

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.

Sources & Acknowledgment

The original pathway

This booklet adapts and substantially rewrites material from *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 identifies its license as Creative Commons Attribution 4.0 International (CC BY 4.0).

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The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for 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.

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