



NAME

START DATE

IF LOST, PLEASE CALL OR EMAIL

Hiking the majestic Grand Canyon from rim to river to rim in one day with several of my friends was one of the most memorable and challenging experiences in my life. The views along the journey were stunning! The 16-mile hike steeply descended 4860 feet down the South Kaibab Trail and crisscrossed along the cold Colorado River. Then came the grueling ascent along the walls of the canyon up the Bright Angel Trail. It took everything we had to give to get back to the top, and much encouragement, but we felt unbelievably alive!

Similarly, our life and our faith is a journey with twists and turns, challenges and thrills, and beautiful vistas to simply behold. And it's designed by God to be shared with others. It's a journey that requires everything we have to give, but makes us unbelievably alive! As Jesus says, He gives us "life to the fullest."

During the next 40 days let's walk this journey together. Let's experience what living life to the fullest with Jesus feels like. We'll explore trails that lead us to experience rich community, spiritual vitality, and a greater purpose. We'll discover what it means to Belong, Believe, and Become.

Use this daily journal to help you along the journey. Each day, reflect on God's word and listen to His Spirit to guide you. But don't take this journey alone - what fun is that? Get together with others each week in a Life Group to encourage one another and share what God is showing you along the way.

Jesus is still inviting us, "Come. Follow me." So let's get going. There's so much to see and experience on The Journey!



A handwritten signature in black ink that reads "Mark". The signature is stylized and fluid.

Mark Krenz
Lead Pastor

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WEEK ONE	● ○ ○ ○ ○ ○
THE JOURNEY	

Let's begin the journey! The Bible is filled with stories of people, families, and nations on a journey with God. In the Bible the number 40 represents a period of preparation and shaping. Sometimes it was 40 days, other times 40 years. As we begin our 40-day journey let's commit this time to allowing God to shape and refine us for our life-long journey with Him.

Philippians 1:6 (NLT) says, "And I am certain that God, who began a good work within you will continue His work until it is finally finished on the day when Christ Jesus returns." Whether you are brand new in your faith, following Jesus for many years, or still exploring your faith, God's good work in us is not finished. He is continuing His work with us while we journey through life.

This week we'll see how God has always walked with people on their journey, guiding, leading, listening, and transforming through all the ups and downs. Let these moments on the journeys of the disciples, Paul, David, and the Israelites inspire you.

SUNDAY, APRIL 7

MESSAGE NOTES

PRAYER

“Lord, give me wisdom to choose what to focus on in the days to come. Help me to see my life, my story, the way You see it. Give me strength to take that first or next step today. Amen.”

SCRIPTURE MATTHEW 4:18-22

“Now as Jesus was walking by the Sea of Galilee, He saw two brothers, Simon who was called Peter, and Andrew his brother, casting a net into the sea; for they were fishermen. And He said to them, ‘Follow Me, and I will make you fishers of men.’ Immediately they left their nets and followed Him. Going on from there He saw two other brothers, James the son of Zebedee, and John his brother, in the boat with Zebedee their father, mending their nets; and He called them. Immediately they left the boat and their father, and followed Him.” MATTHEW 4:18-22 (NASB)

JOURNAL

How ready and willing are you to follow Jesus? What are you willing to leave behind? What makes it hard for you to fully follow Him?

PRAYER

“Father, You are a good God. You are patient, loving, and filled with mercy every day. Help me to become aware of Your presence throughout this day. Amen.”

SCRIPTURE ACTS 9:1-19 (EXCERPT BELOW)

“As he was approaching Damascus on this mission, a light from heaven suddenly shone down around him. He fell to the ground and heard a voice saying to him, ‘Saul! Saul! Why are you persecuting me?’ ‘Who are you, lord?’ Saul asked. And the voice replied, ‘I am Jesus, the one you are persecuting! Now get up and go into the city, and you will be told what you must do.’”
ACTS 9:3-6 (NLT)

JOURNAL

We don't all encounter God as dramatically as Saul did that day. His life took a dramatic turn. How have you encountered God along your journey? Where do you see Him moving in your life?

PRAYER

“Jesus, reveal Yourself to me today as I go about my familiar routines. Help me notice where you are present and at work in my life and in others’ lives, too.”

SCRIPTURE LUKE 5:6-11

“When they did this, they caught a great number of fish, and their nets began to tear. So they signaled to their partners in the other boat to come and help them; they came and filled both boats so full that they began to sink.

When Simon Peter saw this, he fell at Jesus’ knees and said, ‘Go away from me, because I’m a sinful man, Lord!’ For he and all those with him were amazed at the catch of fish they had taken, and so were James and John, Zebedee’s sons, who were Simon’s partners.

‘Don’t be afraid,’ Jesus told Simon. ‘From now on you will be catching people.’ Then they brought the boats to land, left everything, and followed Him.” LUKE 5:6-11 (NASB)

JOURNAL

If Jesus was physically walking with you throughout the day, how might your life be different? Your emotions? Your schedule? Your fears? Your peace? Make a list of aspects of your life (be specific) that would change if Jesus was right there.

PRAYER

“Father, Your forgiveness and grace are like a strong current. You relentlessly forgive me my ‘let-downs,’ ‘less-thans,’ and ‘not enoughs.’ May I enter Your peace and forgiveness today with a fresh heart. Amen.”

SCRIPTURE PSALM 51:7-10

“Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice. Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me.” PSALM 51:7-10 (NLT)

JOURNAL

Take a few minutes to write out a confession to God. How have you hurt your relationship with Him? When you’ve finished, scratch it out. God is faithful in His promise to forgive us. Think about the fact that He doesn’t hold it against you anymore.

PRAYER

“Jesus, as I look around I cannot help but acknowledge how You have brought me to this very place. As I look ahead, I’m excited to be on this journey You continue to lead me on.”

SCRIPTURE JOSHUA 4:5-7

“He told them, ‘Go into the middle of the Jordan, in front of the Ark of the Lord your God. Each of you must pick up one stone and carry it out on your shoulder—twelve stones in all, one for each of the twelve tribes of Israel. We will use these stones to build a memorial. In the future your children will ask you, “What do these stones mean?” Then you can tell them, “They remind us that the Jordan River stopped flowing when the Ark of the Lord’s Covenant went across.” These stones will stand as a memorial among the people of Israel forever.’” JOSHUA 4:5-7 (NLT)

JOURNAL

Throughout our lives, God provides reminders of the journey that we’ve been on in life and what we have yet to experience in the future. What monuments or milestones have you experienced as you look at your own life? What might God still have for you to experience?

REST DAY

SATURDAY, APRIL 13

**BE STILL. LISTEN.
WHAT IS GOD SAYING TO YOU?**

#THEJOURNEY



WEEK ONE



THE JOURNEY

GROUP
GUIDE

START TALKING. CONVERSATION STARTERS.

- Share some stories of memorable hikes you've been on. What was amazing, difficult, challenging, unexpected? What is one place you'd like to explore?

START SHARING. QUESTIONS THAT CREATE OPENNESS.

READ ECCLESIASTES 3:1-11

- How is hiking a mountain a good metaphor for our life and spiritual journey? Share some similarities in general or related to your own experience.
- If our journey with Jesus is like a long hike up a mountain, what most excites you or intimidates you about that picture?
- As you read some snapshots this week of the journeys of the disciples, Paul, King David, and the Israelites, how do you think they would describe their spiritual journey with God?
- In John 10:10 when Jesus says, "The thief comes to seek, kill and destroy, but I have come to give you life to the fullest." What do you think Jesus means by "life to the fullest?"
- What from Sunday's message about The Journey most resonated with you?
- As you think about this 40-day journey personally, what do you hope God will do or show you in this time?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

“Jesus, give us the courage and strength we need to continue to pursue You. Purify our hearts, reclaim our motivations and thoughts. Draw us close to You, Lord, and help us to acknowledge Your presence in this place. Help us draw closer to You in the days ahead, and give us a sense of renewal as You help us to humbly understand how we can experience life to the fullest. Amen!”

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

What is one measurable and specific action item or take-away you will engage in this week? Write it down and commit to take that step this week. You may want to consider asking someone to follow-up with you about how you’re doing with this next step.

WANT TO DIG DEEPER?

THE JOURNEY: Philippians 1:6,9-11; Philippians 3:7-14

WEEK TWO



YOU ARE HERE

Maps are helpful tools. They show the way to incredible destinations. But maps are pretty useless if you don't know where you are on the map. When we navigate with our mobile phone maps the blue dot lets us know, "You are here." We need this orientation. Because to get to where you want to go, you have to first know where you are.

This week we'll reflect on our own spiritual journeys that have led us to this point. God has used each twist and turn, mountain and valley, detour and highway to shape us and bring us to this place in our lives. Romans 8:28 (NLT) says, "And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them." In God's economy nothing is wasted and all can be redeemed for His purposes. So where are you starting this journey from?

SUNDAY, APRIL 14

MESSAGE NOTES



PRAYER

“Jesus, today I will follow You instead of allowing my steps to stray. I trust You—not my feelings, circumstances, or other people—with the direction of my life.”

SCRIPTURE PHILIPPIANS 3:7-14 (EXCERPT BELOW)

“I admit that I haven’t yet acquired the absolute fullness that I’m pursuing, but I run with passion into his abundance so that I may reach the purpose that Jesus Christ has called me to fulfill and wants me to discover. I don’t depend on my own strength to accomplish this; however I do have one compelling focus: I forget all of the past as I fasten my heart to the future instead.”
PHILIPPIANS 3:12-13 (TPT)

JOURNAL

What is the purpose Jesus is calling you to fulfill and discover? What steps are you reluctant to take? How does spending more time looking behind you to your past rather than focusing on the future keep you from moving forward?

PRAYER

“Jesus, thank You for going out of Your way to powerfully work in my life. When the storms of life come, help me to cling to Your promises and remember how You continue to show up.”

SCRIPTURE PSALM 119:90

“Your faithfulness extends to every generation, as enduring as the earth You created.” PSALM 119:90 (NLT)

JOURNAL

List as many things as possible where you feel Jesus has done a powerful work in your life. Think back as far as you can through now. Maybe it was an event, a moment, a teaching, a miracle...anything you can point back to and confidently say Jesus showed up [here].

PRAYER

“Lord, today I want to trust You with wherever I need to step out in faith and grow closer to You.”

SCRIPTURE MARK 4:35-41 (EXCERPT BELOW)

“Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, ‘Teacher, don’t you care that we’re going to drown?’

When Jesus woke up, he rebuked the wind and said to the waves, ‘Silence! Be still!’ Suddenly the wind stopped, and there was a great calm. Then he asked them, ‘Why are you afraid? Do you still have no faith?’” MARK 4:38-40 (NLT)

JOURNAL

Write down the “waves” and “wind” that are stirring in your life that feel too much to handle. Ask God to calm the storm and calm your heart. Have faith!

PRAYER

“Jesus, I believe that You are the Messiah that was promised throughout all of Scripture. I look to You to give me life—now and for all eternity. Today I choose to follow Jesus. Amen.”

SCRIPTURE EPHESIANS 2:8-10

“You were saved by faith in God, who treats us much better than we deserve. This is God’s gift to you, and not anything you have done on your own. It isn’t something you have earned, so there is nothing you can brag about. God planned for us to do good things and to live as he has always wanted us to live. That’s why He sent Christ to make us what we are.”

EPHESIANS 2:8-10 (CEV)

JOURNAL

How would you describe your “you are here” place on the map of your spiritual journey with Jesus? Starting the journey, still questioning, a long way up the mountain, lost, bringing others along...?

If you’ve never given your life to follow Jesus, why not begin today? Tell Jesus you believe in Him. Ask for His forgiveness and accept His love and grace.

PRAYER

“Jesus, I want to experience a full life, the type of life You want me to experience. Oftentimes I find myself believing that life can be found in places apart from You. Remind me that You came that I may have life and have it abundantly. Help me recognize that the way You call me to live will lead me to the life I’ve always wanted. Amen.”

SCRIPTURE JOHN 10:10

“The thief enters only to steal, kill, and destroy. I came so that they could have life—indeed, so that they could live life to the fullest..” JOHN 10:10 (CEB)

JOURNAL

Where is Satan trying to steal, kill, or destroy your life, your family, or your faith? What does it mean to you for Jesus to give you a life to the fullest?

REST DAY

SATURDAY, APRIL 20

**BE STILL. LISTEN.
WHAT IS GOD SAYING TO YOU?**

#THEJOURNEY



WEEK TWO



YOU ARE HERE

**GROUP
GUIDE**

START TALKING. FIND A CONVERSATION STARTER FOR YOUR GROUP.

- Share about a time you were thoroughly lost. What did that feel like? How did you eventually find your way?
- Take a survey: Who is good with maps and orientation and who is directionally challenged?

START SHARING. QUESTIONS THAT CREATE OPENNESS.

READ PHILIPPIANS 1:6, 3:7-14

- What are the “maps” our world and culture give us to determine our direction and destinations in life? How helpful or hurtful are they in leading us to experience life to the fullest?
- Think about the people who shared their journeys on Sunday. How did hearing their stories impact you?
- How would you best describe your “you are here” place on the map of your spiritual journey with Jesus (Day 10)? Starting the journey, still questioning, a long way up the mountain, lost, bringing others along...?
- Read Romans 8:28. Share 1 or 2 significant moments of your journey that God used to bring you to this place.
- Read Philippians 3:12-13 again, why is it important to set our sights on what is before us instead of focusing on the past? What do you look forward to on your journey with Jesus?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

“Heavenly Father, thank You for giving us some place to start from as we pursue You. And thank You for going out of Your way to pursue each of us in this place. Help us to not become discouraged by what we’ve already experienced in our lives, and what we may see ahead—because we know that You are with us every step of the way. We know that You have already gone before us to prepare a way. Continue to reveal Yourself to us as we walk this journey together with You. Amen!”

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

What is one measurable and specific action item or take-away you will engage in this week? Write it down and commit to take that step this week. You may want to consider asking someone to follow-up with you about how you’re doing with this next step.

WANT TO DIG DEEPER?

START HERE: Ephesians 3:14-20

WEEK THREE	○ ○ ● ○ ○ ○
BELONG	
THE PATH TO COMMUNITY	

One of the best parts of going on a journey, whether that's going on a walk in the park, a hike up a mountain, a vacation with our family, or pursuing a dream, is sharing the adventure together. We talk and share stories. We share memories of the challenges and the unexpected moments. We celebrate milestones. And we encourage and help each other through tough times along our way.

In the book of Acts (2:41-47) we see the formation of the early church. They shared life and faith together every day. The idea of a follower of Christ living independent from the community of Christians was unthinkable.

This week we'll see the necessity of growing into and experiencing authentic Christian community. We'll see the beauty of sharing life together along the journey. *You belong.*

SUNDAY, APRIL 21

MESSAGE NOTES



PRAYER

“Jesus, I have so much to be thankful for—my family, friends, my home, my job, and my church. Let me appreciate how many blessings I have so that I can serve and bless others.”

SCRIPTURE HEBREWS 10:23-25

“Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” HEBREWS 10:23-25 (NLT)

JOURNAL

This passage reminds us how important it is to journey together. How have others motivated and encouraged you in your spiritual journey? Reach out and thank them. Who can you encourage and motivate today? Do it.

PRAYER

“Jesus, today I want to connect with other people and serve them with Your love. Help me to unite with others who love You or want to know You.”

SCRIPTURE JOHN 17:20-23

“I am praying not only for these disciples but also for all who will ever believe in me through their message. 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.

I have given them the glory You gave me, so they may be one as we are one. 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 (NLT)

JOURNAL

What does it mean to be “one” as believers? What can you do to encourage stronger unity with others, especially in the church?

TUESDAY, APRIL 23

PRAYER

“Dear God, You loved me first and are the source of all love. As I start this new day, help me to rely on You as my power source for loving others around me. Amen.”

SCRIPTURE JOHN 13:34-35

“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are My disciples.” JOHN 13:34-35 (NLT)

JOURNAL

How does the way you love and care for the people in your church and Life Group prove to the world that we are Jesus’ disciples? Write down some specific ways you can demonstrate love to others from church this week.

PRAYER

“Lord, I want to be sincere and authentic in my faith and in the way I love others. I’m sorry for those times when I’ve glossed over opportunities to do so with others. Show me how to love like Jesus and give others my best today.”

SCRIPTURE ROMANS 12:9-16

“Don’t just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other. Never be lazy, but work hard and serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying. When God’s people are in need, be ready to help them. Always be eager to practice hospitality.

Bless those who persecute you. Don’t curse them; pray that God will bless them. Be happy with those who are happy, and weep with those who weep. Live in harmony with each other. Don’t be too proud to enjoy the company of ordinary people. And don’t think you know it all!” ROMANS 12:9-16 (NLT)

JOURNAL

As you consider today’s scripture, what do you most struggle with doing in relating to others and strengthening our community? Who is someone that is happy that you can celebrate with? Who is mourning that you can comfort and weep with?

PRAYER

“God, it’s amazing that when we’re obedient and give generously, You bless us and draw us closer to You. Help me to give beyond my comfort zone to someone in need today. Amen.”

SCRIPTURE ACTS 4:32-35

“All the believers were united in heart and mind. And they felt that what they owned was not their own, so they shared everything they had. The apostles testified powerfully to the resurrection of the Lord Jesus, and God’s great blessing was upon them all. There were no needy people among them, because those who owned land or houses would sell them and bring the money to the apostles to give to those in need.”
ACTS 4:32-35 (NLT)

JOURNAL

How well do these verses describe your relationship with others in the church? What would have to change for such sharing to be possible?

REST DAY

SATURDAY, APRIL 27

**BE STILL. LISTEN.
WHAT IS GOD SAYING TO YOU?**

#THEJOURNEY



WEEK THREE



BELONG

GROUP
GUIDE

START TALKING. FIND A CONVERSATION STARTER FOR YOUR GROUP.

- Can someone be a follower of Christ and not be part of the church?
- Is faith an individual thing or a group thing? Why?

START SHARING. QUESTIONS THAT CREATE OPENNESS.

READ 1 THESSALONIANS 5:14-24

- Why did you want to be part of a Life Group? What do you hope to experience through these relationships?
- Read Acts 2:41-47. What were some key elements of their gatherings and life together?
- How can our group experience Christian community like this?
- What are some hindrances that would keep us from growing deeper relational and spiritual roots with each other?
- Reread verse 14. What would living this verse out in our group look like? What would it require from us?
- What attitudes underlie Paul's various commands in 1 Thessalonians 5:14-18? What impressions of the Christian life do these commands give you?
- How would you summarize the goal and hope of the Christian life?
- How can our group most help you in your spiritual and life journey?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

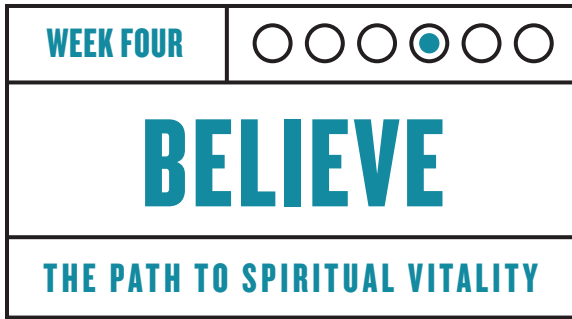
“Lord, we are humbled and thankful that You would adopt us into the greatest family ever. Thank You for giving us a place to belong in relationship with You. And thank You for the community that You’ve placed us in. Father, be with those here today in this place. Help us to realize how You’ve intend for us to live life. In relationship with You, and in relationship with others. Help us to identify opportunities to grow closer to each other and You. Amen.”

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

What is one measurable and specific action item or take-away you will engage in this week? Write it down and commit to take that step this week. You may want to consider asking someone to follow-up with you about how you’re doing with this next step.

WANT TO DIG DEEPER?

WHAT IT LOOKS LIKE TO BELONG: John 4:21-26;
Psalm 100; Psalm 149; Psalm 150; Matthew 18:20;
Ephesians 4:1-6; Corinthians 12:12-31; Philippians 2:1-2;
Romans 12:5, 9-16; 1 Timothy 6:17-19; 1 Corinthians 16:1-2



Hawaii sounds amazing. I've read about it. I've seen pictures. I've seen Magnum PI. But I've never been to Hawaii. Recently, friends shared with me about their amazing Hawaiian vacation, the glorious sunrises, tropical forests, the beaches, the relaxation. It made me want to experience it for myself.

Faith in God is like that. Jesus in John 10:10 promises us "life to the fullest!" But this life isn't found by simply memorizing scripture, knowing certain stories or the 10 Commandments, going to church every Sunday, or being around people who tell us about Jesus. Life to the fullest is only experienced through a living, ongoing, personal relationship with Jesus.

This week we will take some steps along the journey of getting to know and follow Jesus. We'll see how our relationship with Him completely transforms us and leads us to life in all its fullness!

SUNDAY, APRIL 28

MESSAGE NOTES



PRAYER

“Dear God, thank You for salvation through Jesus. Thank You for going out of Your way to make a way for me to be in relationship with You.”

SCRIPTURE JOHN 3:1-21 (EXCERPT BELOW)

“For this is how God loved the world: He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life. God sent His Son into the world not to judge the world, but to save the world through Him.”
JOHN 13:16-17 (NLT)

JOURNAL

How can you relate to Nicodemus as he tries to understand being “born again”?

In verses 20 and 21, Jesus calls us to come out of the darkness and into His light. What have you been hiding that you need to let Jesus’ light and grace shine on? Have you been born again spiritually?

PRAYER

“Jesus, thank You for dying on the cross for my sins. I know that sin now has no more power over my life, so help me to live in a way that reflects that. Amen.”

SCRIPTURE COLOSSIANS 2:12-14

“For you were buried with Christ when you were baptized. And with Him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead.

You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross.”
COLOSSIANS 2:12-14 (NLT)

JOURNAL

If you've surrendered your life to Jesus, write out your story of how you came to Christ and were baptized. If you haven't given your life to Christ yet, take a moment to write about what's going on in your life that you need Jesus' help with. Ask Him for forgiveness of your sins and begin your new life with Him today!

PRAYER

"I am a work in progress, Lord, and I'm so grateful for the way You are transforming my life. Thank You for changing me and giving me the power to live for You. Amen."

SCRIPTURE ROMANS 12:1-2

"And so, dear brothers and sisters, 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. 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." ROMANS 12:1-2 (NLT)

JOURNAL

Where in your life area you influenced more by the behavior and customs of the world than by Jesus and His Word? How is God transforming you and changing your thinking? How do your thoughts influence your behavior?

PRAYER

"I want to spend time with You, God, before I face other priorities in my day. Thank You for giving me the power, strength, and peace to prepare me for what's ahead."

SCRIPTURE PSALM 5:1-3

"Listen, God! Please, pay attention! Can You make sense of these ramblings, groans and cries? King-God, I need Your help. Every morning you'll hear me at it again. Every morning I lay out the pieces of my life on your altar and watch for fire to descend."
PSALM 5:1-3 (MSG)

JOURNAL

Open and honest prayer and time with God is central to our relationship with Him. Pour out your heart to Him today. Let Him know your hurts and pain, your joys and sorrows, your frustrations, hopes, and fears.

PRAYER

“Lord, may your Holy Spirit become more and more present in my life that others might see You in me. Amen.”

SCRIPTURE GALATIANS 5:16-26 (EXCERPT BELOW)

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” GALATIANS 5:22-23 (NLT)

JOURNAL

What is the evidence or “fruit” of God’s Holy Spirit in your life?
Which of these fruits of the Spirit are most evident in your life?
Which ones do you need to ask God to help you grow in?



REST DAY

SATURDAY, MAY 4

**BE STILL. LISTEN.
WHAT IS GOD SAYING TO YOU?**

#THEJOURNEY



WEEK FOUR	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/>	
 BELIEVE		GROUP GUIDE

START TALKING. FIND A CONVERSATION STARTER FOR YOUR GROUP.

- If you had a tree of your favorite fruit in your yard, and it grew no fruit, what would you do with it?
- What plant best describes you spiritually now, for example, a towering oak, weeping willow, tumbleweed, or a crab apple tree? Explain.

START SHARING. QUESTIONS THAT CREATE OPENNESS.

READ JOHN 15:1-17

- Read John 15:1-4. What is the fruit Jesus is talking about? How can you tell if a Christian is fruitful? (Galatians 5:22 - The Fruits of the Spirit)
- Read Romans 12:1-2. What is some fruit you have seen in your life as you have allowed Christ to transform your thinking?
- As a branch on Christ's vine, how would you describe the fruit in your life: Grade A-1, juicy, green, wormy? Why?
- What habits/practices have you developed that help you remain in Christ?
- Let's talk about reading the Bible specifically. Do you? Don't you? Why or why not? What helps? What hinders? (2 Timothy 3:16-17)
- Consider the spiritual vitality you're currently experiencing. What step can you take to experience more vibrant life in Christ?
- How can this group help support or encourage you on your journey to spiritual vitality?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

“Holy Spirit, reclaim our deepest thoughts and motivations. Stay close to us, and help us to live out our faith boldly. Give us humble spirits centered on Your love, and help us to trust every detail of our lives to Your care—stretching each of us to live every day for You. Amen.”

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

What is one measurable and specific action item or take-away you will engage in this week? Write it down and commit to take that step this week. You may want to consider asking someone to follow-up with you about how you're doing with this next step.

WANT TO DIG DEEPER?

WHAT IT LOOKS LIKE TO BELIEVE: Mark 8:34-38; John 3:1-21; Romans 3:21-28; Matthew 3:1-17; Acts 2:36-41; James 1:21-27; Ephesians 4:20-24; 2 Timothy 3:16-17; Hebrews 4:12-13; John 15:1-17, Matthew 6:5-13; Mark 1:35; Leviticus 27:30; Malachi 3:8-12; Matthew 23:23; Philippians 1:9-10; Ephesians 4:17-24; 2 Corinthians 5:17-18; Matthew 11:28-30; Psalm 23; Philippians 4:4-9; Philippians 4:11-13



If you've ever planned a trip with a group of people, you quickly discover the unique personalities and talents that people contribute. One takes charge and divvies out assignments. One gets busy with transportation and lodging details. Another thinks about the food and fun activities. One is creating a spreadsheet and dividing up cost. And someone else just wants to make sure everyone gets along. We each discover our unique place and role and we enjoy being a part of making it happen together.

The Bible tells us, "A spiritual gift is given to each of us so we can help each other" (1 Corinthians 12:7, NLT). You and I have a unique role to play in God's unfolding story. He has specially gifted us and placed us exactly where we are so that we can share His love and Good News with those around us, whether that is in the church, in the community, or on the mission field.

This week, ask God to show you how you can find your unique place in His story. How has God wired you for His specific purposes? And where has God placed you to simply love and serve those that cross your path?

SUNDAY, MAY 5

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MESSAGE NOTES



PRAYER

“Lord, please give me wisdom and discernment so that I can channel my compassion toward the people who need the most help so they can experience Your love. Amen.”

SCRIPTURE MATTHEW 25:31-46 (EXCERPT BELOW)

“Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison and visit you?’

‘And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’” MATTHEW 25:37-40 (NLT)

JOURNAL

When have you been hungry, thirsty, a stranger, in need of clothes, sick or imprisoned, and someone reached out to you? How did it feel?

In these six areas, where do you find yourself serving most naturally? And in which areas do you have the most trouble reaching out? Write about why some come more naturally and why others do not.

PRAYER

“Lord, thank You for the gifts and abilities You have given me. Help me to use them for Your honor and glory.”

SCRIPTURE 1 CORINTHIANS 12:1-31 (EXCERPT BELOW)

“There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us.

A spiritual gift is given to each of us so we can help each other.”
1 CORINTHIANS 12:4-7 (NLT)

JOURNAL

Congratulations! You have been created and gifted by God for His purpose! What do you believe are your spiritual gifts? How do you see them fitting into God’s bigger picture with others in the church and in the world?

TUESDAY, MAY 7

PRAYER

"I pray You will use Your church, Lord, to attract and serve those who do not know You. Protect us from becoming consumers focused only on ourselves. Give us Your heart for those who are lost and far from You. Amen."

SCRIPTURE EPHESIANS 5:15-17

"So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do." EPHESIANS 5:15-17 (NLT)

JOURNAL

What does it mean to you today to make the most of every opportunity with the situations and people God has placed in and around you?

PRAYER

“Jesus, reveal Yourself to me today as I go about my familiar routines. Help me notice where You are present and at work in others’ lives.”

SCRIPTURE COLOSSIANS 3:23

“Work willingly at whatever you do, as though you were working for the Lord rather than for people.” COLOSSIANS 3:23 (NLT)

JOURNAL

Take a moment today to write a prayer in anticipation of seeing Christ in your work. Ask God for eyes to see where He is working, ears to hear His voice, and a heart moved by the things that move His heart.

PRAYER

“Father, You are a good God. You are patient, loving, and filled with mercy every day. Help me to become aware of Your presence throughout this day. Amen.”

SCRIPTURE MATTHEW 6:1-4

“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. 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. But when you give to someone in need, don’t let your left hand know what your right hand is doing. Give your gifts in private, and your Father, who sees everything, will reward you.”

MATTHEW 6:1-4 (NLT)

JOURNAL

On a scale of 1 (out of obligation) to 10 (out of joy), how would you rate your usual attitude toward giving? What steps do you need to take to have an attitude toward giving that Jesus teaches us about?

REST DAY

SATURDAY, MAY 11

**BE STILL. LISTEN.
WHAT IS GOD SAYING TO YOU?**

#THEJOURNEY



WEEK FIVE



BECOME

**GROUP
GUIDE**

START TALKING. FIND A CONVERSATION STARTER FOR YOUR GROUP.

- What was the most fulfilling job or task you ever had?
- When have you felt that you were part of a group or team where all the parts worked together for a common goal?
- What is one skill you secretly possess?

START SHARING. QUESTIONS THAT CREATE OPENNESS.

READ 1 CORINTHIANS 12:1-31

- Read Matthew 25:40. How have you been channeling your compassion toward other people?
- How has serving in the church or some other organization brought you fulfillment?
- Do you serve in the church? If so, where and why? If not, what's holding you back?
- How do you think God can best use you in and through the church? What spiritual gift do you think you've been given? How do you find out?
- Read Colossians 3:23-24. What are some keys to being able to spend a lifetime joyfully serving and giving while avoiding burnout?
- Is there a difference between "volunteering" and "serving Christ"?
- What's a step you can take to let more love flow through you to the needs around you?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

“Father, give us boldness to step out today. To live beyond our comfort zones and to live in Your strength and power. Help us to be attentive to Your leading, to respond to what You’re calling each of us to do. Not just today, but every day, Lord. Amen!

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

What is one measurable and specific action item or take-away you will engage in this week? Write it down and commit to take that step this week. You may want to consider asking someone to follow-up with you about how you’re doing with this next step.

WANT TO DIG DEEPER?

WHAT IT LOOKS LIKE TO BECOME: James 3:12-18; Luke 15:1-10; 1 Peter 2:11-12; Luke 4:18-22; Matthew 25:31-46; Luke 10:27-36; Romans 12:6-13; 1 Corinthians 12:1-31; Matthew 10:1-20; Matthew 28:19-20; Mark 16:15-16; 2 Corinthians 9:6-15; Philippians 2:3-11; Matthew 5:38-42

WEEK SIX	○ ○ ○ ○ ○ ●
MULTIPLY	
THE PATH TO MAKING DISCIPLES	

I've hiked some pretty amazing summits over the years whether in the Swiss Alps, the Colorado Rockies, or various peaks in Arizona. The views are stunning and the accomplishment is rewarding. There's a reason we use the phrase "mountain top experience" to describe amazing moments in our lives. And whenever I can, I've taken others with me to experience the thrill of these hikes and everything that comes with them too.

As followers of Christ, our goal is not to summit the mountain of our own spiritual journey and go be with Jesus: our greatest joy and purpose is to bring as many others with us on the journey as possible. It's sharing our excitement and inviting our family members, neighbors, classmates, teammates, coworkers, and even people we may not know yet to join the journey. Jesus commissions us to "Go and make disciples..." Disciples making disciples - that's how the world is changed! Who are you taking on the journey with you?

SUNDAY, MAY 12

MESSAGE NOTES

PRAYER

“Lord, today let my family and others see Your love through my attitude and actions. Amen.”

SCRIPTURE DEUTERONOMY 4:9

“But watch out! Be careful never to forget what you yourself have seen. Do not let these memories escape from your mind as long as you live! And be sure to pass them on to your children and grandchildren.” DEUTERONOMY 4:9 (NLT)

JOURNAL

The first place God calls us to live out our faith is in our family. How are you living out your faith among your family? What challenges do you face in bringing them with you on this faith journey? Pray for each of your family members.

PRAYER

“Lord, give me courage and wisdom today so I can step out in faith and share the difference You’ve made in my life.”

SCRIPTURE 2 TIMOTHY 1:6-8

“This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

So never be ashamed to tell others about our Lord. And don’t be ashamed of me, either, even though I’m in prison for him. With the strength God gives you, be ready to suffer with me for the sake of the Good News.” 2 TIMOTHY 1:6-8 (NLT)

JOURNAL

As Paul is writing to Timothy, can you identify someone in your life like Timothy? Have you had a mentor-mentee relationship like the two of them? Today, take some time to identify three people and pray specifically for opportunities to invest in them like Paul had for Timothy. Write down their names and commit to reaching out to them this week. Who is one person you might become a mentor to?

PRAYER

“Thank You, Lord, that I can trust You with every area of my life. Give me the strength to obey You in all I do today. Amen.”

SCRIPTURE MATTHEW 14:22-33 (EXCERPT BELOW)

“Peter replied, ‘Lord, if it is really You, tell me to come to You on the water.’ ‘Come on!’ Jesus said. Peter then got out of the boat and started walking on the water toward Him.”

MATTHEW 14:28-29 (CEV)

JOURNAL

When it comes to sharing your faith in Jesus with others, how might you wrestle like Peter and the disciples about “getting out of the boat”? What are your comfort zones that hold you back in fear and doubt?

PRAYER

“Father, I pray for our church today, all around our city. Help them be Your light and love in every place.”

SCRIPTURE MATTHEW 28:19-20

“Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. 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 28:19-20 (NLT)

JOURNAL

The Great Commission to “go and make disciples” has mobilized and inspired generations of Christians. Where has God called you to go and who has He called you to pour your life into? How can we as a church move beyond our walls and go make more disciples?

THURSDAY, MAY 16

PRAYER

“Lord, today I want to trust You with where I need to step out in faith and grow closer to You. Help me to take that step. Amen.”

SCRIPTURE ACTS 1:8

“But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.” ACTS 1:8 (NLT)

JOURNAL

Where is your “Jerusalem” that you are being called to bear witness? How do you need the Holy Spirit to help you? What next step is Jesus calling you to take this week? Take a few minutes to pray and earnestly ask Jesus where and what He is calling you to this week. Journal His response, and your own, and commit to stepping out this week.

REST DAY

SATURDAY, MAY 18

**BE STILL. LISTEN.
WHAT IS GOD SAYING TO YOU?**

#THEJOURNEY



WEEK SIX



MULTIPLY

GROUP
GUIDE

START TALKING. FIND A CONVERSATION STARTER FOR YOUR GROUP.

- Who was the first person to tell you about Jesus or to take you to church?
- Who is the first person you are going to look for when you get to heaven?

START SHARING. CHOOSE QUESTIONS THAT CREATE OPENNESS.

READ MATTHEW 28:1-20

- Read 1 Timothy 4:11-16. Besides your family, how are you helping others grow in their faith journey? What is one way you could be more intentional about this?
- Read Matthew 14:22-29. As you look at your spiritual journey, where do you feel Jesus calling you to step out the boat and come towards him?
- What difference does the resurrection of Christ make in your life?
- What is the attitude of the people around you (family, coworkers, neighbors) toward the resurrection of Christ?
- When you think about the Great Commission, what holds you back from actively passing on the Good News of Christ?
- Is there someone with whom you can specifically journey alongside and encourage in their relationship with Christ, or whom you can begin to share the Good News? What steps do you need to take to do so?
- How do you need to experience Jesus' living presence in the coming week? How can this group specifically pray for and encourage you?

START PRAYING. BE BOLD, AND PRAY WITH POWER.

“Lord, thank You for the mission You’ve called us to. Thank You for those whom you are preparing for us to encounter this week, to share Your love with, and to encourage into a deeper relationship with You. Give us the words to speak, give us the ears to hear, and the hearts to respond to You as we go from this place this week. Amen.”

START DOING. COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

What is one measurable and specific action item or take-away you will engage in this week? Write it down and commit to take that step this week. You may want to consider asking someone to follow-up with you about how you’re doing with this next step.

WANT TO DIG DEEPER?

WHAT IT LOOKS LIKE TO MULTIPLY: Deuteronomy 6:4-8; Ephesians 5:21-33; Ephesians 6:1-4; Romans 1:16; Matthew 9:9-10; Luke 14:16-23; Acts 4:12-21; Hebrews 5:12-6:1; 1 Timothy 4:11-16; Psalm 78:5-7; Matthew 25:14-30; Mark 10:35-45; 1 Timothy 3:1-13; 2 Timothy 2:14-26; Romans 10:14-15; Acts 6:7; Exodus 3:1-14; Matthew 14:22-33

THE DISCIPLESHIP PATH

Discipleship is the process of becoming more like Jesus as you follow him. Along the journey you'll discover what it means to truly Belong, Believe, and Become. Take your next step with Jesus and experience **life to the fullest** as he promised!



BELONG

Life Together

Jesus invites you to **BELONG** to His family, the church.



BELIEVE

Spiritual Vitality

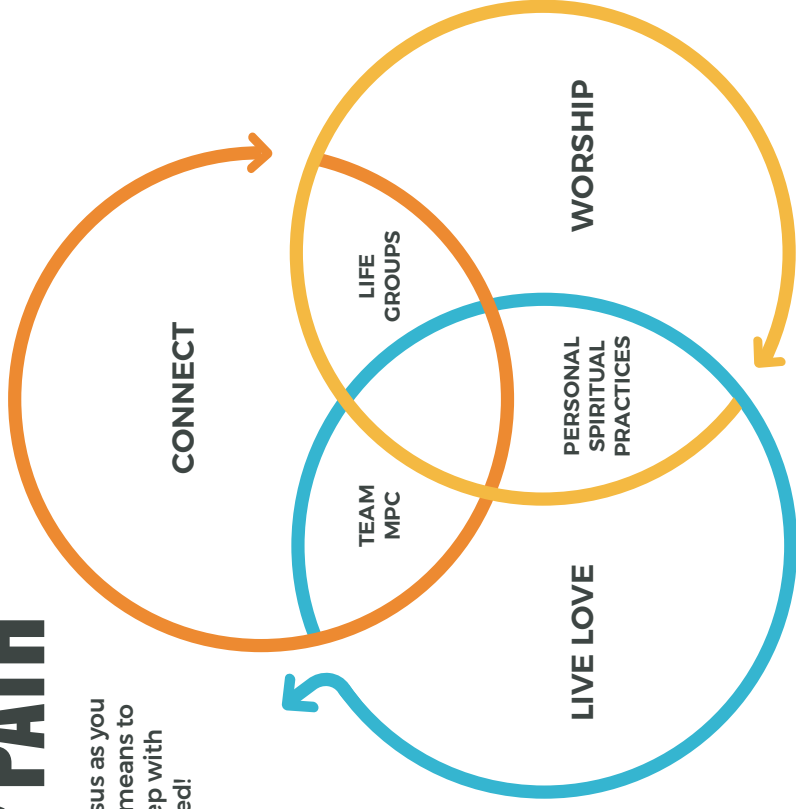
Jesus calls you to **BELIEVE** in Him, transforming you from the inside out.



BECOME

Love in Action

Jesus inspires you to **BECOME** who He created you to be as you join Him in His mission of redemption and love.



THE MINISTRIES OF MEADOW PARK ARE DESIGNED TO HELP YOU GROW AS A FOLLOWER OF JESUS. WHERE ARE YOU ON THE JOURNEY?



BELONG

Life Together

ACTS 2:42-47

1 COR. 12:12-27

2 COR. 9:6-11

ROM. 12:9-16

NEW HERE

- Connection Card
- Meet the Pastors
- Discover MPC

CONNECTION EVENTS

- Picnics, cookouts, ball games, Fall Fest
- Generational Events

LIFE GROUPS

- Smaller Christ-centered gatherings of people sharing life and faith together.

IN DAILY LIFE: I'm showing Christ's love and building bridges to the people around me.



BELIEVE

Spiritual Vitality

MAT. 28:19-20

MARK 12:29-30

JOHN 4:23

GAL. 5:16-25

WORSHIP

- Heartfelt Worship
- Biblical Messages
- Message Response

STARTING POINT

- Salvation
- Baptism
- Bible & Devo Guide

SPIRITUAL PRACTICES

- Bible Reading
- Prayer
- Tithing

IN DAILY LIFE: I'm being transformed through time with God in prayer and His Word.



BECOME

Love in Action

MATT. 25:35-40

MARK 12:31

LUKE 10:25-37

ROM. 12

LIVE LOVE LOCAL

- Dollar Club
- Donation Drives
- Local Outreach

LIVE LOVE GLOBAL

- Missions Giving
- Missions Partners
- Missions Trips

TEAM MPC

- SHAPE Assessment
- Serve on an MPC Team

IN DAILY LIFE: I'm using my gifts and sharing my story to advance God's mission.

**ONE PEOPLE
ONE PASSION
ONE PURPOSE**

ON MISSION  TOGETHER

 **MEADOW
PARK
CHURCH**