

B.U.I.L.D (Begin, Unpack, Inform, Land, Do)

Conversations to facilitate mentoring relationships

These guides are intended to disciple, and disciple others.

Using the conversation guides:

These are conversations starters, are meant to be just that – a starting point.

They are also a way forward and grow in following Jesus.

The biblical passages are not exhaustive, but representative, so go further or deeper if you want or can.

The topics are also not meant to be exclusive or exhaustive.

This process is meant to multiply and be passed on.

Ideally these will be done in triads (three people), but two or six could be a good option as well, make it work.

They are open, and may be used in an order or selective.

Take the necessary time to process together and ask additional questions.

Determine meeting venue or platform.

Decide a beginning and ending of the meetings together, both in individual meeting time and how many meetings.

Being open, honest, and holding confidences is important.

You can do this.

Pray first and then ask someone to join you.

B.U.I.L.D

Begin – this is a starting point and also a focal point for the conversation. It is typically a value, belief, or characteristic that is desirable to have and build in your life as a Jesus follower. It is also something you want to pass on to others.

Unpack – takes something that may seem abstract and move it to something personal. How would that look in your life? Where does your life match up with the value, belief, characteristic? What is your level of need in this area?

Inform – how does the Bible speak into your life about this value, belief, or characteristic? What is the biblical perspective?

Land – moves you to ask, “so what?”. What is the application for you today? What is God saying to you through his Word? Where is the Holy Spirit working and transforming you in relation to the Bible and the value, belief or characteristic?

Do – Action. Do something about it. Include someone in the conversation, don't do it alone. This brings a level of accountability and partnership in God's work, personally and together.

#1 - RECEPTIVITY

Begin – A person of God is receptive to God’s truth over a lifetime.

Unpack – What is one task you had to do this last week that you were unreceptive to doing?

What about that task, or you, made you hesitate?

Inform – Read the text and make observations.

How many soils are in the text?

What are the characteristics of each?

What does the “soil” represent?

4 And when a great crowd was gathering and people from town after town came to him, he said in a parable,
5 “A sower went out to sow his seed. And as he sowed, some fell along the path and was trampled underfoot,
and the birds of the air devoured it. 6 And some fell on the rock, and as it grew up, it withered away, because
it had no moisture. 7 And some fell among thorns, and the thorns grew up with it and choked it. 8 And some
fell into good soil and grew and yielded a hundredfold.” As he said these things, he called out, “He who has
ears to hear, let him hear.” 9 And when his disciples asked him what this parable meant, 10 he said, “To you it
has been given to know the secrets of the kingdom of God, but for others they are in parables, so that ‘seeing
they may not see, and hearing they may not understand.’ 11 Now the parable is this: The seed is the word of
God. 12 The ones along the path are those who have heard; then the devil comes and takes away the word
from their hearts, so that they may not believe and be saved. 13 And the ones on the rock are those who,
when they hear the word, receive it with joy. But these have no root; they believe for a while, and in time of
testing fall away. 14 And as for what fell among the thorns, they are those who hear, but as they go on their
way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. 15 As for
that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear
fruit with patience. LUKE 8:4–15

Land – Which soil do you represent today? One or many? In what areas are you more receptive to the truth?

What “soil” issues do you need to address?

What steps could you take?

Do – Ask someone to give you input on your receptivity.

#2 - ACTION

Begin – A person of God fights apathy with action.

Unpack – As a kid, what was one of the dumb things you did?

What are some of the most prevalent things that you see taking individuals down in the home, work, or churches today? Why?

What impact do these have on culture, business, families, and the church?

Inform – Read the text and make observations

What was the serpent's method of temptation?

What temptations were specific to the man and woman?

What were each of their responses after falling?

1 Now the serpent was craftier than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" 2 And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, 3 but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" 4 But the serpent said to the woman, "You will not surely die. 5 For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." 6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. 7 Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. 8 And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. 9 But the Lord God called to the man and said to him, "Where are you?" 10 And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." 11 He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" 12 The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." 13 Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate." GENESIS 3:1–13

Land – where do you need to take action in your life?

What steps could you take?

Do – Choose one action step to take this week.

Tell someone about the action step you are taking.

#3 - Prayer

Begin – A person of God talks to the God they love.

Unpack – what is your prayer pattern? (how often, when, where, what do you pray about)

Inform – Read the text and make observations.

What did Jesus teach his disciples about the reason(s) for prayer?

What topic areas are captured in the Lord's Prayer?

List them.

⁵“When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

⁷“When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. ⁸Don't be like them, for your Father knows exactly what you need even before you ask him! ⁹Pray like this:

Our Father in heaven,

may your name be kept holy.

¹⁰ May your Kingdom come soon.

May your will be done on earth,
as it is in heaven.

¹¹ Give us today the food we need,^[a]

¹² and forgive us our sins,
as we have forgiven those who sin against us.

¹³ And don't let us yield to temptation,^[a]
but rescue us from the evil one.^[a]

¹⁴“If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵But if you refuse to forgive others, your Father will not forgive your sins. Matthew 6:5-15

Land – What are a couple significant prayers you have prayed along with the significant answers you've received?

What would you ask for prayer about right now?

Do – Try the A.C.T.S. method of prayer (Adoration, Confession, Thanksgiving, Supplication)

Practice it with one or two others this week.

#4 - FAITH

Begin – a person battles human fear with reverent fear.

Unpack – Over the last few weeks, what themes or issues have consumed the most of your mental energy?
What about any of these situations generated fear for you?

Inform – Read the text and make observations.

How did Jesus address their fear?

How did the disciples respond to Jesus?

²² Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. ²³ After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

²⁴ Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. ²⁵ About three o'clock in the morning Jesus came toward them, walking on the water. ²⁶ When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"

²⁷ But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!"

²⁸ Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water."

²⁹ "Yes, come," Jesus said.

So Peter went over the side of the boat and walked on the water toward Jesus. ³⁰ But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.

³¹ Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?"

³² When they climbed back into the boat, the wind stopped. ³³ Then the disciples worshiped him. "You really are the Son of God!" they exclaimed. Matthew 14:22-33

Land – In what area do you sense Jesus inviting you to step out in faith?

What fears do you need to address?

What steps could you take?

Do – Identify one step you can take this week, take it.

Tell someone about the step of faith you are taking.

#5 - Repentance

Begin – God's person feels their personal responsibility for sin, accepts God's forgiveness, then makes a necessary change without looking back.

Unpack – identify a behaviour you would like to see change.

Explain how that behaviour impacts you.

Recall a time when you heard someone say, "I am sorry"

Why is admitting failure or a needed change of behaviour so difficult?

Inform – read the text and make observations.

How is repentance connected to the Kingdom of God?

What elements tied to repenting are shown in 2 Chronicles 7:14?

How did the son in Luke 15 need to redefine his view of repenting?

How do you need to reform your view of repenting to align with Gods' definition?

¹⁷ From then on Jesus began to preach, "Repent of your sins and turn to God, for the Kingdom of Heaven is near." Matthew 4:17

¹⁴ Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.
2 Chronicles 7:14

⁷ "When he finally came to his senses, he said to himself, 'At home even the hired servants have food enough to spare, and here I am dying of hunger! ¹⁸ I will go home to my father and say, "Father, I have sinned against both heaven and you, ¹⁹ and I am no longer worthy of being called your son. Please take me on as a hired servant."
Luke 15:17-19

¹⁰ For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.¹¹ Just see what this godly sorrow produced in you! Such earnestness, such concern to clear yourselves, such indignation, such alarm, such longing to see me, such zeal, and such a readiness to punish wrong. You showed that you have done everything necessary to make things right.
1 Corinthians 7:10-11

Land – what is a personal difficulty for you in terms of repent, repenting, or repentance?

Do you feel a need to repent in some way today?

Consider whether your repentance is an issue of awareness, sorrow, action, or other.

What steps can you take to reform your view and action of repentance?

Do – Repent and receive God's forgiveness today

Seek to make something right this week and tell someone.

#6 - BELIEFS

Begin – A person's beliefs determine their direction.

Unpack – what beliefs do you see lived out in people's actions in society?

Are people generally aware that their actions come from their beliefs?

What is a belief you hold that shows in the way you live?

How are emotional responses related to beliefs?

Inform – Read the text and make observations.

What mindsets are found in the text?

What is the relationship between the Spirit and your mindset?

How is freedom in Christ related to our mindset?

⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. ⁷ For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. ⁸ That's why those who are still under the control of their sinful nature can never please God. Romans 8:5-8

So Christ has truly **set** us **free**. Now make sure that **you** stay **free**, and don't get tied up again in slavery to the law. Galatians 5:1

²⁰ You have died with Christ, and he has set you free from the spiritual powers of this world. So why do you keep on following the rules of the world, such as, ²¹ "Don't handle! Don't taste! Don't touch!"? Colossians 2:20-21

³⁶ So if the Son sets you free, you are truly free. John 8:36

Land – what occupies the majority of mindset?

What makes it difficult for you to keep your mindset on Christ & freedom?

What helps you let the Spirit control your mindset?

How could someone help you keep a good mindset? Tell them.

Do – choose one distraction that you would like to be free from.

Invite someone to speak into your life about that distraction this week.

#7 - IDENTITY

Begin – God's person finds their identity in what Jesus says about them.

Unpack – what is one of the most spectacular experiences you have had in life?

How did your life change after that experience?

When you read "person of God", what comes to your mind?

On a scale of 1-10, where do you see yourself as a person of God?

Inform – Read the text and make observations.

What do the references to "in", "with" Christ say to you?

What are the attributes of being "in" and "with" Christ?

How does text give your hope and strength?

1 This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus. I am writing to God's holy people in Ephesus,² who are faithful followers of Christ Jesus.

2 May God our Father and the Lord Jesus Christ give you grace and peace.

3 All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. **4** Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. **5** God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. **6** So we praise God for the glorious grace he has poured out on us who belong to his dear Son.⁷ **7** He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. **8** He has showered his kindness on us, along with all wisdom and understanding. **9** God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. **10** And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. **11** Furthermore, because we are united with Christ, we have received an inheritance from God,¹² for he chose us in advance, and he makes everything work out according to his plan.

12 God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. **13** And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own¹⁴ by giving you the Holy Spirit, whom he promised long ago. **14** The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

Ephesians 1:1-14

Land – Do you identify yourself as a person of God as Paul describes?

When do you most identify as Paul describes as a person of God?

What are the obstacles to realizing your identity as Paul describes?

What steps could you take to remove or minimize those obstacles?

Do – Review and repeat your identity in Christ today.

Tell someone who you are in Christ this week.

#8 - RENEWING

Begin – A person must renew their mindset each day because we live in a rapidly changing world.

Unpack – Did you experience a significant moment of transformation, physically, mentally, or emotionally during your formative years? What was that like?

What transformational insights or experiences have been part of your life recently?

What are some of the obstacles people face today regarding belief in God?

How do the pressures and stress of life affect people's belief systems?

Inform – Read the text and make observations.

How would you define the "behaviours & customs of this world"?

How would you define "transform"?

How do you determine "God's will for you"?

Why is an honest evaluation of yourself or self-awareness important in your life?

12 And so, dear brothers and sisters,^{12a} I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.^{12b} **2** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

3 Because of the privilege and authority^{13a} God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. Romans 12:1-3

Land – List some of your habits in the following areas, both helpful and challenging for you:

Physical:

Mental:

Spiritual:

Emotional:

What is one habit in each of the above that you would like to assimilate into your life?

Do – Share one good habit you find helpful, one habit you would like broken in your life and one new habit you would like to assimilate with 1 or 2 people this week.

Ask this person or people about one step you can take this week to affirm, break or start a new habit.

#9 - KNOWING

Begin – God's person welcomes an intimate relationship with God and others.

Unpack – what prominent leader past or present would you like to share a meal with?

If this person invited you to a significant event that featured them, and asked you to join them, how would you respond?

How would your view of this leader change if they invited you to a private event and shared deep parts of their life with you?

Inform – Read the text and make observations.

Thomas uses a different Greek word for the verb “to know” than Jesus uses. We cannot see this in our English text. Thomas word for “to know” in verse 5 infers propositional knowledge. Jesus word for “to know” in verse 9 infers personal knowledge. With this understanding, how does this affect the reading of the text?

How does this affect your understanding of this passage?

⁵“No, we don't know, Lord,” Thomas said. “We have no idea where you are going, so how can we know the way?”

⁶ Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. ⁷ If you had really known me, you would know who my Father is.^{14a} From now on, you do know him and have seen him!”

⁸ Philip said, “Lord, show us the Father, and we will be satisfied.”

⁹ Jesus replied, “Have I been with you all this time, Philip, and yet you still don’t know who I am? Anyone who has seen me has seen the Father! So why are you asking me to show him to you? ¹⁰ Don’t you believe that I am in the Father and the Father is in me? The words I speak are not my own, but my Father who lives in me does his work through me. ¹¹ Just believe that I am in the Father and the Father is in me. Or at least believe because of the work you have seen me do.
John 14:5-11

Land – of the three kinds of knowledge (propositional – knowing that, process – knowing how, and personal knowledge – knowing by acquaintance) where do you spend most of your time knowing God?

How would you like that to be different?

What is the benefit of spending more time knowing God as you currently do?

How does this inform other relationships in your life?

Do you sense a need for deeper intimacy in your relationships?

How could you build deeper connections?

Do – Reach out to someone you would like to develop a deeper connection; make an appointment, write a text, email, letter to them this week.

Ask God for a deeper intimacy with him.

Tell someone about your relational desires.

#10 - UNDERSTANDING

Begin – a person enlightened by Jesus brings light to the world.

Unpack – what has your relationship with God brought light to in your life?

What other relationship brings light into your life?

When light has been shed on your family of origin, marriage, work, or church – what have you learned?

How has some of this learning impacted your life?

Inform – Read the text and make observations.

What does the word “light” represent in the texts?

What does the word “darkness” represent?

What are the tools of lighting, illuminating, enlightening?

⁵ This is the message we heard from Jesus[☩] and now declare to you: God is light, and there is no darkness in him at all. ⁶ So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷ But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth. ⁹ But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰ If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. 1 John 1:5-10

Your word is a lamp to guide my feet
and a light for my path. Psalm 119:105

Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life." John 8:12

Land – where do you need the "light" of Jesus, his Word, his life in your life?

Where are you experiencing a brighter light in your life?

What dark place are you asking God to light up?

Where do you see light breaking through around you in others?

Do – Read 1John out loud.

Pray for someone this week, in-person, or over media for light to shine in their life

Tell someone about the light that is shining in your life.

#11 - SUBMISSION

Begin – A person is someone who understands the posture of biblical submission, and lives in grace, respect, humility, justice, peace, and mercy.

Unpack – what are the current challenges of authority and people in authority today? List 4

What are the blessings of authority?

When do we resist, defy, stand up to authority?

Recount a time when you were called to stand up to authority.

Recount a time when you submitted to authority and it was difficult.

Inform – Read the text and make observations.

Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God. ² So anyone who rebels against authority is rebelling against what God has instituted, and they will be punished. ³ For the authorities do not strike fear in people who are doing right, but in those who are doing wrong. Would you like to live without fear of the authorities? Do what is right, and they will honor you. ⁴ The authorities are God's servants, sent for your good. But if you are doing wrong, of course you should be afraid, for they have the power to punish you. They are God's servants, sent for the very purpose of punishing those who do what is wrong. ⁵ So you must submit to them, not only to avoid punishment, but also to keep a clear conscience.

⁶ Pay your taxes, too, for these same reasons. For government workers need to be paid. They are serving God in what they do. ⁷ Give to everyone what you owe them: Pay your taxes and government fees to those who collect them, and give respect and honor to those who are in authority.

Romans 13:1-7

Land – what is the relationship between respect and authority?

Can you respect and not submit to authority?

Name a couple people who have built trust and handle authority with honour?

What are some ways you could build trust in your relationships?

Do – Pray for our government officials in various levels of authority.

Give an encouragement to a person in authority who you think would not normally receive respect.

#12 - SACRIFICE

Begin – A person is willing to make sacrifices, characterized by giving and not taking.

Unpack – why were sacrifices offered in the Old Testament?

When was the last time someone sacrifice for you?

Recount a time when you were called to make a sacrifice.

How did it feel?

Would you do it again? Why or why not?

Inform – Read the text and make observations.

Why does Jesus repeat “cannot”?

What is the purpose of referring to family, when Jesus is talking about being a disciple?

Is this a tough teaching for you?

What sacrifices has your family made for you?

What does the building parallel teach us?

What does the battle parallel teach us?

A large crowd was following Jesus. He turned around and said to them, ²⁶“If you want to be my disciple, you must, by comparison, hate everyone else—your father and mother, wife and children, brothers and sisters—yes, even your own life. Otherwise, you cannot be my disciple. ²⁷And if you do not carry your own cross and follow me, you cannot be my disciple.

²⁸“But don’t begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it? ²⁹Otherwise, you might complete only the foundation before running out of money, and then everyone would laugh at you. ³⁰They would say, ‘There’s the person who started that building and couldn’t afford to finish it!’

³¹“Or what king would go to war against another king without first sitting down with his counselors to discuss whether his army of 10,000 could defeat the 20,000 soldiers marching against him? ³²And if he can’t, he will send a delegation to discuss terms of peace while the enemy is still far away. ³³So you cannot become my disciple without giving up everything you own.

³⁴“Salt is good for seasoning. But if it loses its flavor, how do you make it salty again? ³⁵Flavorless salt is good neither for the soil nor for the manure pile. It is thrown away. Anyone with ears to hear should listen and understand!” Luke 15:25-35

Land – how has this personally challenged you?

Where have you experienced God's provision when you have made a sacrifice?

Who is currently sacrificing for you to live the life you are living?

How can you say thanks to those who have sacrificed or are sacrificing for you?

What makes sacrificing difficult for you?

Do – communicate with someone who has or is sacrificing for you, tell them thank you.

Look for an opportunity to intentionally sacrifice for someone this week, and do it.

And don't tell anyone.

#13 - OBEDIENCE

Begin – A person radically compliant to God, knowing that obedience must be learned.

Unpack – Think about a person in your family of origin or extended family who is known for their disobedience. Describe how they got that reputation, and how their actions affect others.

What defines obedience and disobedience in our culture?

What are the complications of culture defining morality?

How is this addressed?

How could it be done better?

what are the consequences of disobedience?

What are the rewards of obedience?

Inform – Read the text and make observations.

What are the two gates and their characteristics?

What do you believe the gate represents?

What do the characteristics of the gate represent?

What, who, why, are we to "beware" of?

What is the fruit of obedience?

"Beware of false prophets who come disguised as harmless sheep but are really vicious wolves. ¹⁶You can identify them by their fruit, that is, by the way they act. Can you pick grapes from thorn bushes, or figs from thistles? ¹⁷A good tree produces good fruit, and a bad tree produces bad fruit. ¹⁸A good tree can't produce bad fruit, and a bad tree can't produce good fruit. ¹⁹So every tree that does not produce good fruit is chopped down and thrown into the fire. ²⁰Yes, just as you can identify a tree by its fruit, so you can identify people by their actions.

²¹"Not everyone who calls out to me, 'Lord! Lord!' will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. ²²On judgment day many will say to me, 'Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.' ²³But I will reply, 'I never knew you. Get away from me, you who break God's laws.'

Matthew 7:15-23

Land – what are the voices that help you remain obedient?

What are your current challenges with obedience?

How can you address these challenges?

Invite someone to help you in these challenges.

Do – affirm someone in their obedient acts this week

Ask someone to pray with you for a higher level obedience in areas of struggle

#14 - SELF-DISCIPLINE

Begin – a person welcomes and practices self-discipline as a lifestyle and role model

Unpack – Define self-discipline.

What are roadblocks to building a life of self-discipline?

What helps people remain disciplined?

What spiritual disciplines have you found beneficial in your life?

Inform – read the text and make observations.

What are the events used as illustrations in this text?

Why do you think Paul used the Olympic games as an illustration?

What are current cultural events that illustrate self-discipline?

What are the spiritual lessons in these illustrations?

Where are you practicing discipline in your life pursuits?

How much of self-discipline is self & how much of it is God's Spirit in a life of following Jesus?

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. ²⁶So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.
1 Corinthians 9:24-27

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control. There is no law against these things! Galatians 5:22

Land – What is your strongest spiritual discipline?

What is one spiritual discipline you observe in a friend or family member that you would like in your life?

Affirm that discipline in that person.

Ask that person how they were able to develop that discipline.

Do – Spend some time with a person or people that exhibit spiritual disciplines you desire.

Tell them what you are doing and why.

#15 - PURPOSE

Begin – God’s person looks for God at work and seeks to join him. Her/his purpose is based on Jesus purpose for his followers to make disciples.

Unpack – What percentage of people do you believe know their purpose and live it?

Why do people struggle with their purpose?

What keeps people who are living on purpose continuing to live that way?

What is the purpose of your workplace?

What do you believe are God’s purposes for humankind?

How do the roles you play, in work, school, home, church intersect with your life?

How much do we need purposefulness to live fulfilled?

Inform – Read the text and make observations

What is God’s part in your purpose?

What is God’s promising in his purposes?

What is the place of suffering and pain in following Jesus?

How do you discover God’s plan?

Talk about a time when plans worked and didn’t work?

What are the lessons you’ve learned along the way?

This is what the LORD says: “You will be in Babylon for seventy years. But then I will come and do for you all the good things I have promised, and I will bring you home again. ¹¹ For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me. ¹⁴ I will be found by you,” says the LORD. “I will end your captivity and restore your fortunes. I will gather you out of the nations where I sent you and will bring you home again to your own land.” Jeremiah 29:10-14

Jesus came and told his disciples, “I have been given all authority in heaven and on earth. ¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.” Matthew 28:18-20

Land – where are you enjoying the presence of God as you follow Jesus?

What do you believe God is calling you to?

How can someone help you rearrange your life so you can follow Jesus calling more fully?

What are your frustrations with understanding your calling and your present circumstances?

Do – Share your joys and frustrations with one or two people this week.

Pray that God would open your eyes to see the opportunities he brings this week.

#16 - PRODUCES

Begin – a person never selfishly devours resources but instead understands that resources flow from Christ through them.

Unpack – what do you observe as spiritual fruit in your life?

What are others telling you about the fruitfulness of your life?

What challenges or obstacles do you face that limit your fruitfulness?

Inform – Read the text and make observations.

What does Jesus recommend for producing growth?

What does it look like according to this passage?

What does “abide” mean? What does “abide” look like?

How do you abide?

“I am the true grapevine, and my Father is the gardener. ² He cuts off every branch of mine that doesn’t produce fruit, and he prunes the branches that do bear fruit so they will produce even more. ³ You have already been pruned and purified by the message I have given you. ⁴ Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

⁵ “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. ⁶ Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. ⁷ But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! ⁸ When you produce much fruit, you are my true disciples. This brings great glory to my Father.

John 15:1-8

Land – what helps you become or remain fruitful?

How do others help you grow and produce spiritual fruit?

List some steps you could take to increase your growth and fruitfulness?

Do – Ask someone to pray for you specifically about your growth and fruitfulness?

Choose one of the steps you listed to try this week.

Tell someone what you are trying this week.

Try the Spiritual Fruit Assessment at: www.beresolute.org/sfa

#17 - MOTIVE

Begin – God’s person is aware that their motives will be influenced by forces that attempt to satisfy their desires

Unpack – Have you experienced someone judging your motives?

Is it ever appropriate to judge the motives of another person?

How do you check your motives?

How do you tell if a person is purely motivated?

Inform – Read the text and make observations.

What is a hypocrite?

What does “blowing trumpets” mean?

What is the relationship between “blowing trumpets” and your “good deeds”?

How does giving in secret expose our motives?

“Watch out! Don’t do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven. ² When you give to someone in need, don’t do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity! I tell you the truth, they have received all the reward they will ever get. ³ But when you give to someone in need, don’t let your left hand know what your right hand is doing. ⁴ Give your gifts in private, and your Father, who sees everything, will reward you.

Matthew 6:1-4

Land – what is the value of monitoring motives?

Do you have someone in your life who can challenge you in the area of motives?

Do you have permission to approach a friend or family member regarding their motives?

What are some healthy steps in addressing motives in your life and people close to you?

Do – Invite someone to ask you questions about your motives this week.

Do an anonymous act of kindness this week & tell no one.

#18 - BROTHER/SISTERHOOD

Begin – a person of God, while enticed by autonomy, must live out their quest by linking arms with others

Unpack – Are there some brothers or sisters in Christ that you regularly spend time with?

What drew you to start meeting together?

What keeps you meeting together?

If you don't regularly have a small group of men or women you spend time with, what are the obstacles you face?

What are the reasons men & women need a small cohort to regularly spend time together?

Inform – Read the text and make observations.

Why does Jesus pray for their oneness?

Jesus gives the example of oneness between him and the Father. Describe the characteristics of oneness.

What does oneness look like in a brotherhood or sisterhood of God?

"I am praying not only for these disciples but also for all who will ever believe in me through their message. ²¹ I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.

²² "I have given them the glory you gave me, so they may be one as we are one. ²³ I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me. John 17:20-23

Land – what are the results of men and women living in brotherhoods and sisterhoods?

How would these results have a positive impact in your life?

Who are one or two Christian men or women with whom you would like to spend time?

What are some steps or initiatives you could take to invite them into your life?

Who could you ask to help you take those initiatives?

Do – choose one of two of those initiatives to activate this week?

Call one person and ask them to help you take those initiatives.

#19 - CORE BELIEFS

Begin – God's person leads from their core beliefs, which guide how they think, their relationships, how they respond, decisions they make, and how they live.

Unpack – Discuss in detail a recent event that created some frustration or anxiety for you. It could be a small incident, or something more significant.

What were your thoughts about the event? List them.

How did this experience make you feel? Identify the feeling. When was the first time you remember feeling that way? Are you happy with your response? How would you like to respond differently?

What do these thoughts and feelings say about your beliefs? Clarify.

Where did these core beliefs originate or form in you?

How does this impact your relationships and involvements?

Inform – Read the text and make observations.

Why does God care about idols?

What represents a “God” in your culture?

What is God’s response to bowing down and worshipping these gods?

What are the rewards for worshipping God?

Then God gave the people all these instructions²:

²“I am the LORD your God, who rescued you from the land of Egypt, the place of your slavery.

³“You must not have any other god but me.

⁴“You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. ⁵You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. ⁶But I lavish unfailing love for a thousand generations on those³ who love me and obey my commands. Exodus 20:1-6

Land – what is one your core beliefs that you picked up as a child? It could be negative or positive. How has that core belief impacted your life? How does it affect you today?

What core beliefs would you like to pass on? List them.

What core beliefs would you like to God to free you from? List them.

Do – Share a core belief you would like to pass on with someone this week.

Share a core belief that you would like to be free from today.

#20 - VALUES

Begin – a person of God acts out of his/her values.

Unpack – it’s the middle of the night, and there is a fire in your home. If you could save only one item, what would you choose? Explain your choice. (assume your family and pets are already safely out of harm’s way)

What value compelled you to choose that item?

Think about your family of origin. What value do you hold that is different from your family of origin?

Explain.

Inform – Read the text and make observations.

Notice the comparison between lips and heart. What does this comparison infer?

What are the “amazing wonders”?
What is troubling to you about this text?

¹³ And so the Lord says,
“These people say they are mine.
They honor me with their lips,
but their hearts are far from me.
And their worship of me
is nothing but man-made rules learned by rote.”^[a]
¹⁴ Because of this, I will once again astound these hypocrites
with amazing wonders.
The wisdom of the wise will pass away,
and the intelligence of the intelligent will disappear.”

¹⁵ What sorrow awaits those who try to hide their plans from the LORD,
who do their evil deeds in the dark!
“The LORD can’t see us,” they say.
“He doesn’t know what’s going on!” Isaiah 29:13-15

Land – write out 10 of your personal values. Consider nouns like; faith, teamwork, discipline, and generosity.
Now rank those values 1 to 5.
Describe each of those 5 values. Write out a personal definition of each.
How do you live out those values?
What helps you keep those values relevant?

Do – Discuss those 5 values with someone this week.
Ask that person to describe how you could highlight that value this week.

#21 - VISION

Begin – God’s man or woman can lead others with vision.

Unpack – Describe your relationship with your father growing up or describe your relationship with your mother by reflecting on a story about him/her.

How did your father/mother parent you? Think about their methodology and approach and try to describe it.

What principles did they live by in their parenting technique?

What best practices were helpful for you as a child?

Tell others with you why it is vital to be a great parent.

Inform – Read and make observations.

David is casting a vision for Solomon, his son. What is his statement(s) of vision?

What is required of Solomon to fulfill the vision?

How often has someone spoken into your life like David to Solomon?
How often have you spoken into someone's life like David to Solomon?

⁹“And Solomon, my son, learn to know the God of your ancestors intimately. Worship and serve him with your whole heart and a willing mind. For the LORD sees every heart and knows every plan and thought. If you seek him, you will find him. But if you forsake him, he will reject you forever. ¹⁰ So take this seriously. The LORD has chosen you to build a Temple as his sanctuary. Be strong, and do the work.”

²⁰ Then David continued, “Be strong and courageous, and do the work. Don't be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you. He will see to it that all the work related to the Temple of the LORD is finished correctly. ²¹ The various divisions of priests and Levites will serve in the Temple of God. Others with skills of every kind will volunteer, and the officials and the entire nation are at your command.” 1 CHRONICLES 28:9–10, 20–21

Land – a vision is a preferred picture of the future. It can address a problem and provide a solution. It can give direction and purpose. It can be personal or corporate.

Has God given you a specific vision for your life?
What is God's vision for each Jesus follower (Matthew 28:18-20)?
What do you believe is God's vision for his church?
Try and write the answer to vision questions in 10 words or less.

Do – share your personal vision with someone this week.
Write out your own personal vision statement.
Invite someone to work on vision statements together.

#22 - MISSION

Begin – a person of God lives out her/his vision on mission.

Unpack – in your work situation are the job duties of the employees clearly outlined?

Is this freeing or frustrating for you?
Think of a time when your duties matched your desires and abilities.
Contrast the above with a time when your duties did not match your desires and abilities.
List a couple people you know that are very clear about their personal mission.
What do you observe as benefits in how those people live?
What are challenges you face regarding living on mission?

Inform – Read the text and make observations.

Jonah was given a specific mission from God. Many people desire that kind of moment. Why do you think Jonah ran from his God-given mission?

What do your conclusions teach us about the convergence of God's mission and our mission?

When people do not accept divine guidance, they run wild.

But whoever obeys the law is joyful. PROVERBS 29:18

The LORD gave this message to Jonah son of Amittai: ²“Get up and go to the great city of Nineveh. Announce my judgment against it because I have seen how wicked its people are.” ³ But Jonah got up and went in the opposite direction to get away from the LORD. He went down to the port of Joppa, where he found a ship leaving for Tarshish. He bought a ticket and went on board, hoping to escape from the LORD by sailing to Tarshish. JONAH 1:1–3

Land – when do you most feel like you are living in God’s mission?

When is living in God’s mission most challenging for you?

What makes the difference?

What are some roadblocks you need to address?

Who can you connect with to help you address the roadblocks?

What are 5 steps you could take?

Do – take one of those 5 steps this week.

Share your challenge and progress with someone.

Consider your gifts, talents, context, abilities, and current limitations

#23 - GOALS

Begin – God’s person can set goals, to move towards mission and forward in life and health.

Unpack – Why do people set goals?

When have setting goals been beneficial for you?

When have setting goals been restrictive for you?

What areas of life are easier to set goals in than others?

What are more challenging areas to set goals in?

Inform – Read the text and make observations.

What are the strengths of Nehemiah’s approach?

What are the weaknesses of Nehemiah’s approach?

What are the opportunities for Nehemiah?

what are the threats for Nehemiah?

What identifiable goals do you observe in this text?

Early the following spring, in the month of Nisan,^[a] during the twentieth year of King Artaxerxes’ reign, I was serving the king his wine. I had never before appeared sad in his presence. ² So the king asked me, “Why are you looking so sad? You don’t look sick to me. You must be deeply troubled.”

Then I was terrified, ³ but I replied, “Long live the king! How can I not be sad? For the city where my ancestors are buried is in ruins, and the gates have been destroyed by fire.”

⁴ The king asked, “Well, how can I help you?”

With a prayer to the God of heaven, ⁵ I replied, “If it please the king, and if you are pleased with me, your servant, send me to Judah to rebuild the city where my ancestors are buried.”

⁶ The king, with the queen sitting beside him, asked, “How long will you be gone? When will you return?” After I told him how long I would be gone, the king agreed to my request.

⁷ I also said to the king, “If it please the king, let me have letters addressed to the governors of the province west of the Euphrates River, ⁸ instructing them to let me travel safely through their territories on my way to Judah. ⁸ And please give me a letter addressed to Asaph, the manager of the king’s forest, instructing him to give me timber. I will need it to make beams for the gates of the Temple fortress, for the city walls, and for a house for myself.” And the king granted these requests, because the gracious hand of God was on me. Nehemiah 2:1-8

Land – what are some of your current goals?

Where do you work together to set goals?

Who would be a good partner or group to craft goals together?

What is the place of Nehemiah 1 in the goal setting process?

Where do you currently see God at work and desire to join him?

Do – meet with someone to discuss where they see God at work.

List out ways and places you see God at work.

#24 - SPIRITUAL GIFTS

Begin – a person of God applies their giftedness for the benefit of others

Unpack – if money were no object and you could do anything you wanted with the rest of your life, what would you spend it doing?

Try doing a spiritual gift assessment. (www.beresolute.org/sga)

Inform – Read the text and make observations.

What does it mean to be a living sacrifice?

What does it mean to be a member of the body?

How are our gifts employed to help build the body?

And so, dear brothers and sisters, ¹ I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

³ Because of the privilege and authority ⁴ God has given me, I give each of you this warning: Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. ⁴ Just as our bodies have many parts and each part has a special function, ⁵ so it is with Christ’s body. We are many parts of one body, and we all belong to each other.

⁶ In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. ⁷ If your gift is serving

others, serve them well. If you are a teacher, teach well. ⁸ If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.
Romans 12:1-8

Land – what are your top 3-5 spiritual gifts?

How have they changed or developed?

Do people affirm those gifts?

How are you employing your giftedness in this season of life?

Where are places you identify your gifts are needed?

What gifts do you have that are not listed?

Do – employ one of your least used spiritual gifts this week.

#25 - FEEDBACK

Begin – God’s person is receptive to feedback and invites others to speak into their lives.

Unpack – Think of someone you know that is open to feedback. Discuss why they seem to be open to others input.

What aspect of that openness would you like more of in your life?

What is the value of receiving feedback?

What makes feedback appropriate and inappropriate to share?

Who do you allow to speak into your life?

Inform – Read the text and make observations.

Does Zedekiah appear open to feedback? Why does it look that way?

Consider what Jeremiah is risking by giving Zedekiah feedback?

What is the promise made by Zedekiah?

Why does Zedekiah make this promise?

Get all the advice and instruction you can,
so you will be wise the rest of your life.

PROVERBS 19:20

One day King Zedekiah sent for Jeremiah and had him brought to the third entrance of the LORD’s Temple. “I want to ask you something,” the king said. “And don’t try to hide the truth.”

¹⁵ Jeremiah said, “If I tell you the truth, you will kill me. And if I give you advice, you won’t listen to me anyway.”

¹⁶ So King Zedekiah secretly promised him, “As surely as the LORD our Creator lives, I will not kill you or hand you over to the men who want you dead.”

JEREMIAH 38:14-16

Land – when are you most open to feedback?

Describe a positive experience when feedback was given to you. Describe a negative experience you have had with feedback. What are the similarities and differences in the two experiences.

If you were open to constructive feedback, how do you envision that helping you?

Do – invite someone you trust to speak into your life this week.

#26 - TRUST

Begin – one of a person’s great assets in leadership is the trust they build with those around them.

Unpack – Describe an occasion when a boss or leader micromanaged you or a group you were part of?

List five activities of a leader that builds trust.

What is the relationship between trust and vulnerability?

How does appropriate disclosure fit into this conversation?

What is the place of fear in building trust?

Inform – Read the text and make observations.

How does the Lord build trust with Joshua?

What is required of Joshua to learn if he can trust God?

What is the promise made to Joshua for trusting in God?

How are faith and trust related?

After the death of Moses the LORD’s servant, the LORD spoke to Joshua son of Nun, Moses’ assistant. He said, ²“Moses my servant is dead. Therefore, the time has come for you to lead these people, the Israelites, across the Jordan River into the land I am giving them. ³I promise you what I promised Moses: ‘Wherever you set foot, you will be on land I have given you— ⁴from the Negev wilderness in the south to the Lebanon mountains in the north, from the Euphrates River in the east to the Mediterranean Sea in the west, including all the land of the Hittites.’ ⁵No one will be able to stand against you as long as you live. For I will be with you as I was with Moses. I will not fail you or abandon you.

⁶“Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them. ⁷Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. ⁸Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. ⁹This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.” Joshua 1:1-9

Land – what factors most contribute your increase in trust of others?

List those factors.

Which of those factors are most evident in your life?

Which do you aspire to see grow in your life?

Do – Share one of those trust factors with someone this week.

Take a risk this week.

#27 - MARGIN

Begin – God’s person is aware of the space between their load and their limits, and manage those margins with the help of others.

Unpack – what does your ideal week look like?

What does a typical week look like in your life?

List the common and differences in the two. Why are they common and different?

What needs to change for you to build margin in your life?

How would your life be healthier and more effective with appropriate margins?

How would your expectations of others change with healthier margins?

Inform – Read the text and make observations.

What are the disciples hope when they find their desolate place?

What are the contrasts in response between Jesus and the disciples?

Why are their responses different?

How does Jesus interact with people when their demands dictate a response from him?

Even though they are all tired, Jesus appears calm and centered. Why?

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. ³¹ Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

³² So they left by boat for a quiet place, where they could be alone. ³³ But many people recognized them and saw them leaving, and people from many towns ran ahead along the shore and got there ahead of them. ³⁴ Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them because they were like sheep without a shepherd. So he began teaching them many things.

³⁵ Late in the afternoon his disciples came to him and said, “This is a remote place, and it’s already getting late. ³⁶ Send the crowds away so they can go to the nearby farms and villages and buy something to eat.”

³⁷ But Jesus said, “You feed them.”

“With what?” they asked. “We’d have to work for months to earn enough money^(a) to buy food for all these people!”

³⁸ “How much bread do you have?” he asked. “Go and find out.”

They came back and reported, “We have five loaves of bread and two fish.”

³⁹ Then Jesus told the disciples to have the people sit down in groups on the green grass. ⁴⁰ So they sat down in groups of fifty or a hundred.

⁴¹ Jesus took the five loaves and two fish, looked up toward heaven, and blessed them. Then, breaking the loaves into pieces, he kept giving the bread to the disciples so they could distribute it to the people. He also divided the fish for everyone to share. ⁴² They all ate as much as they wanted, ⁴³ and afterward, the disciples picked up twelve baskets of leftover bread and fish. ⁴⁴ A total of 5,000 men and their families were fed. MARK 6:30–44

Land – what issues, demands, beliefs, or values keep you from implementing a life with healthy margins?
What are some steps you could take to implement healthy margins? List 5.

Do – Take one of those steps to a healthy margin this week.
Tell someone.

#28 - CHANGE

Begin – God’s person understands that God does not change, and that they do change.

Unpack – what are some changes you’ve experienced in the last year? List 5.

Rank the changes from easiest to hardest.

Be as specific and transparent as appropriate.

When do you hear these statements, and what do they mean?

That’s not the way we do things around here

It is what it is

It’s not my job

Inform – Read the text and make observations.

What change is happening in the text, and what makes this challenging?

What change does Saul experience?

What change does Ananias experience?

What are the risks for all those involved? List them for each person and group.

As he was approaching Damascus on this mission, a light from heaven suddenly shone down around him. ⁴ He fell to the ground and heard a voice saying to him, “Saul! Saul! Why are you persecuting me?”

⁵ “Who are you, lord?” Saul asked.

And the voice replied, “I am Jesus, the one you are persecuting! ⁶ Now get up and go into the city, and you will be told what you must do.”

⁷ The men with Saul stood speechless, for they heard the sound of someone’s voice but saw no one!

⁸ Saul picked himself up off the ground, but when he opened his eyes he was blind. So his companions led him by the hand to Damascus. ⁹ He remained there blind for three days and did not eat or drink.

¹⁰ Now there was a believer in Damascus named Ananias. The Lord spoke to him in a vision, calling, “Ananias!”

“Yes, Lord!” he replied.

¹¹ The Lord said, “Go over to Straight Street, to the house of Judas. When you get there, ask for a man from Tarsus named Saul. He is praying to me right now. ¹² I have shown him a vision of a man named Ananias coming in and laying hands on him so he can see again.”

¹³ “But Lord,” exclaimed Ananias, “I’ve heard many people talk about the terrible things this man has done to the believers in Jerusalem! ¹⁴ And he is authorized by the leading priests to arrest everyone who calls upon your name.”

¹⁵ But the Lord said, “Go, for Saul is my chosen instrument to take my message to the Gentiles and to kings, as well as to the people of Israel. ¹⁶ And I will show him how much he must suffer for my name’s sake.”

¹⁷ So Ananias went and found Saul. He laid his hands on him and said, “Brother Saul, the Lord Jesus, who appeared to you on the road, has sent me so that you might regain your sight and be filled with the Holy Spirit.” ¹⁸ Instantly something like scales fell from Saul’s eyes, and he regained his sight. Then he got up and was baptized. ¹⁹ Afterward he ate some food and regained his strength. ACTS 9:3–19

Land – when have you been most receptive to change?

When are you most resistant to change?

What steps do you need to take to face changes that are happening?

How do you evaluate the level of change needed and the value of change?

Do – make one change you have resisted. Do it with someone.

#29 - CONFLICT

Begin – God’s person responds and manages conflict in healthy ways.

Unpack – Share a time when you felt you had to disagree with a rule or approach.

How did you respond to that urge?

When you are confronted with an issue that catches you off guard, what are the primary emotions that surface in your life and reactions?

What are your secondary responses?

How happy are you with how you respond/react?

How would you like them to be different?

What tips or tricks help you deal with conflict when it arises?

Inform – Read the text and make observations.

How does Jesus suggest we manage conflict in this situation?

What are different approaches to conflict management?

What are the steps you observe in this account?

What are the outcomes of each step?

“If another believer^a sins against you,^b go privately and point out the offense. If the other person listens and confesses it, you have won that person back. ¹⁶ But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. ¹⁷ If the person still refuses to listen, take your case to the church. Then if he or she won’t accept the church’s decision, treat that person as a pagan or a corrupt tax collector.

¹⁸ “I tell you the truth, whatever you forbid^c on earth will be forbidden in heaven, and whatever you permit^d on earth will be permitted in heaven.

¹⁹ “I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. ²⁰ For where two or three gather together as my followers,^e I am there among them.” MATTHEW 18:15–20

Land – what part of conflict resolution or management is most challenging for you?

List ways you would like to incorporate healthier conflict management tools into your life?

Do – Share one of these desires with someone and ask for their help

#30 - DELEGATION

Begin – God’s person becomes a competent mentor and delegates.

Unpack – Describe your experience with mentoring.

Describe your experience with delegating.

When do you best delegate responsibilities to others.

What are obstacles you face in delegating?

What are characteristics of good delegators?

Inform – Read the text and make observations.

What problems was Moses facing, and how were they identified by his father-in-law?

What part does lack of self-awareness play in the stress and problems?

What changes are suggested by Jethro?

How did they work?

The next day, Moses took his seat to hear the people’s disputes against each other. They waited before him from morning till evening.

¹⁴ When Moses’ father-in-law saw all that Moses was doing for the people, he asked, “What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?”

¹⁵ Moses replied, “Because the people come to me to get a ruling from God. ¹⁶ When a dispute arises, they come to me, and I am the one who settles the case between the quarreling parties. I inform the people of God’s decrees and give them his instructions.”

¹⁷ “This is not good!” Moses’ father-in-law exclaimed. ¹⁸ “You’re going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself. ¹⁹ Now listen to me, and let me give you a word of advice, and may God be with you. You should continue to be the people’s representative before God, bringing their disputes to him. ²⁰ Teach them God’s decrees, and give them his instructions. Show them how to conduct their lives. ²¹ But select from all the people some capable, honest men who fear God and hate bribes. Appoint them as leaders over groups of one thousand, one hundred, fifty, and ten. ²² They should always be available to solve the people’s common disputes, but have them bring the major cases to you. Let the leaders decide the smaller matters themselves. They will help you carry the load, making the task easier for you. ²³ If you follow this advice, and if God commands you to do so, then you will be able to endure the pressures, and all these people will go home in peace.” EXODUS 18:13–23

Land – How does your self-awareness and situational awareness help in your ability and willingness to delegate?

What can you do to build self-awareness? List five options.

How can you build situational awareness? List five options

Do – Meet with someone you regard as self-aware.

Meet with someone you regard as a good delegator.

#31 - MOSES

Begin – God’s man or woman understands that mentoring is a mandate of a Jesus follower.

Unpack – Name an active or passive mentor that speaks into your life

What are the elements that make them an effective mentor?

Have you intentionally mentored someone? How did it go? What did you do together?

What are the obstacles you faced and continue to face?

Inform – Read the text and make observations.

What mentoring process is suggested here?

What are the mentoring activities?

What skills are required?

what mentoring skills and experience do you bring to mentoring?

What time and other commitments are required for effectiveness?

“Listen, O Israel! The LORD is our God, the LORD alone.⁵ And you must love the LORD your God with all your heart, all your soul, and all your strength. ⁶And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. ⁸Tie them to your hands and wear them on your forehead as reminders. ⁹Write them on the doorposts of your house and on your gates. DEUTERONOMY 6:4–9

Land – outline your desire to mentor others?

List some possible candidates to mentor. Pray for each of them.

What are your available opportunities to mentor?

What approach to mentoring have you never tried before?

Do – approach one potential mentor/mentee this week.

Start these conversations with someone.