M S S N L

PREMIUM FIELD GUIDE

Jesus & The Way Field Guide

A guided fieldbook for following Jesus, learning His way, and walking faithfully.

Ryan D. Eldridge

Follow Jesus. Learn His way. Keep walking.

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Jesus & The Way Field Guide

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This field guide is written for discipleship, formation, and encouragement. It is intended to help readers remain close to Jesus, receive the truth of Scripture, reflect honestly, and take one faithful step at a time.

Scripture references are provided for study, reflection, and application. Unless otherwise noted, references follow the English Standard Version (ESV). Readers are encouraged to study the Word of God prayerfully and in community, seeking wise pastoral, medical, counseling, legal, or professional care where needed.

This guide does not replace Scripture, local church community, pastoral care, professional counseling, medical care, legal advice, emergency support, or personal responsibility before God.

SAFETY AND WISDOM

Following Jesus never requires remaining in abuse, ignoring danger, refusing appropriate care, protecting harmful leadership, or staying silent when someone is being harmed. Seek safe and appropriate pastoral, professional, legal, medical, or emergency support where needed.

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FORMATION FOUNDATION

How This Field Guide Works

Jesus & The Way is the book. This Field Guide helps you work its message into daily life.

The book gives the larger journey of discipleship. The Field Guide gives you a place to read Scripture, reflect honestly, write a few words, pray, talk with a trusted person, and choose one faithful response.

Use It This Way	What To Do
Read and Apply	Read the matching book chapter first. Then use the Guided Practice to reflect, respond, and take one faithful step.
Use It on Its Own	Each Guided Practice includes Scripture, guided choices, a practical tool, and a clear response.
Walk Through It with Others	Use the trusted conversation page with a friend, mentor, pastor, family member, small group, or church community. Listen, pray, and follow up.

The MSSNL Rhythm

Word	Wonder	Walk
Receive the truth of Scripture. Ask what it reveals about Jesus, people, and a life under Christ.	Slow down and reflect honestly. Notice where truth meets your story, identity, fear, hope, relationships, and choices.	Turn reflection into faithful response. Use the Action Blueprint, practical tool, next step, and trusted-person follow-through to put truth into practice.

Move Through the Guide This Way

Read Scripture slowly.	Check what is true.
Write only what helps you name the present season.	Pray honestly.
Talk with a trusted person where support would help.	Take one faithful step.

You do not need perfect answers. You need an honest beginning.

FORMATION PATHWAY

The Jesus & The Way Pathway

Movement	Guided Practices	What It Forms
Answer the Call	01 - 03	Jesus at the center, the call to follow, and a posture of lifelong apprenticeship.
Surrender and Remain	04 - 06	Open-handed trust, abiding relationship, discernment, and obedience to the words of Jesus.
Walk with God	07 - 09	Dependence on the Spirit, a life of prayer, and shared formation among the people of Jesus.
Choose the Way	10 - 11	Holiness, wise resistance to competing ways, costly allegiance, and resurrection-shaped endurance.
Live Sent and Multiply	12 - 14 + Thirty-Day Plan	Faithful witness, testimony, disciple-making, and ongoing obedience with Jesus at the center.

Contents

01 The Way
02 Come, Follow Me
03 Learn from Me
04 The Way of Surrender
05 Abide in Me
06 Hear and Obey
07 Walk by the Spirit
08 A Life of Prayer
09 The People of the Way
10 The Narrow Way
11 Take Up Your Cross
12 As the Father Sent Me
13 Make Disciples
14 Keep Walking

GROUP USE

A Covenant for Truthful Community

Create a place where people can be known, prayed for, and invited toward faithful obedience under Christ.

Commitment	What It Looks Like
Presence	Phones away. Attention given. We remain engaged.
Confidentiality	Stories stay here. Only your own story leaves the room.
No Fixing	We listen to understand. We ask questions. We pray. We do not rush to diagnose or control.
No Comparison	We do not minimize another person's story or compete with it.
Courage and Grace	We tell the truth with humility and receive one another with care.
Faithful Follow-Through	We ask about the next step and encourage one another toward Jesus.

Questions That Help

What feels most true right now?	What do you believe about God in this place?
What are you carrying alone?	What truth from Jesus do you need to receive?
What would a faithful response look like?	How can I pray for you?

BEFORE YOU BEGIN

Baseline Assessment

Choose where to begin.

Think about the last thirty days. Give each Guided Practice one overall score from 1 to 4 based on what is actually present in your life today. This is an honest starting picture, not a verdict.

HOW TO SCORE

1 = Needs Attention Now. This area feels hidden, inconsistent, avoided, or under pressure. 2 = Needs Support. You can see the issue, but you need clearer practice, conversation, or help. 3 = Growing. This area is becoming healthier and more consistent. 4 = Strong and Steady. This area is clear, supported, and visible in daily life.

Guided Practice	Score 1-4	What Stands Out Most
01 The Way	1 2 3 4	_____
02 Come, Follow Me	1 2 3 4	_____
03 Learn from Me	1 2 3 4	_____
04 The Way of Surrender	1 2 3 4	_____
05 Abide in Me	1 2 3 4	_____
06 Hear and Obey	1 2 3 4	_____
07 Walk by the Spirit	1 2 3 4	_____
08 A Life of Prayer	1 2 3 4	_____
09 The People of the Way	1 2 3 4	_____
10 The Narrow Way	1 2 3 4	_____
11 Take Up Your Cross	1 2 3 4	_____
12 As the Father Sent Me	1 2 3 4	_____
13 Make Disciples	1 2 3 4	_____
14 Keep Walking	1 2 3 4	_____

Overall baseline score: _____ / 56

14-27	28-41	42-56
Needs focused care. Choose one area and bring a trusted person into the next step.	Building a healthier rhythm. Strengthen one practice and protect a steady follow-through rhythm.	Strong and steady foundation. Guard the habits that are working and remain open to honest feedback.

Choose Your First Focus

I will begin with my lowest score.	I will begin with the area creating the most pressure.
I will begin with the place I have been avoiding.	I will begin with the place Jesus keeps bringing to mind.

The Guided Practice I will begin with:

_____

One faithful response I will take this week:

_____

OPENING PRAYER

Jesus, show me what is true in this season. Meet me with grace. Give me courage to follow You with one honest and faithful step.

GUIDED PRACTICE 01 / ANSWER THE CALL

The Way

Discipleship begins with Jesus Himself. He is not only the teacher of the Way. He is the Way.

Book Connection

Introduction: The Way

Primary Scripture

John chapter 14, verse 6

Why This Practice Matters

Place Jesus at the center of discipleship and name the voices, desires, or pressures that compete for your trust and direction.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Jesus Is the Way	Begin with the person of Jesus rather than a spiritual system.
02	Follow the Person	Notice where you want a map more than you want the One who leads.
03	Name the Other Roads	Identify the voices, desires, fears, or habits competing for allegiance.
04	Begin Walking	Choose the next faithful step without demanding the whole road in advance.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 14, verse 6. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus is the Way, the truth, and the life.	Discipleship begins with relationship before technique.
I do not need the whole map in order to follow Jesus.	Jesus is worthy of my trust and allegiance.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where I want control more than trust.	A voice or pressure shaping my direction.
Fear about where following Jesus may lead.	A decision where I need His wisdom.
A part of life I keep outside His leadership.	A desire to begin again with Jesus at the center.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
Jesus is the center of how I understand discipleship.	1 2 3 4
I can name what competes for my deepest trust and attention.	1 2 3 4
I return to the words and character of Jesus when I feel unsure.	1 2 3 4
I can name one faithful next step in my present season.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Wayfinder: What Is Leading Me?

Use this page to notice what is shaping your direction. Keep the focus on one or two real situations instead of trying to solve everything at once.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What Is Pulling Me	What Jesus Reveals	Next Faithful Step
Decision			
Pressure			
Relationship			
Future			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A decision I need to bring under Jesus.	A competing voice I need to name.
A place where I am demanding certainty.	A fear I need to bring into prayer.
A Scripture I need to return to.	A first step I already know to take.

2. Choose One Faithful Response

Read John chapter 14 slowly three times this week.	Pray, “Jesus, lead me in Your way,” each morning.
Name one competing loyalty to a trusted person.	Remove one distraction that keeps me from paying attention.
Take the next clear step of obedience.	Ask for wise Christian counsel about one decision.
Write one sentence about why Jesus is trustworthy.	Schedule a follow-up conversation this week.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, You are the Way. Bring my life back under Your leadership. Help me trust You with the road I cannot yet see and take the next faithful step with You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 02 / ANSWER THE CALL

Come, Follow Me

Jesus calls ordinary people into relationship, formation, and mission. The first step is to follow.

Book Connection

Chapter One: Come, Follow Me

Primary Scripture

Matthew chapter 4, verse 19

Why This Practice Matters

Hear the invitation of Jesus personally and name what following Him asks you to trust, leave, or place under His leadership.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Invitation	Receive the call as something Jesus speaks personally to ordinary people.
02	Trust	Notice what you are tempted to hold before taking the next step.
03	Formation	Remember that Jesus says, “I will make you.” He forms those who follow.
04	Mission	See that following Jesus eventually turns a disciple toward other people.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 4, verse 19. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus calls ordinary people.	The call begins with Jesus, not my qualifications.
Jesus forms the people who follow Him.	Following Jesus eventually moves outward toward others.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A “net” I am still holding tightly.	A place where I feel unqualified.
A decision I keep delaying.	A comfort I fear losing.
A place where I need to trust Jesus to form me.	Someone Jesus may be asking me to notice.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I understand following Jesus as a relationship, not only a belief system.	1 2 3 4
I can name something I need to place under His leadership.	1 2 3 4
I trust Jesus to form me rather than demanding perfection first.	1 2 3 4
I can name one ordinary place where I can follow Him this week.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Nets and Next Steps

Name what you are carrying, what following may require, and the next faithful step. You do not need dramatic language. Use the actual life in front of you.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Am Holding	What Following Jesus May Ask	Next Step
Time / schedule			
Work / responsibility			
Relationship			
Comfort / control			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

Something I need to release.	A place where fear is delaying obedience.
A part of life I have kept separate from Jesus.	A relationship that needs a faithful response.
A step I already know I should take.	A person I need to invite into the journey.

2. Choose One Faithful Response

Read Matthew chapter 4, verses 18 through 22 again.	Name one “net” I am gripping and pray with open hands.
Tell a trusted person the step I need to take.	Take one concrete act of obedience within two days.
Simplify one part of my schedule to make room for Jesus.	Serve someone in the ordinary place where God has put me.
Write what “Follow me” means in this season.	Ask someone to pray with me about the next step.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, help me hear Your invitation again. Give me courage to follow before I can see the entire road, and form me into the person You are calling me to become.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 03 / ANSWER THE CALL

Learn from Me

Following Jesus is apprenticeship. We remain with Him long enough for His way to become our way.

Book Connection

Chapter Two: Learn from Me

Primary Scripture

Matthew chapter 11, verses 28 and 29

Why This Practice Matters

Move from collecting information about Jesus toward learning His character, pace, priorities, and way of life.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Come to Me	Receive the invitation of Jesus before trying to improve yourself.
02	Be With Him	Notice how attention and presence create room for formation.
03	Learn His Way	Compare your default responses with the character and teaching of Jesus.
04	Practice the Yoke	Choose one simple rhythm that helps you live what you are learning.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 11, verses 28 and 29. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus invites weary people to come near.	A disciple remains a learner.
Jesus is gentle and lowly in heart.	Formation happens as truth enters ordinary life.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where I am striving.	Something I need to unlearn.
A pressure that reveals my default way.	A part of Jesus' character I need to receive.
A habit that keeps me hurried or distracted.	A place where I want to learn a new response.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I make regular space to be with Jesus, not only study about Him.	1 2 3 4
I can name a default response Jesus is reshaping in me.	1 2 3 4
I approach discipleship as a learner rather than an expert.	1 2 3 4
I have at least one practice that helps His teaching enter daily life.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Apprenticeship Inventory

Notice your default way under pressure and compare it with the way of Jesus. Choose one small practice that helps you learn a different response.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Situation	My Default Way	The Way of Jesus	Practice
Pressure			
Conflict			
Success / recognition			
Rest / limits			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A place where I need to slow down.	A response I need to unlearn.
A part of Jesus' character I want to study.	A practice that would create more attention.
A pressure revealing what still needs formation.	A relationship where I can practice His way.

2. Choose One Faithful Response

Read Matthew chapter 11, verses 28 through 30 each morning.	Choose one ten-minute period of undistracted time with Jesus.
Ask, "What would learning from Jesus look like here?" in one recurring situation.	Tell a trusted person the pattern I am trying to unlearn.
Practice one slower, gentler response in a difficult conversation.	Remove one source of unnecessary hurry this week.
Journal one thing Jesus is teaching me.	Protect one block of rest and receive it as a gift.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, teach me Your way. Slow my striving, expose what I need to unlearn, and form Your character in the ordinary places of my life.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 04 / SURRENDER AND REMAIN

The Way of Surrender

Surrender places the whole life under the good leadership of Jesus. Open hands create room for trust.

Book Connection

Chapter Three: The Way of Surrender

Primary Scripture

Luke chapter 9, verse 23

Why This Practice Matters

Name what you are gripping, distinguish faithful responsibility from control, and practice daily surrender under Christ.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Deny Self	Notice where self has become the highest authority.
02	Open Hands	Name what you are trying to possess, protect, or control.
03	Trust	Receive surrender as confidence in the leadership of Jesus.
04	Daily Surrender	Practice returning plans, outcomes, and desires to Christ each day.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Luke chapter 9, verse 23. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Surrender is not self-erasure. It is placing self under Jesus.	Jesus Himself modeled surrender to the Father.
Responsibility and control are not the same thing.	Surrender is practiced again and again.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A plan I am trying to force.	A person I am trying to control.
A fear behind my need to manage outcomes.	An ambition I need to bring under Jesus.
A possession or identity I am gripping.	A place where repentance would open my hands.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name areas where control becomes stronger than trust.	1 2 3 4
I distinguish faithful responsibility from carrying what belongs to God.	1 2 3 4
I regularly bring plans and outcomes under Jesus in prayer.	1 2 3 4
I can repent and return when self becomes the highest authority.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Open Hands Inventory

Surrender does not mean neglecting responsibility. Use this page to separate what belongs to faithful stewardship from what you are trying to control.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Am Gripping	My Faithful Responsibility	What I Release
Plans			
People			
Reputation			
Resources / future			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A plan I need to release.	A person I need to stop trying to control.
A responsibility I need to carry faithfully.	A fear driving my grip.
A place where I need to repent.	A decision I need to place under Jesus.

2. Choose One Faithful Response

Pray Luke chapter 9, verse 23 slowly each day.	Write one thing I cannot control and one thing I can do faithfully.
Tell a trusted person where control is creating pressure.	Make one decision based on faithfulness rather than fear.
Confess one place where self has taken the highest place.	Open my hands physically while praying about one outcome.
Release one unnecessary attempt to manage another person.	Schedule one follow-up check on the responsibility that is truly mine.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, teach me to deny self without denying the person You made me to be. Help me carry what is mine to carry, release what belongs to You, and follow with open hands.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 05 / SURRENDER AND REMAIN

Abide in Me

The life of a disciple is received before it is produced. Fruit grows from remaining in Jesus.

Book Connection

Chapter Four: Abide in Me

Primary Scripture

John chapter 15, verses 4 and 5

Why This Practice Matters

Build a simple rhythm of remaining with Jesus so that prayer, Scripture, obedience, rest, and community flow from relationship rather than striving.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	The Vine	Receive Jesus as the source of spiritual life.
02	Remain	Notice what helps you stay attentive and what repeatedly disconnects you.
03	Practices	Build simple rhythms of Word, prayer, worship, rest, and community.
04	Fruit	Look for character and obedience that are growing from life with Christ.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 15, verses 4 and 5. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus is the source of the life He calls me to live.	I do not have to manufacture spiritual fruit.
His Word, prayer, obedience, and community help me remain attentive.	Pruning can remove what keeps life from becoming fruitful.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where I am spiritually dry.	A habit that crowds out attention to Jesus.
A place where I am striving for fruit.	A rhythm I need to protect.
Something that may need pruning.	A sign of fruit I can thank God for.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I have a repeatable rhythm for Scripture and prayer.	1 2 3 4
I bring weakness to Jesus rather than withdrawing from Him.	1 2 3 4
I protect time for worship, rest, and Christian community.	1 2 3 4
I can name fruit that is becoming visible over time.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Rule of Life Builder

Build a light trellis for your actual season. Choose only practices you can carry with grace and faithfulness. A Rule of Life supports relationship; it does not earn God's love.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Rhythm	What It Supports	My Practice	Review Rhythm
Daily Word			
Daily Prayer / attention			
Daily obedience			
Weekly worship / rest			
Trusted community			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A distraction I need to reduce.	A daily rhythm I need to begin.
A rhythm I need to simplify.	A place where striving needs to become abiding.
A relationship that helps me stay rooted.	A sign of fruit I want to protect.

2. Choose One Faithful Response

Read John chapter 15 slowly twice this week.	Protect one repeatable daily time with Jesus.
Choose one Scripture to carry through the day.	Create one simple cue that reminds me to return to prayer.
Remove one distraction during my time with God.	Protect one period of worship or rest this week.
Invite one trusted person to ask about my abiding rhythm.	Thank God for one sign of fruit instead of demanding more.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, keep me near You. Free me from trying to manufacture what only Your life can produce, and help me build rhythms that keep returning my attention to You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 06 / SURRENDER AND REMAIN

Hear and Obey

Hearing Jesus becomes a foundation when His words are received, tested faithfully, and put into practice.

Book Connection

Chapter Five: Hear and Obey

Primary Scripture

Matthew chapter 7, verse 24

Why This Practice Matters

Strengthen the relationship between Scripture, discernment, and obedience so that the life you build rests on what Jesus has actually said.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Hear	Return to Scripture as the primary place to learn the voice and truth of Jesus.
02	Test	Evaluate impressions, advice, and opportunities beneath Scripture and the character of Christ.
03	Obey	Name the truth you already know and the response it requires.
04	Build	Practice obedience until the words of Jesus become the foundation of ordinary life.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 7, verse 24. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus' sheep learn to hear His voice.	Scripture gives truth outside my own feelings and impressions.
The Spirit will not contradict what God has revealed.	Hearing without doing does not build a stable life.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A command I know but have delayed.	An impression I need to test.
Advice I have accepted too quickly.	A place where I want a new word instead of obeying the clear one.
A decision that needs wise counsel.	A truth I need to build into a habit.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I regularly open Scripture to learn what Jesus has said.	1 2 3 4
I test personal impressions rather than treating them as unquestionable.	1 2 3 4
I can name at least one clear obedience in my present season.	1 2 3 4
I seek wise counsel when a decision is unclear or significant.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Hear, Test, Obey Discernment Grid

Use this tool for a real decision, impression, or area of obedience. Scripture remains primary. Wisdom, character, and trusted counsel help you respond faithfully.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What I Am Considering	Scripture / Truth	Character and Wise Counsel	Faithful Response
Decision			
Impression / desire			
Opportunity			
Known command			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A command I have delayed.	A decision I need to test by Scripture.
An impression I should hold more humbly.	A conversation where I need wise counsel.
A truth I need to practice, not only understand.	A habit that would help me obey more consistently.

2. Choose One Faithful Response

Read Matthew chapter 7, verses 24 through 27 again.	Write the clear truth before writing my preferred outcome.
Ask one mature believer for counsel.	Take one obedience step within forty-eight hours.
Stop using “God told me” language for something I have not tested.	Return to one command of Jesus I already know.
Journal what happened after I obeyed.	Schedule a follow-up conversation about the decision.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, give me ears to hear and a willing heart to obey. Keep me grounded in Scripture, humble about my impressions, and faithful with what You have already made clear.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 07 / WALK WITH GOD

Walk by the Spirit

The Holy Spirit is not an idea or force. He is God with us, forming the character of Christ in His people.

Book Connection

Chapter Six: Walk by the Spirit

Primary Scripture

Galatians chapter 5, verse 16

Why This Practice Matters

Notice where self-powered living or fleshly patterns are shaping you, and practice dependence on the Spirit with biblical discernment.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	The Helper	Receive the Holy Spirit as God present with His people.
02	Flesh and Spirit	Name the patterns that grow when life operates apart from submission to God.
03	Fruit	Look for Christlike character the Spirit is forming over time.
04	Keep in Step	Practice dependence, discernment, conviction, and response in ordinary life.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Galatians chapter 5, verse 16. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Holy Spirit is God, not an impersonal force.	The Spirit forms the character of Christ.
Conviction leads me toward Jesus; condemnation drives me into hiding.	Personal impressions should be tested by Scripture and wise counsel.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where I am trying to power through alone.	A recurring flesh pattern.
A fruit of the Spirit I deeply need.	A decision where I need wisdom.
A place where conviction is inviting repentance.	A spiritual impression I need to test humbly.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I regularly ask the Spirit for help rather than relying only on willpower.	1 2 3 4
I can name recurring patterns of the flesh in my actual life.	1 2 3 4
I can identify fruit of the Spirit that is becoming more visible.	1 2 3 4
I test guidance by Scripture, the character of Jesus, and wise counsel.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Fruit and Formation Inventory

Choose the fruit that most needs attention in this season. A low score is not shame. It simply helps you name where dependence and practice are needed.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Fruit	Current 1-4	Where I Need It	One Practice
Love			
Joy			
Peace			
Patience			
Kindness			
Goodness			
Faithfulness			
Gentleness			
Self-control			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A place where I need to ask the Spirit for help.	A flesh pattern I need to confess.
A fruit I want to practice intentionally.	An impression I need to test.
A decision where I need patient discernment.	A place where conviction is calling me back to Jesus.

2. Choose One Faithful Response

Read Galatians chapter 5, verses 16 through 25 twice this week.	Begin the day by asking the Holy Spirit to lead me.
Name one flesh pattern to a trusted person.	Choose one fruit and one situation in which to practice it.
Pause before a recurring reaction and ask for the Spirit's help.	Test one impression by Scripture and counsel.
Write one way the Spirit has been forming me.	Pray Romans chapter 8 when weakness feels strong.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Holy Spirit, form the character of Jesus in me. Expose what belongs to the flesh, strengthen what is true and good, and teach me to walk in humble dependence on You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 08 / WALK WITH GOD

A Life of Prayer

Prayer gives dependence a voice. Jesus teaches His disciples to live before the Father with honesty, trust, and surrender.

Book Connection

Chapter Seven: A Life of Prayer

Primary Scripture

Matthew chapter 6, verses 9 through 13

Why This Practice Matters

Let the prayer Jesus taught become a pattern for relationship with the Father, daily dependence, forgiveness, protection, and intercession.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Our Father	Begin prayer with relationship, belonging, and the character of God.
02	Your Kingdom	Bring desire, control, and plans beneath the Father's will.
03	Daily Bread and Forgiveness	Name real needs, receive mercy, and practice mercy toward others.
04	Protection and Intercession	Ask for help in temptation and carry other people before God.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 6, verses 9 through 13. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Prayer is relationship, not performance.	The Father knows what I need before I ask.
Prayer brings my desires beneath God's kingdom and will.	The Spirit helps me in weakness when words are difficult.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where prayer has felt dry.	A need I am trying to carry alone.
A desire I need to surrender.	A relationship where forgiveness is difficult.
A temptation where I need protection.	A person I need to carry in prayer.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I speak honestly with God rather than performing in prayer.	1 2 3 4
The Lord's Prayer regularly reshapes my priorities.	1 2 3 4
I bring needs, forgiveness, and temptation to the Father.	1 2 3 4
I intercede for other people and listen through Scripture with humility.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Prayer Pattern for the Present Season

Use the Lord's Prayer as a framework. Write short phrases. The goal is not eloquence; it is honest dependence before the Father.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Movement	What I Bring Today	Simple Prayer
Our Father		
Your name / kingdom / will		
Daily bread		
Forgiveness		
Temptation and protection		
People I carry		

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A need I need to bring honestly to God.	A desire I need to surrender.
A relationship where forgiveness needs attention.	A temptation where I need protection.
A person I need to begin praying for.	A prayer rhythm I need to rebuild.

2. Choose One Faithful Response

Pray the Lord's Prayer slowly each morning this week.	Set one short daily prayer time and protect it.
Write one honest prayer instead of trying to sound spiritual.	Ask one person how I can pray for them.
Bring one unresolved desire beneath "Your will be done."	Name one person I need help forgiving and pray for wisdom.
Create one reminder to pray during the day.	End each day with gratitude and one honest need.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Father, teach me to pray. Bring my needs, desires, relationships, and fears beneath Your care, and form in me the trust to seek Your kingdom in the middle of ordinary life.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 09 / WALK WITH GOD

The People of the Way

The Way is personal, but it is never private. Jesus forms a people who learn truth, love, prayer, generosity, and perseverance together.

Book Connection

Chapter Eight: The People of the Way

Primary Scripture

Acts chapter 2, verse 42

Why This Practice Matters

Strengthen your connection to healthy Christian community and identify how you can be known, encouraged, supported, and useful to others.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Teaching	Remain anchored in Scripture with the people of Jesus.
02	Fellowship	Move beyond attendance toward relationships where you can be known.
03	Shared Life	Practice hospitality, generosity, burden-bearing, and service.
04	Encouragement	Gather not only to receive but to strengthen others toward love and faithfulness.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Acts chapter 2, verse 42. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus forms a people, not isolated disciples.	The Church belongs to Jesus before it belongs to any leader or institution.
Love for one another becomes part of Christian witness.	Healthy community includes truth, grace, protection, and accountability.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where I have become isolated.	A burden I have not shared.
A church wound that still affects trust.	A relationship where I need to be known.
A gift or resource I can use to strengthen others.	A person who may need encouragement from me.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I am rooted in a healthy local Christian community.	1 2 3 4
I have at least one trusted person who knows the real condition of my life.	1 2 3 4
I am learning both to receive help and to carry the burdens of others.	1 2 3 4
I gather with the intention to encourage and serve, not only consume.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Community and Connection Map

Name the relationships that help you follow Jesus and the people you may be called to strengthen. Healthy boundaries and wise support matter, especially where trust has been harmed.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Relationship / Community	What I Receive	What I Can Give	Next Step
Local church			
Trusted person / mentor			
Someone I can encourage			
Relationship needing repair or boundary			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A place where I need to stop isolating.	A trusted person I need to talk with.
A church relationship I need to approach with wisdom.	A burden I can help carry.
A gift I can use to strengthen others.	A gathering rhythm I need to protect.

2. Choose One Faithful Response

Attend and participate in a healthy church gathering this week.	Tell one trusted person what is actually true.
Invite someone to a meal or honest conversation.	Ask one person what burden I can help carry.
Offer one practical act of service.	If church hurt is present, identify a safe next step with wise support.
Pray for the leaders and people of my local church.	Follow up with someone who has grown quiet or absent.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, thank You for gathering a people. Help me receive community with humility, practice truth and grace, protect what is vulnerable, and become someone who strengthens others toward You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 10 / CHOOSE THE WAY

The Narrow Way

The narrow way is life under the leadership of Jesus. Holiness is belonging to God in the choices, habits, desires, and loyalties of ordinary life.

Book Connection

Chapter Nine: The Narrow Way

Primary Scripture

Matthew chapter 7, verses 13 and 14

Why This Practice Matters

Identify what is forming you, build wise boundaries around recurring temptation, and practice holiness without pride or contempt.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Two Ways	Recognize that different roads form different lives and lead toward different ends.
02	Belonging	Receive holiness as belonging to God rather than moral superiority.
03	Habits	Notice how repeated attention and choices shape what begins to feel normal.
04	Repentance and Discernment	Turn when you drift and test conviction beneath Scripture rather than preference.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 7, verses 13 and 14. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The narrow way has a shape because it has a King.	Holiness begins with belonging to God.
Repeated choices and attention form desires over time.	Repentance is a gift that allows a disciple to turn again.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A cultural influence shaping me more than I admit.	A habit that needs attention.
A temptation requiring a clearer boundary.	A conviction I need to test by Scripture.
Pride toward people who live differently.	A place where I need to repent and return.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name the influences shaping what feels normal to me.	1 2 3 4
I have practical boundaries around recurring areas of temptation.	1 2 3 4
I practice repentance rather than hiding or defending sin.	1 2 3 4
I can distinguish biblical conviction from personal preference or tradition.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Formation and Influence Audit

Notice what is shaping your desires and assumptions. Do not treat every influence as evil. Ask whether it is helping you become more faithful to the way of Jesus.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Influence / Habit	What It Teaches Me	The Way of Jesus	Boundary or Practice
Media / attention			
Relationships / voices			
Money / success			
Body / desire			
Work / ambition			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

An influence I need to examine.	A habit I need to replace.
A temptation that needs a boundary.	A conviction I need to test more carefully.
A place where pride has entered my obedience.	A sin I need to bring into the light.

2. Choose One Faithful Response

Read Matthew chapter 7, verses 13 and 14 and Romans chapter 12, verses 1 and 2.	Remove one repeated source of temptation this week.
Replace one unhealthy habit with a faithful practice.	Confess one pattern to a trusted person.
Ask whether one “conviction” is biblical or simply preference.	Practice one act of love toward someone very different from me.
Choose one boundary and explain why it serves faithfulness.	Review the influences that received most of my attention this week.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, lead me on the way that leads to life. Form my desires, expose what is shaping me away from You, and make holiness a life of humble belonging rather than pride.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 11 / CHOOSE THE WAY

Take Up Your Cross

Cross-bearing is costly allegiance to Jesus. It is not the pursuit of pain, but faithful obedience when following Him costs something.

Book Connection

Chapter Ten: Take Up Your Cross

Primary Scripture

Luke chapter 9, verse 23

Why This Practice Matters

Distinguish cross-bearing from generic hardship, learn endurance without glorifying harm, and anchor costly faithfulness in resurrection hope.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Costly Allegiance	Name where following Jesus may require a real cost.
02	Wisdom	Distinguish faithful suffering from self-created conflict, abuse, or burdens God did not ask you to carry.
03	Endurance	Practice faithfulness, rest, lament, support, and discernment over time.
04	Resurrection Hope	Fix attention on the risen Jesus so pain does not become the whole story.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Luke chapter 9, verse 23. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Taking up the cross means remaining faithful when allegiance to Jesus becomes costly.	Not every hardship is a cross.
Seeking safety or accountability can be a faithful act.	Resurrection hope keeps suffering from becoming the final word.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A place where obedience may cost approval or comfort.	Weariness I need to acknowledge honestly.
A hardship I have incorrectly called “my cross.”	A situation that needs safety, counsel, or accountability.
An outcome I have used to measure faithfulness.	A place where resurrection hope feels thin.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can distinguish costly obedience from generic hardship or avoidable harm.	1 2 3 4
I know when I need rest, help, boundaries, or outside support.	1 2 3 4
I can name at least one cost of faithful allegiance in my present season.	1 2 3 4
Resurrection hope gives me a reason to remain faithful when outcomes are unclear.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Cost, Wisdom, and Faithfulness Grid

Use this page to name one difficult situation clearly. Faithfulness is not measured by how much pain you can tolerate. Ask what obedience to Jesus actually requires.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Situation	What Is Costly	What Faithfulness Requires	Support / Rest / Boundary
Work / integrity			
Relationship			
Suffering / weariness			
Calling / obedience			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A cost of obedience I need to accept.	A hardship I need to stop spiritualizing.
A situation where I need safety or outside help.	A place where rest is part of endurance.
An outcome I need to entrust to God.	A sorrow I need to bring honestly before Jesus.

2. Choose One Faithful Response

Read Hebrews chapter 12, verses 1 through 3 this week.	Tell a trusted person where I am becoming weary.
Name whether this suffering comes from obedience, brokenness, or my own choices.	Take one safety or accountability step if harm is present.
Protect one period of rest without calling it quitting.	Choose faithfulness over an outcome I cannot control.
Write one resurrection truth I need to remember.	Ask for prayer before a costly act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, keep my eyes on You when faithfulness becomes costly. Give me courage without recklessness, endurance without denial, wisdom about what to carry, and hope rooted in Your resurrection.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 12 / LIVE SENT AND MULTIPLY

As the Father Sent Me

Jesus forms disciples who become available to others. Mission begins where we are and moves outward as He leads.

Book Connection

Chapter Eleven: As the Father Sent Me

Primary Scripture

John chapter 20, verse 21

Why This Practice Matters

See ordinary places as places of mission, practice faithful witness and testimony, and love people without turning them into projects.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Sent	Receive mission as something that begins with Jesus and His authority.
02	Draw Near	Notice the people and places already in front of you.
03	Witness and Testify	Speak truthfully about who Jesus is and what He has done.
04	Trust God with Growth	Serve, listen, speak, and pray without trying to control another person’s response.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 20, verse 21. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus sends ordinary disciples.	Our mission is shaped by Jesus but does not repeat His unique saving work.
People are people, not evangelism projects.	Christian witness includes both the life we live and the message we speak.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A person I may be overlooking.	Fear about speaking about Jesus.
A testimony of grace I can tell simply.	A person whose story I need to listen to before answering.
A boundary or difference I may need to cross.	Pressure I feel to control someone's response.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I see my ordinary places as places where Jesus can send me.	1 2 3 4
I can explain simply who Jesus is and what He has done.	1 2 3 4
I pray regularly for people who do not yet follow Jesus.	1 2 3 4
I can serve and speak faithfully without treating people as projects or controlling outcomes.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Witness and Testimony Map

Choose a few real people or places. Ask how you can listen, serve, witness to who Jesus is, and testify to what He has done without forcing the outcome.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Person / Place	What I Need to Notice	How I Can Serve / Listen	What I Can Share
Home / family			
Work / school			
Neighbor / friend			
Person unlike me			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A person I need to notice more carefully.	A testimony I need to put into simple words.
A conversation I have been avoiding out of fear.	A person I need to listen to before speaking.
A place where service can make love tangible.	An outcome I need to stop trying to control.

2. Choose One Faithful Response

Pray by name for three people this week.	Write a two-minute testimony of what Jesus has done in my life.
Ask one person a genuine question and listen without rushing.	Offer one practical act of service with no demand attached.
When a door opens, speak simply about Jesus.	Invite someone to read a Gospel passage or attend healthy Christian community.
Ask the Spirit for courage before one conversation.	Release the outcome to God after I have been faithful.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, send me with Your character, truth, and love. Open my eyes to the people already near me, give me courage to witness and testify, and free me from trying to control what only You can grow.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 13 / LIVE SENT AND MULTIPLY

Make Disciples

Disciple-making is one disciple helping another learn to follow Jesus. The goal is maturity in Christ, not dependence on us.

Book Connection

Chapter Twelve: Make Disciples

Primary Scripture

Matthew chapter 28, verses 18 through 20

Why This Practice Matters

Move beyond witness toward walking with people in Scripture, prayer, obedience, community, and multiplication under the authority and presence of Jesus.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Authority	Begin with the risen Jesus, whose authority gives the mission its foundation.
02	Make Disciples	Help people learn Jesus rather than merely collect information about Him.
03	Teach to Obey	Bring truth into real life through Scripture, prayer, correction, and practice.
04	Multiply	Help people mature enough to follow Jesus without constant dependence on you and eventually help others.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 28, verses 18 through 20. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Disciple-making belongs under the authority of Jesus.	Healthy discipleship deepens dependence on Jesus, not on the leader.
Jesus commands us to teach people to observe what He commanded.	Multiplication happens when disciples help other disciples follow Christ.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A person I may be called to walk with.	A relationship where influence could become control.
A truth someone needs help practicing.	A question I cannot answer and need to study.
A person I need to release from over-dependence on me.	A simple rhythm that could help another disciple grow.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I have someone helping me continue growing as a disciple.	1 2 3 4
I am intentionally helping at least one person take faithful steps toward Jesus.	1 2 3 4
Scripture, prayer, obedience, and the Church remain central in that relationship.	1 2 3 4
I encourage maturity and dependence on Jesus rather than dependence on me.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

Disciple-Making Pathway

Name one or two people rather than imagining a large program. Ask what faithful step may help them grow in relationship, truth, obedience, community, and mission.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Person	Where They Are Now	Next Formation Step	How I Will Walk With Them
Person 1			
Person 2			
Person 3			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A person I can begin walking with.	A relationship where I need greater humility.
A simple Scripture rhythm I can begin with someone.	A place where correction needs to be gentle and restorative.
A disciple I need to release toward maturity.	A need to reconnect my discipleship to the local Church.

2. Choose One Faithful Response

Pray for one person I may be called to disciple.	Invite someone to read Scripture and pray with me regularly.
Ask one disciple where obedience is difficult right now.	Admit “I do not know” and study one question together.
Introduce someone to healthy church community or another mature believer.	Name any place where my influence is becoming controlling.
Encourage one person to help someone else follow Jesus.	Set a simple review date for the discipleship relationship.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, all authority belongs to You. Help me walk with people without controlling them, teach Your words with humility, and help others become rooted in You deeply enough to help someone else follow.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

GUIDED PRACTICE 14 / LIVE SENT AND MULTIPLY

Keep Walking

Mature disciples never move beyond following Jesus. We keep returning, learning, obeying, receiving grace, and taking the next faithful step.

Book Connection

Conclusion: Keep Walking

Primary Scripture

Matthew chapter 28, verse 20

Why This Practice Matters

Review the way Jesus has been forming you, choose the practices and relationships to carry forward, and enter the next season with simple faithfulness.

Choose How You Are Using This Practice

I read the matching book chapter first.	I am using this Field Guide on its own.	I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Return to Jesus	Keep the person of Jesus at the center rather than turning formation into technique.
02	Carry the Rhythms	Choose the few practices that help you abide, obey, pray, and remain known.
03	Take the Next Step	Refuse both passivity and pressure to solve the entire future at once.
04	Help Others Walk	Let the grace and truth you have received move outward through witness and disciple-making.

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Matthew chapter 28, verse 20. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus remains with His people as they follow.	Mature disciples still need surrender, abiding, prayer, repentance, and community.
Ordinary faithfulness becomes a life over time.	I do not need to know every turn before taking the next faithful step.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

A practice from this guide I need to keep.	A place where I need to return to Jesus.
A person I want beside me in the next season.	A comparison that has distracted me.
A next step I already know.	A person I may be able to help keep walking.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name the practices that help me remain near Jesus.	1 2 3 4
I return to grace and repentance when I fail rather than hiding.	1 2 3 4
I have people who can encourage and correct me in the next season.	1 2 3 4
I can name the next faithful step without needing the whole future mapped out.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

_____

I may bring this to:

_____

WALK • PRACTICAL TOOL

My Way Forward: Ninety-Day Following Plan

Choose a few practices for the next season. Keep the plan light enough to carry. Review it with a trusted person rather than trying to improve everything at once.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Will Protect	Who Will Help	Review Date
Abide			
Obey			
Community			
Mission / disciple-making			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

A practice I need to continue.	A practice I need to simplify.
A place where I need to return to Jesus.	A relationship I need to protect.
A next step of witness or service.	A person I can help keep walking.

2. Choose One Faithful Response

Choose one daily rhythm for the next thirty days.	Choose one weekly rhythm for worship, rest, or community.
Tell a trusted person what I want to protect in the next season.	Set a review date within thirty days.
Take one obedience step I have delayed.	Pray for one person I can witness to or disciple.
Write one sentence about what Jesus is teaching me now.	Return to this field guide at the end of the month and rescore honestly.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

I will begin today.	I will begin within two days.
I will begin this week.	I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

Honesty	Peace
Courage	Trust
Humility	Faithfulness
Repair	A stronger rhythm
Clarity	Hope

MY PRAYER

Jesus, thank You for calling me to follow. Keep me near You, faithful in ordinary life, humble when I fail, connected to Your people, and willing to go where You send. Help me keep walking.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

Someone to listen.	Someone to pray with me.
Someone to ask honest questions.	Help deciding what to do next.
A follow-up conversation this week.	Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

What feels most true right now?	What are you carrying alone?
What do you believe about God in this place?	What truth from Jesus do you need to receive?
What response would help you walk faithfully this week?	How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

We will reconnect within two days.	We will reconnect this week.
We will reconnect next week.	We will reconnect on this date: _____

THIRTY-DAY PLAN

The Jesus & The Way Follow-Through Plan

Formation continues through ordinary faithfulness. Use the next thirty days to focus on one clear response, one relationship, and one repeatable practice.

THIRTY-DAY PLAN

The Jesus & The Way Follow-Through Plan

Word, Wonder, and Walk continue through ordinary faithfulness. Choose what belongs in this season instead of trying to strengthen everything at once.

Week	Focus	My Practice
Week 1	Stay Near Jesus	Read John chapter 15. Protect one repeatable rhythm of Scripture and prayer that keeps returning your attention to Christ.
Week 2	Practice One Obedience	Choose one clear command or faithful next step. Take it seriously enough to act, but simply enough to follow through.
Week 3	Walk with His People	Share what is true with one trusted person. Gather, pray, receive encouragement, and offer one act of service.
Week 4	Live Sent	Pray for one person, listen carefully, serve where you can, and be ready to witness to who Jesus is or testify to what He has done.

Simple Daily Rhythm

One Scripture. One honest prayer. One act of obedience. One moment of attention to another person. The goal is not intensity. It is a life that keeps returning to Jesus.
My one faithful action for the next thirty days:

The person who will follow up with me:

My thirty-day review date:

CLOSING ASSESSMENT

The Jesus & The Way Rhythm

Return to the scores you marked at the beginning. Do not look for perfection. Look for honesty and name one or two practices to carry into the next season.

Guided Practice	Current Score	Next Faithful Step
01 The Way	1 2 3 4	_____
02 Come, Follow Me	1 2 3 4	_____
03 Learn from Me	1 2 3 4	_____
04 The Way of Surrender	1 2 3 4	_____
05 Abide in Me	1 2 3 4	_____
06 Hear and Obey	1 2 3 4	_____
07 Walk by the Spirit	1 2 3 4	_____
08 A Life of Prayer	1 2 3 4	_____
09 The People of the Way	1 2 3 4	_____
10 The Narrow Way	1 2 3 4	_____
11 Take Up Your Cross	1 2 3 4	_____
12 As the Father Sent Me	1 2 3 4	_____
13 Make Disciples	1 2 3 4	_____
14 Keep Walking	1 2 3 4	_____

Overall closing score: _____ / 56 Baseline score: _____ / 56 Change: _____

HOW TO READ THE CHANGE

A higher score may reflect stronger consistency. A lower score may reveal greater honesty or a demanding season. Neither number is a verdict. Let the score guide your attention, not define your worth.

REVIEW RHYTHMS

My Next Season

Carry forward what helps you remain near Jesus, walk faithfully, and stay connected to His people.

The practice I will keep working on:

The person I will invite into the next season:

The rhythm I will protect:

The person or place where I want to live sent:

Review Rhythm

I will review this in two weeks.	I will review this in thirty days.
I will review this with a trusted person.	I will return to the Baseline Assessment next season.

CLOSING PRAYER

Jesus, thank You for calling me to follow. Keep me near You, rooted in Your Word, dependent on Your Spirit, known among Your people, faithful when the way is costly, and available wherever You send. Teach me to keep walking with You.

ABOUT MSSNL

Clarity. Formation. Faithful Obedience.

MSSNL exists to help people follow Jesus with clarity, courage, and faithfulness. Our resources are created to help people return to Scripture, see Jesus clearly, grow in community, and take the next faithful step.

Learn more at mssnl.org