISTEN ONLINE onetable.faith/freedom

BIG IDEA	Unmet needs can lead us toward harmful coping habits or addiction. Jesus invites us toward freedom through surrender, truth, a plan, and trusted people.
MEMORY VERSE	*So if the Son sets you free, you will be free indeed.* **John 8:36**
ACTION STEP	**Name one unmet need and harmful pattern. Write a Freedom Plan, share it with one trusted person, and practice a healthier response for seven days.**
OUTCOME	I have named the need beneath a pattern, shared my Freedom Plan, and begun practicing it with support.

The Way of Jesus *Read before you meet · about 5 minutes*

The need beneath the pattern

God made us for connection, love, belonging, and safety. When those needs go unmet, we adapt. We may become invisible to avoid conflict, overachieve to earn love, or use food, shopping, screens, substances, or constant activity to quiet loneliness or inadequacy. The need deserves care. The way we try to meet it can hurt us and others.

A harmful coping pattern is not automatically an addiction. Some patterns become addictions and need specialized care; others are habits or protective responses that have grown costly. Begin with curiosity: What happened? What did I reach for? What relief did it promise? What need was underneath? Notice both the immediate relief and the longer-term cost.

Bring the whole need to Jesus

Jesus said, “So if the Son sets you free, you will be free indeed” (John 8:36). Bring Him the behavior, the hurt, and the need underneath. Freedom grows through surrender, truth, a plan, and people. Walk with the Spirit (Galatians 5:16), practice a healthier response, and receive help. God often cares for us through friendship, rest, boundaries, and skilled support.

Honest community helps us heal

James writes, “Confess your sins to each other and pray for each other so that you may be healed” (James 5:16). A trusted person can pray with you, help you see a pattern, and encourage your next step. Share at a pace that respects your safety.

This is Growing in Community: learning to receive care while walking toward freedom together.

Five steps toward freedom

1. **Name the need and the pattern. Write the trigger, the need underneath, the behavior, the relief it promises, and its cost. Share with a trusted person. A diagnosis is not required to begin.**
2. **Choose a healthier response. Meet loneliness with a call to a friend, exhaustion with rest, or fear with prayer and a safe conversation. Choose one practical response that addresses the need.**
3. **Prepare barriers. Make the harmful response harder to reach: use a timer, move the phone, change a spending routine, or set a boundary. Make your healthier response easier to begin.**
4. **Build your team. Choose a trusted friend or discipler. Invite a pastor or counselor when useful, and specialized recovery or medical support when addiction or dependence is involved.**
5. **Surrender daily. Pray, "Jesus, here is my need and the way I have tried to meet it. Help me receive Your care and take a healthier step today."**

A word of care

If you are physically dependent on alcohol, drugs, or certain medications, stopping suddenly can be dangerous. Talk to a doctor before you quit. Recovery communities (such as Celebrate Recovery) and Christian counselors are gifts from God, not a sign of weak faith. Colonial's pastors can help you find the right support.

When You Meet *about 60 minutes*

Who leads: The disciple opens in prayer, leads Connect, and now leads Read. The discipler leads Practice and Pray & Plan.

Connect · 10 min

- When you feel stressed, lonely, unsafe, or worn out, what do you reach for? What are you hoping it will give you?
- How did your hidden service go? (No details needed!) Who did you lift up?

Read · 20–25 min

Read aloud: John 8:31–36 and Romans 6:11–14

1. According to Jesus, what makes a person a slave? What sets a person free?
2. What need might your usual response be trying to meet? When does that response begin to cost you or others?
3. Romans 6 calls us to offer ourselves to God. What healthier response could you practice with His help? Who could help you meet the need?

4. What small sign of growing freedom could you notice this week? What might take longer and need more support?

Practice · 15 min

- **Map one pattern, big or small, using My Freedom Plan (Tool 4). Name the trigger and unmet need, the behavior and cost, the promised relief, and God's truth. Choose a healthier response, practical barriers, and trusted people to help.**
- Choose what you are ready to share. Ask for consent before offering advice, keep personal details private, and let your partner set the pace.

Pray & Plan · 10 min

- Pray over each other's plans.
- Agree on a simple check-in rhythm for the week. Ask, "What did you need, what did you try, and how can I support you?"

For disciplers: This lesson may need two weeks. That's fine. Move on when the outcome is complete, not when the calendar says. Schedule a 30-day check-in on the plan.

For groups: For the Practice, split into same-gender pairs or triads. Never pressure anyone to share. Leaders: know where to refer people for professional help before this meeting.

Live It *This week's action step*

Complete My Freedom Plan (Tool 4) for one harmful pattern. Name the need, choose a healthier response, prepare barriers, and share with one trusted person. Practice for seven days.

My pattern and unmet need _____

My healthier response _____

My trusted person and check-in rhythm _____

Go deeper (optional): Read Psalm 62:5–8. Tell God the need you usually try to quiet, and name one person from whom you can receive care.

Pass It On *within 48 hours*

Offer a friend your attention. Ask, "How are you really doing?" Listen, ask what would help, and pray if they welcome it.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · John 8:31–36**
What truth does Jesus invite me to trust? What need or harmful response can I bring to Him today?

☐ **Day 2 · Romans 6:11–14**
What would offering myself to God look like in the moment I usually reach for relief?

☐ **Day 3 · Galatians 5:16–25**
Which fruit of the Spirit can shape a healthier response to my unmet need?

☐ **Day 4 · Hebrews 12:1–2**
What habit or weight is making life harder? What support would help me lay it aside?

☐ **Day 5 · 1 Corinthians 10:13**
What practical way forward can I prepare? Whom can I call when I need help taking it?

Awareness: H.A.L.T. and the need underneath

Pause when you are Hungry, Angry, Lonely, or Tired. Ask, “What do I need right now?” Eat, rest, seek a safe conversation, or ask for support. Pray as you take that practical step. Notice what helps and adjust your plan with your trusted person.

Ready to Move On?

☐ I can name one harmful pattern and the need it is trying to meet.

☐ My Freedom Plan includes a healthier response, barriers, and trusted support.

☐ I have shared the plan, practiced it for a week, and identified my next step.

Review these steps with your discipler before moving on. You can continue this plan while learning the next lesson. Healing may take time, and ongoing support belongs in the journey.

SESSION 9 · LESSON 9 · H · HELPING THE WORLD

Living Generously

Open-handed living in a scarcity world

LISTEN ONLINE onetable.faith/generosity

BIG IDEA	Generosity is the overflow of a heart that trusts the Father. We give because He first gave, and in His kingdom, what we give away in love multiplies.
MEMORY VERSE	*Each one should give what he has decided in his heart to give, not out of regret or compulsion. For God loves a cheerful giver.* **2 Corinthians 9:7**
ACTION STEP	**Decide on a planned, regular giving step and set it up this week.**
OUTCOME	I've set a planned giving rhythm and practiced one spontaneous act of generosity.

The Way of Jesus *Read before you meet · about 5 minutes*

The most generous person who ever lived

Jesus gave Himself: His time, His attention, His touch, His meals, and finally His life. "Though He was rich, yet for your sakes He became poor, so that you through His poverty might become rich" (2 Corinthians 8:9). Generosity isn't a fundraising strategy. It's what happens when God's grace flows through us to others.

Scarcity story vs. gospel story

Our world runs on a scarcity story: *There won't be enough. Hold on tight. Protect what's yours.* Jesus tells a different story: "Do not be afraid, little flock, for your Father is pleased to give you the kingdom" (Luke 12:32). Then He adds, "For where your treasure is, there your heart will be also" (Luke 12:34).

Notice the order. Your heart follows your treasure. If you want to care more about God's kingdom, start putting your treasure there.

More than money

Generosity includes money, but it's bigger: time, attention, skills, your home, and your table. The early church shared so freely that "there were no needy ones among them" (Acts 4:34).

The generosity triad

- **Planned.** Decide ahead of time what you'll give, and give it first, not from leftovers. Many Christians use the tithe (10 percent) as a benchmark. If that feels far away, choose a percentage and take a step toward it.
- **Spontaneous.** Keep a "mercy margin": a little money or time set aside so you're ready when a need appears.

- **Relational.** Share a meal, open your home, and give your time to a real person with a real need.

You can't out-give God. "And God is able to make all grace abound to you, so that in all things, at all times, having all that you need, you will abound in every good work" (2 Corinthians 9:8).

When You Meet *about 60 minutes*

Who leads: The disciple opens in prayer, leads Connect, and leads Read. The discipler leads Practice and Pray & Plan.

Connect · 10 min

- Tell about a time someone was generous to you. How did it affect you?
- How is your Freedom Plan going? What needs adjusting?

Read · 20–25 min

Read aloud: Luke 12:13–34 and 2 Corinthians 9:6–11

1. What did the rich fool get wrong (Luke 12:16–21)?
2. What worries make it hard to live with open hands (vv. 22–31)? What does Jesus say about the Father?
3. What does Paul promise about sowing and reaping? What does "cheerful" giving look like?
4. What most tempts you to grasp: time, money, or control?

Practice · 15 min

- **Generosity inventory.** Look at four areas and ask, "Where is God inviting me to open my hands?"
  - **Time:** Who could use an hour of my week?
  - **Talents:** What skill could I offer?
  - **Treasure:** What would planned, first-fruits giving look like for me?
  - **Table:** Who could I welcome into my home for a meal?
- Then each decide on your planned giving step. Write it down. You don't need to share the number.

Pray & Plan · 10 min

- Pray for open hands and trusting hearts.
- Confirm your planned step and your spontaneous act for the week.

For disciplers: Share your own journey with giving: what's been hard, and how God has provided. Stories open hands faster than rules.

For groups: Never ask anyone to share giving amounts. Consider a group generosity project this month: meet a real need together.

Live It *This week's action step*

Decide on a planned, regular giving rhythm (a percentage or amount, given first) and set it up this week, through Colonial, another ministry, or both.

My planned giving step _____

I'll set it up by _____

Go deeper (optional): Set aside a "mercy margin" in your budget or calendar this month so you're ready when a need appears.

Pass It On *within 48 hours*

Do one spontaneous act of generosity for someone on your BLESS list: buy a coffee, share a meal, or meet a practical need.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · 2 Corinthians 9:6–11**
What seed will I sow this week?

☐ **Day 2 · Luke 12:32–34**
Where is my treasure? What's one step I can take toward the kingdom?

☐ **Day 3 · Acts 2:44–47**
What can I share this week: space, stuff, or skills?

☐ **Day 4 · Proverbs 11:24–25**
Who needs refreshing through me?

☐ **Day 5** · **John 6:1–14**
What “loaves and fish” can I put in Jesus’ hands?

Awareness: Scarcity Story vs. Gospel Story

When you hear the whisper, *“There won’t be enough,”* answer it out loud: *“My Father knows what I need. I will seek His kingdom first”* (Luke 12:30–31).

Ready to Move On?

- ☐ I’ve decided on a regular, planned giving rhythm.
- ☐ I practiced one spontaneous act of generosity.
- ☐ I can tell one story of God’s provision.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 10 · LESSON 10 · G · GROWING IN COMMUNITY

Walking in Community

Belonging, accountability, and "one another" life

LISTEN ONLINE onetable.faith/community

BIG IDEA	Jesus forms a family, not freelancers. We can't follow Him alone, and we were never meant to.
MEMORY VERSE	*"A new commandment I give you: Love one another. As I have loved you, so you also must love one another. By this everyone will know that you are My disciples, if you love one another."* **John 13:34–35**
ACTION STEP	**Commit to one ongoing Christian gathering for the next 8–12 weeks, and sign up (or show up) this week.**
OUTCOME	I'm connected to an ongoing gathering and practicing "one another" love.

The Way of Jesus *Read before you meet · about 5 minutes*

A family, not freelancers

Jesus called His disciples by name, ate with them, traveled with them, sent them out two by two, and restored them when they failed. The first Christians "devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer" (Acts 2:42).

The New Testament is full of "one another" commands: love one another, encourage one another, carry one another's burdens, forgive one another. You can't obey them alone. Isolation stunts growth. Belonging speeds it up.

Love is Jesus' plan to reach the world

Jesus said the world would recognize His disciples by one thing: our love for one another. Community isn't a side benefit of faith. It's where Scripture becomes visible: encouragement, correction, burden-bearing, and unity. Colonial's hope to be *Better Together* and a *Safe Harbor* becomes real in small, ordinary acts: learning a name, making an introduction, carrying a burden, helping someone belong.

Love listens

One of the simplest ways to love someone is to listen well. Kent Mathews points out that while someone is talking, most of us are busy planning what we'll say next, how they're wrong, or a story of our own. Real listening sounds different:

- **Pay attention.** Put the phone away. Lean in. Nod.
- **Validate.** Before you fix, correct, or advise, show you understand: "That sounds really hard." You don't have to agree in order to empathize.
- **Clarify.** Ask, "Am I hearing you right?" before you respond.

Kent pictures a conversation like a small sailboat. When someone leans hard to one side, don't lunge to the opposite side. Move toward them, at least to the middle, so you can stay in the boat together.

From audience to family

It's possible to attend church for years and never be known. The shift happens when we stop asking, "What will I get?" and start asking, "How can I contribute?"

When You Meet *about 60 minutes*

Who leads: The disciple opens in prayer, leads Connect, and leads Read. The discipler leads Practice and Pray & Plan.

Connect · 10 min

- **Listening exercise.** Sit facing each other. One person shares their highest high and lowest low of the past week. The listener may only nod and say things like "yeah," "mm-hmm," or "wow." Then switch.
- Talk about it: How did it feel to be listened to that way? How did your generosity step go?

Read · 20–25 min

Read aloud: Acts 2:42–47, Hebrews 10:24–25, and Galatians 6:1–2

1. List what the first church devoted themselves to. Which one do you most need right now?
2. Hebrews says to "spur one another on." Who spurs you on? Whom do you spur on?
3. Who knows your joys, sins, and fears by name? If no one does, what's one step toward that?
4. Where are you tempted to "go it alone"?

Practice · 15 min

- **Choose your gathering.** Look together at options for ongoing community: a small group, a Sunday class, a serving team, Alpha, a men's or women's study, or a support group. Each choose one and decide when you'll sign up.
- **Choose one "one another"** to practice this week: encourage, pray for, carry a burden, forgive, or welcome.

Pray & Plan · 10 min

- Pray for each other's step into community.
- Confirm your gathering and your "one another."

For disciplers: If you can, go with your disciple to their first visit to a new group or serving team. Walking in the door is the hardest part.

For groups: This is a good week to ask: What's next for our group? Consider continuing together, or multiplying into new groups.

Live It *This week's action step*

Commit to one ongoing Christian gathering for the next 8–12 weeks, and sign up (or show up) this week.

My gathering _____

I'll sign up or attend by _____

Go deeper (optional): Plan a hospitality night this month. Invite someone from church and someone from your BLESS list to the same table.

Pass It On *within 48 hours*

Practice one "one another" this week: send an encouraging note, carry someone's burden, or share a meal.

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Acts 2:42–47**
Which devotion of the first church will I imitate this week?

☐ **Day 2 · Hebrews 10:24–25**
Who can I spur on today?

☐ **Day 3 · Galatians 6:1–5**
Where is gentle restoration needed, in me or in someone else?

☐ **Day 4 · Ephesians 4:1–3**
How will I make every effort for unity today?

☐ **Day 5 · Romans 12:9–13**
Plan one act of sincere love and hospitality.

Awareness: From Audience to Family

Every time you walk into church, a group, or a meal, ask, *“How can I contribute to the body today?”* instead of *“What will I get?”* Look for the person standing alone.

Ready to Move On?

- ☐ I’m connected to one ongoing gathering.
- ☐ I’m practicing one “one another” habit each week.
- ☐ I’ve shared a meal or unhurried time with someone.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

SESSION 11 · LESSON 11 · T · TRAINING OTHERS

Training Others

Becoming a disciple-maker

LISTEN ONLINE onetable.faith/training

BIG IDEA	Jesus didn't just make disciples; He made disciple-makers. Ordinary believers, filled with an extraordinary Spirit, pass on what they've received.
MEMORY VERSE	*And the things that you have heard me say among many witnesses, entrust these to faithful men who will be qualified to teach others as well.* **2 Timothy 2:2**
ACTION STEP	**Name the person you'll invite to walk through this booklet with you. Pray for them daily, then invite them.**
OUTCOME	I've led part of a Bible conversation, named my "one," and made (or scheduled) the invitation.

The Way of Jesus *Read before you meet · about 5 minutes*

Four generations in one verse

Read 2 Timothy 2:2 slowly and count. Paul taught Timothy. Timothy entrusts it to faithful people. They teach others. That's four generations of disciples in one sentence.

The Great Commission isn't a program. It's a pattern: go, make disciples, baptize them, and teach them "to obey all that I have commanded you" (Matthew 28:20). Not just to *know* what Jesus commanded. To *obey* it.

How Jesus trained His disciples

Jesus didn't hand His disciples a manual. He invited them to watch Him, to try it with Him, then sent them out and talked it over with them when they returned (Luke 9–10). Many disciple-makers describe the pattern in four simple steps:

Model	I do it; you watch.
Assist	You do it; I help.
Watch	You do it; I watch and encourage.
Leave	You do it on your own, and start the cycle with someone else.

You've been living this pattern for ten weeks. Now it's your turn.

You're more ready than you think

You don't have to be a Bible scholar. You need to be following Jesus, a step or two ahead, and willing to walk with someone. *Be in the Word. Be available. And God will send someone your way.*

Remember Kent Mathews' picture of a garden. Some people you meet are ready for tilling (friendship and listening). Some are ready for planting (your story and the good news). Some need watering, and a few are ready for harvest. You aren't responsible for every stage. You're responsible to be faithful in the one in front of you. As a line often credited to Robert Louis Stevenson puts it, "Don't judge each day by the harvest you reap but by the seeds that you plant."

Who's your one?

Look at your BLESS list, your family, your group, your coworkers. Maybe it's a new believer, someone returning to faith, a friend who's curious, or a Christian who has never been discipled. Ask God: *Who's my one?*

When You Meet *about 60 minutes*

Who leads: The disciple leads the whole meeting. The discipler participates, then gives encouragement at the end.

Connect · 10 min

- Who taught you to follow Jesus? What did they do that you can imitate?
- How did your "one another" go this week?

Read · 20–25 min

Read aloud: 2 Timothy 2:1–2 and Matthew 28:16–20

1. Count the generations in 2 Timothy 2:2. Where are you in that chain?
2. What does Jesus command, and what promises surround the command?
3. Why does Jesus say "teach them to obey," not just "teach them"?
4. What have you received in these weeks that you could pass on?

Practice · 15 min

- **The disciple leads a 10-minute R³ conversation** on John 15:1–8: read it aloud twice; ask, "What stands out?"; ask, "What does this show us about Jesus, and about us?"; ask, "How will we respond this week?"
- **Debrief.** The discipler shares two encouragements and one suggestion.
- **Who's your one?** Each write one name. Pray over those names together.

Pray & Plan · 10 min

- Pray for each person's "one" by name.
- Decide when each of you will make your invitation.

For disciplers: Resist the urge to jump in when your disciple leads. Let them wrestle, then debrief afterward. That's how you learned too.

For groups: Have several people lead short parts of the meeting this week. Then ask: Who in this group could start a new group or a one-on-one?

Live It *This week's action step*

Name the person you'll invite to walk through this booklet with you. Pray for them every day this week, then make the invitation.

My "one" _____

I'll invite them on _____

What to say

"I've been going through a short study on following Jesus with ___, and it's been really good for me. Would you be open to meeting with me for about an hour a week to go through it together? We could start with one meeting and see what you think."

Go deeper (optional): Invite a friend to be your prayer partner for your disciple-making, and pray together once this week.

Pass It On *within 48 hours*

From now on, every time you learn something new with Jesus, ask: "Who can I share this with in the next 48 hours?"

Five Days with Jesus *10–15 minutes a day*

Use **R³** each day: Read, Reflect, Respond.

☐ **Day 1 · Matthew 28:18–20**
Where am I going, and who will I teach to obey?

☐ **Day 2 · John 20:21**
As the Father sent Jesus, Jesus sends me. Where am I sent this week?

☐ **Day 3 · 2 Timothy 2:1–2**
Who are my "faithful people" to entrust with what I've learned?

☐ **Day 4 · Colossians 1:28–29**
Whose strength do I depend on to help someone grow?

☐ **Day 5** · **Luke 10:1–9**
Jesus sent them out in pairs. Who could go with me?

Awareness: Pass the Baton

Watch for moments when something you're learning could help someone else. A verse, a prayer, a practice. Don't keep it. Pass it on within 48 hours.

Ready to Move On?

- ☐ I've led part of a Bible conversation.
- ☐ I've named and prayed for the person I'll invite.
- ☐ I've made the invitation, or set a date to make it.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That's growth too.

SESSION 12 · COMMISSIONING

Go and Be the Light

This isn't the end. It's the handoff.

LISTEN ONLINE onetable.faith/commissioning

BIG IDEA	You've been discipled; now you're sent. The best way to keep growing is to help someone else grow.
MEMORY VERSE	*"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey all that I have commanded you. And surely I am with you always, even to the end of the age."* **Matthew 28:19–20**
ACTION STEP	**Put your first meeting with your "one" on the calendar, and schedule a 30-day coaching check-in with your discipler.**
OUTCOME	I have an Abide Plan, a first meeting on the calendar, and a coach for the road ahead.

The Way of Jesus *Read before you meet · about 5 minutes*

Look back and remember

When Israel crossed the Jordan River, God told them to pile up twelve stones as a memorial, so that when their children asked, "What do these stones mean to you?" they would tell the story of what God had done (Joshua 4:6). Before you look ahead, look back. Where has God met you in these twelve sessions?

A trellis for the road ahead

A vine needs a trellis to grow upward and bear fruit. Your **Abide Plan** (Tool 6) is a simple trellis: a few daily, weekly, and monthly rhythms to keep you close to Jesus for the long haul. Keep it light and life-giving. Jesus said, "The one who remains in Me, and I in him, will bear much fruit. For apart from Me you can do nothing" (John 15:5).

Your natural next step: make a disciple

Here is the simplest next step there is: **walk through this same booklet with the person you invited.** You won't be alone. Your discipler becomes your coach. You'll check in every few weeks, pray for each other, and talk through questions as they come up.

Not quite ready to lead? That's okay. Choose one of these, and set a date to revisit:

- **Co-lead.** Go through the booklet as a threesome: you, your discipler, and a new person.
- **Assist.** Serve as a helper in a small group or at an Alpha table.

- **Keep growing.** Join an ongoing group, Foundations, or a Spiritual Formation opportunity at Colonial, and revisit leading in 90 days.

Whatever you choose, keep your Abide Plan, stay in community, and keep praying for your "one."

When You Meet *about 60 minutes*

Who leads: Share the leadership. The discipler leads the commissioning at the end.

Connect · 10 min

- **Stones of remembrance.** Each share two or three moments when God met you in these weeks. What has changed?
- Did you make your invitation? How did it go?

Read · 20–25 min

Read aloud: John 15:1–17

1. What does "remain in Me" look like in daily life?
2. What fruit have you seen in each other during these weeks?
3. Jesus calls us His friends (v. 15). How has your friendship with Him grown?
4. What fruit do you long to see in the next year?

Practice · 15 min

- **Retake the Growth Snapshot** (Tool 5) and compare it with your *Start* column. Celebrate growth. Name one or two priorities for the next 90 days.
- **Finish your Abide Plan** (Tool 6).
- **Fill in your 90-Day Multiplication Plan** (Tool 7), and put your first meeting and coaching check-ins on the calendar right now.

Pray & Plan · 10 min

- **Commission each other.** The discipler prays over the disciple (with a hand on the shoulder, if welcome), using this blessing or your own words. Then the disciple prays for the discipler.

A commissioning blessing

[Name], go in the name of Jesus. May you remain in Him and bear much fruit. May the Father who loves you keep you, the Son who called you walk with you, and the Holy Spirit who fills you give you courage. As you have freely received, freely give. Be the light.

"May the LORD bless you and keep you; may the LORD cause His face to shine upon you and be gracious to you; may the LORD lift up His countenance toward you and give you peace." (Numbers 6:24–26)

For disciplers: Your job isn't over; it's changing. You're a coach now. Put the check-ins on your calendar before you leave.

For groups: End with a celebration meal and commission each person. Ask: Who will lead the next group? Who will start a one-on-one?

Live It *This week's action step*

Put your first meeting with your "one" on the calendar, and schedule your 30-day coaching check-in with your discipler.

First meeting with _____

Date _____

My coaching check-in date _____

Go deeper (optional): Write a short thank-you note to your discipler (or group) naming one way God used them in your life.

Pass It On *within 48 hours*

Give your "one" their own copy of this booklet, and tell them what these weeks have meant to you.

Five Days with Jesus *10–15 minutes a day*

Five days to keep going. Use **R³** and your Abide Plan.

☐ **Day 1 · John 15:1–4**
Remain. What helps me stay close to Jesus?

☐ **Day 2 · John 15:5–8**
Fruit. What fruit do I long to see this year?

☐ **Day 3 · John 15:9–11**
Joy. Where do I find joy in obeying Jesus?

☐ **Day 4 · John 15:12–17**
Friends. Pray for my "one" by name.

☐ **Day 5** · **Matthew 28:16–20**
Go. Thank Jesus that He is with me always.

Awareness: You Are Sent

Every morning this week, before your feet hit the floor, pray: *"Jesus, I'm Yours. Send me to someone today."* Then watch who He puts in your path.

Ready to Move On?

- ☐ I retook the Growth Snapshot and named my next priorities.
- ☐ My Abide Plan is complete.
- ☐ My first meeting with my "one" and my coaching check-in are on the calendar.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That's growth too.

Tools to Return To

These pages go with specific sessions, but you'll use most of them again and again, especially when you walk someone else through this booklet.

Tool	Title	Used in
Tool 1	The Good News on One Page	Session 1
Tool 2	My 3-Minute Story	Session 3
Tool 3	My BLESS List & Conversation Guide	Sessions 3, 9, 11
Tool 4	My Freedom Plan	Session 8
Tool 5	Growth Snapshot	Sessions 1 and 12
Tool 6	My Abide Plan	Session 12
Tool 7	My 90-Day Multiplication Plan	Session 12
Tool 8	A Guide for Disciplers	All sessions
Tool 9	Using This Booklet in a Small Group	All sessions

TOOL 1 · SESSION 1

The Good News on One Page

In an evangelism training at Colonial, Kent Mathews gave this challenge: take a single sheet of paper and write down how you would explain the gospel to a fifth-grader or your next-door neighbor. Many people who have been in church for years can't do it. You can.

The good news in four movements

Movement	The truth	Read
God	God made us for life with Him, and He loves us.	Genesis 1:27; John 3:16
Us	We have turned from God to run our own lives. Sin breaks our relationships with God, others, and ourselves, and we can't fix it on our own.	Romans 3:23; Isaiah 59:2
Christ	Jesus, God's Son, lived the life we couldn't, died for our sin, and rose from the dead.	1 Corinthians 15:3–4; 1 Peter 3:18
Response	We turn from sin (repent), trust Jesus (believe), and follow Him as Lord. He forgives us and gives us new life by His Spirit.	Mark 1:15; Ephesians 2:8–10

The Bible's big story

- **Creation.** God made a good world and made people in His image (Genesis 1–2).
- **Fall.** Humanity turned from God, and sin brought brokenness and death (Genesis 3).
- **Redemption.** God kept His promise to rescue, through Jesus' life, death, and resurrection (Luke 24:44–47).
- **Renewal.** Jesus reigns, gives His Spirit, and will return to make all things new (Revelation 21:1–5).

The good news in my own words

Write one or two sentences for each movement. Use everyday words, as if you were talking to a neighbor.

God _____

Us _____

Christ _____

Response _____

TOOL 2 · SESSION 3

My 3-Minute Story

Your story of what Jesus has done in your life is one of the most powerful things you can share. It isn't an argument. It's a witness. Aim for about three minutes.

Tips

- Keep the focus on Jesus, not on how good or bad you were.
- Use ordinary words. Skip church language like "saved," "convicted," or "washed in the blood" unless you explain it.
- Be honest about struggles that continue. You're not selling a perfect life.
- If you came to faith as a child, tell about a season when Jesus became real to you, or what your life would be like without Him.

Before

What was my life like, or what was I looking for?

Jesus

How did I come to trust Jesus? Who or what did God use?

Since

What's different now? How is He still changing me?

My hope in two sentences (1 Peter 3:15)

If someone asked, "Why do you follow Jesus?" I would say:

TOOL 3 · SESSIONS 3, 9, 11

My BLESS List & Conversation Guide

Pray for people you already know, and look for ways to love them well. Start with three names.

Name	What I know about their life	One next step

Five BLESS practices

- **Begin with prayer.** Pray for them by name, and for an opportunity to love them.
- **Listen.** Ask a question and give time for the answer. Learn what matters to them.
- **Eat.** Share a meal or coffee. Jesus did a lot of His ministry around a table.
- **Serve.** Ask what would help, then offer a practical response.
- **Story.** When the door opens, share your story and Jesus' story, and invite a response.

Conversation tools from Kent Mathews' training

- **One question that works almost anywhere:** "How's your day going so far?" If it's good: "What's good about it?" If it's hard: "I'm sorry. What would make it better?"
- **Listen, validate, clarify.** Listen without planning your reply. Show you understand before you respond. Ask, "Am I hearing you right?"
- **Uncover their story before telling yours.** Ask about what they believe and why. People often need to hear themselves say it.
- **Gentle bridges.** "Has that made you think about the bigger questions?" "Do you have any kind of faith background?" "Would it be okay if I prayed for that?"
- **When you don't know the answer,** say so: "I don't know. Let me look into it. Could we talk again?"
- **Remember the garden.** Tilling, planting, watering, harvesting. You only need to be faithful in the stage in front of you. God gives the growth (1 Corinthians 3:6).

Words I could use

- “Would it be helpful if I prayed for that?”
- “Would you like to hear why Jesus gives me hope?”
- “Would you be interested in reading a short part of the Bible together?”

TOOL 4 · SESSION 8

My Freedom Plan

Use this page for one harmful coping pattern, whether it is a habit or an addiction. Name the unmet need and choose a healthier response. Share with someone trustworthy. For addiction, trauma, or serious distress, seek qualified help alongside pastoral care. If your body may be dependent on a substance, talk to a doctor before stopping.

1. Name the need and the pattern

Trigger / unmet need	Behavior / cost	Relief it promises	Truth / healthy response

2. Choose a healthier response

When the trigger comes, I need ____. One healthier way to care for that need is:

3. Remove & re-route

Barriers I will prepare, and ways I will make my healthier response easier to begin:

4. My team

Trusted friend or discipler_____

Pastor, counselor, or recovery support (as needed)_____

Doctor (if my body is dependent)_____

Our check-in rhythm_____

My 30-day review date_____

5. Daily surrender

Morning and evening: “Jesus, I bring You my need and my response. Help me receive Your care and practice a healthier way.”

When the pattern returns

Reach out to your trusted person. Receive God’s grace, notice the need and trigger, and review what would help next time. Take the next step together. A setback is an opportunity to adjust the plan and receive support.

TOOL 5 · SESSIONS 1 AND 12

Growth Snapshot

This isn't a test. It's a snapshot to help you see where God is growing you. Rate each statement from **1** (not yet) to **5** (this is true of me). Fill in the *Start* column in Session 1 and the *End* column in Session 12.

#	Statement	Start	End
1	I can explain the good news of Jesus in my own words.		
2	I have a regular, meaningful time of prayer.		
3	I know my calling to follow Jesus and shine where I live.		
4	I'm learning to say no to myself and yes to Jesus.		
5	I practice fasting as a way to seek God.		
6	I've received God's forgiveness, and I'm quick to forgive others.		
7	I look for ways to serve and lift others up without needing credit.		
8	I'm honest about what I run to, and I'm walking toward freedom with others.		
9	I give generously: planned, spontaneous, and relational.		
10	I'm connected to a Christian community where I am known.		
11	I'm ready to help someone else follow Jesus.		
12	I have a sustainable rhythm (an Abide Plan) for staying close to Jesus.		

Where I've seen the most growth _____

Two priorities for the next 90 days _____

_____

For a deeper look, ask a pastor about Colonial's full Be the L.I.G.H.T. Discipleship Assessment.

TOOL 6 · SESSION 12

My Abide Plan

A trellis helps a vine bear fruit. Your Abide Plan is a simple, life-giving rhythm to keep you close to Jesus. Choose small rhythms you can keep for 30 days, then adjust with your coach.

Daily (about 15 minutes)

My time and place _____

Prayer: P.R.A.Y. _____

Scripture: R³. The book I'm reading _____

Weekly

Worship and my ongoing gathering _____

One intentional act of care or service _____

Rest (Sabbath): when I'll stop and enjoy God _____

Monthly

Hospitality: a shared meal with _____

Planned generosity step _____

People

My coach, mentor, or accountability partner (and how often) _____

My BLESS list (3 names) _____

My "one" (the person I'm discipling) _____

Quarterly (optional)

A half-day with God (date and place) _____

30-day review questions: What helped me stay close to Jesus? What was too much? What fruit can we see? What will I keep or change?

Signed _____

Date _____

TOOL 7 · SESSION 12

My 90-Day Multiplication Plan

The natural next step after these twelve sessions is to walk through them with someone else. Put these dates on your calendar now. Your discipler becomes your coach.

When	What	Date
Week 1	Invite your “one” (if you haven’t yet) and set your first meeting.	
Week 2	First meeting: Session 1, Begin with Jesus.	
Week 4	Coaching check-in with your discipler. What’s going well? What’s hard?	
Week 8	Coaching check-in. Celebrate progress and troubleshoot.	
Week 12	Commission your disciple, and ask them: “Who’s your one?”	

My “one” _____

My coach _____

Where we’ll meet _____

If I’m not ready to lead yet

I will (co-lead, assist, or keep growing):

_____

I’ll revisit leading on _____

TOOL 8 · ALL SESSIONS

A Guide for Disciplers

Your role is to help someone pay attention to Jesus, understand Scripture, and practice following Him. At its core, discipleship happens through friendship. You don't have to have all the answers. You do need to be praying, prepared, and present.

Before each meeting

- Read the session and try the practice yourself.
- Pray for your disciple by name.
- Choose one question you most want to ask.

At each meeting

1. **Begin with their real week.** Ask about the action step, and listen for joys, burdens, questions, and signs of growth.
2. **Open the Bible together.** Ask what the passage *says* before discussing what it *means* for life. Use the teaching as help, then return to the text.
3. **Model, then invite.** Do the practice together. Help them make the next step specific enough to try before you meet again.
4. **Pray and follow up.** Keep your between-meeting check-in. A short text matters more than you think.

Hand off leadership gradually

Follow the pattern in **Growing into a Leader** (Model, Assist, Watch, Leave). By Session 11, your disciple should lead the whole meeting.

When a question is hard

It's okay to say, "I don't know. Let's find out together." Read the surrounding passage, ask a pastor, or use a trusted study resource. Test impressions against Scripture, the character of Jesus, and wise counsel.

When to get help

Some situations need more than a discipling friendship. If you hear about abuse, a risk of harm to self or others, a crisis, or physical dependence on a substance, don't carry it alone. Stay with the person, involve a pastor right away, and follow Colonial's safeguarding procedures. In an emergency, call 911.

Practical wisdom

- Pair with someone of the same gender for one-on-one discipleship, or meet as a triad.
- Meet in a public or open setting when you're getting started.

- If you miss a week, pick up where you left off. If life gets hard, it’s fine to pause on a lesson.
- Stay connected to your own discipler, coach, or group as you disciple someone else.

Inviting someone: see “What to say” in Session 11.

TOOL 9 · ALL SESSIONS

Using This Booklet in a Small Group

The same twelve sessions work well for groups of 4 to 12. Everyone uses the same booklet and takes the same weekly action step.

- **Plan for 75 minutes.** Add time to Connect so everyone can share.
- **Use pairs and triads** for the Practice and for prayer, so everyone participates.
- **Check the "For groups" note in each session. A few lessons (Forgiveness, Unmet Needs and Finding Freedom, Living Generously) need extra care with privacy.**
- **Share leadership.** Follow the Growing into a Leader pattern by rotating who opens in prayer, leads Connect, and leads Read.
- **Pair people up between meetings** for a weekly check-in on the action step.
- **Keep confidentiality.** What's shared in the group stays in the group, unless someone is at risk of harm.
- **Plan to multiply.** By Session 12, ask who will start a one-on-one or co-lead a new group.

Sources & Acknowledgment

The original pathway

Some of the material and the original course concept draw on Discipleship Pathway (2024) by Rev. Megan Koch and Rev. Phil Wiseman of Table Church in Des Moines, Iowa, used with the authors' blessing. The original resource is licensed under Creative Commons Attribution 4.0 International (CC BY 4.0).

Original resource: discipleship.guide · License: creativecommons.org/licenses/by/4.0

The Colonial adaptation

One Table was developed by Pastor Jeff Sparks for Colonial Presbyterian Church as a resource within the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's Be the LIGHT Abide Guide (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

Using and sharing this resource

You're welcome to print and share this booklet. Please keep this acknowledgment and the license link with any copy, including website versions. If you revise it further, note your changes and keep the credit to the original authors.