

# 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: R<sup>3</sup>. 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 \_\_\_\_\_

# 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., R<sup>3</sup>, 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

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