MSSNL

PREMIUM FIELD GUIDE

Jesus & Life
Field Guide

A guided fieldbook for receiving the life Jesus gives, abiding in Him, and living from His Spirit.

Ryan D. Eldridge

Receive His life. Remain in Him. Live from His Spirit.

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Jesus & Life Field Guide

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This field guide is written for discipleship, formation, and encouragement. It is intended to help readers receive the life Jesus gives, remain close to Him, walk by the Holy Spirit, live faithfully with His people, and hold resurrection hope.

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

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

SAFETY AND WISDOM

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

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FORMATION FOUNDATION

How This Field Guide Works

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

The book traces the biblical story of life from creation to resurrection. The Field Guide gives you a place to read Scripture, reflect honestly, write a few words, pray, talk with a trusted person, and choose one faithful response.

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

The MSSNL Rhythm

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

Move Through the Guide This Way

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

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

FORMATION PATHWAY

The Jesus & Life Pathway

Movement	Guided Practices	What It Forms
Receive Life as Gift	01 - 03	A biblical view of life, God as the source, human dignity, dependence, and honest recognition of brokenness.
Choose the Source	04 - 05	Trust in God's wisdom, repentance, forgiveness, a new heart, and hope in the Spirit's inward work.
Receive Life in Jesus	06 - 08	Jesus as Life, identity and union with Christ, and desires reordered around the One who satisfies.
Remain and Walk	09 - 11	Abiding relationship, dependence on the Holy Spirit, and responsive obedience through ordinary life.
Live Together in Hope	12 - 13 + Thirty-Day Plan	Shared life among the people of Jesus, resurrection hope, and steady faithfulness in the present.

Contents

01 **The Question of Life**
02 **The God Who Gives Life**
03 **When Life Was Broken**
04 **Choose Life**
05 **The Promise of New Life**
06 **Jesus Is Life**
07 **Christ in You**
08 **The Life That Satisfies**
09 **Abide in Me**
10 **Life in the Spirit**
11 **Living From His Life**
12 **Life Together**
13 **Resurrection Life**

GROUP USE

A Covenant for Truthful Community

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

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

Questions That Help

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

BEFORE YOU BEGIN

Baseline Assessment

Choose where to begin.

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

HOW TO SCORE

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

Guided Practice	Score 1-4	What Stands Out Most
01 The Question of Life	1 2 3 4	
02 The God Who Gives Life	1 2 3 4	
03 When Life Was Broken	1 2 3 4	
04 Choose Life	1 2 3 4	
05 The Promise of New Life	1 2 3 4	
06 Jesus Is Life	1 2 3 4	
07 Christ in You	1 2 3 4	
08 The Life That Satisfies	1 2 3 4	
09 Abide in Me	1 2 3 4	
10 Life in the Spirit	1 2 3 4	
11 Living From His Life	1 2 3 4	
12 Life Together	1 2 3 4	
13 Resurrection Life	1 2 3 4	

Overall baseline score: _____ / 52

13-25	26-38	39-52
Needs focused care. Choose one area and bring a trusted person into the next step.	Building a healthier rhythm. Strengthen one practice and protect a steady follow-through rhythm.	Strong and steady foundation. Guard the habits that are working and remain open to honest feedback.

Choose Your First Focus

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

The Guided Practice I will begin with:

One faithful response I will take this week:

OPENING PRAYER

Jesus, show me what is true in this season. Meet me with grace. Teach me to receive Your life, remain near You, and take one honest and faithful step.

GUIDED PRACTICE 01 / RECEIVE LIFE AS GIFT

The Question of Life

Life is more than survival, success, or the number of our days. Scripture leads us to Jesus, the One in whom life is found.

Book Connection

Introduction: The Question of Life

Primary Scripture

John chapter 1, verse 4

Why This Practice Matters

Clarify what you have been asking to give you life, then bring that question honestly before Jesus.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	What Is Life?	Name the definition of a good life that has been shaping you.
02	The Source	Recognize that life is received from God rather than produced by us.
03	What Carries Too Much	Identify a created gift you may be asking to provide identity, security, or meaning.
04	Turn Toward Jesus	Receive the invitation to find life in the Son rather than in another source.

WORD • WONDER

Receive and Reflect

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

Word

Reading: John chapter 1, verse 4. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Life begins as a gift from God.
- ☐ Physical life is good, while Scripture points beyond survival alone.
- ☐ Jesus is not one part of life. Life is found in Him.
- ☐ Eternal life begins in knowing the Father through the Son.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ My definition of a good life.
- ☐ A place where I feel empty or restless.
- ☐ Fear about losing something important.
- ☐ A place where I feel deeply alive.
- ☐ Something I ask to give me identity or security.
- ☐ A desire to receive life from Jesus more deeply.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I can name what I believe makes a life good.	1 2 3 4
I recognize God as the source of the life I have received.	1 2 3 4
I can name one created gift I am asking to carry too much weight.	1 2 3 4
I am learning to turn toward Jesus when I feel restless or empty.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Life Source Inventory

Name what you are asking the important parts of life to provide. Created gifts can be good without becoming your source.

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

Area	What I Ask It to Give	What It Can Actually Give	Return to Jesus
Work / achievement			
Relationships / approval			
Money / security			
Comfort / control			
Faith / spiritual life			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A definition of life I need to examine.
- ☐ A place where I feel restless.
- ☐ A desire I need to bring to Jesus.
- ☐ A good gift I have made too important.
- ☐ Fear about losing control or security.
- ☐ A truth about eternal life I need to receive.

2. Choose One Faithful Response

- ☐ Read John chapter 1 slowly three times this week.
- ☐ Name one false source to a trusted person.
- ☐ Bring one recurring desire to Jesus in prayer.
- ☐ Read John chapter 17, verse 3 each day this week.
- ☐ Write one sentence defining life from Scripture.
- ☐ Begin each morning by thanking God for received life.
- ☐ Release one outcome I have been trying to control.
- ☐ Choose one act of gratitude for an ordinary gift.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, You are Life. Show me what I have been asking to become my source. Teach me to receive today from You and to hold every other gift in its proper place.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 02 / RECEIVE LIFE AS GIFT

The God Who Gives Life

Life is received before it is achieved. The Creator gives breath, dignity, purpose, limits, and gifts to steward.

Book Connection

Chapter One: The God Who Gives Life

Primary Scripture

Genesis chapter 2, verse 7

Why This Practice Matters

Receive your life as a gift and notice where healthy creaturely dependence can replace self-sufficiency.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Receive the Gift	Begin with the truth that life comes from God before anything is accomplished.
02	Accept Dependence	See limits, rest, provision, and need as part of creaturely life.
03	Honor the Image	Recognize human dignity apart from productivity, strength, or usefulness.
04	Practice Stewardship	Hold work, relationships, body, time, and resources as gifts entrusted by God.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Genesis chapter 2, verse 7. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ God gives the breath of life.
- ☐ Dependence on God belongs to creaturely life.
- ☐ Human dignity begins with the image of God, not productivity.
- ☐ Work and resources are gifts to steward, not identities to manufacture.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A limit I resist.
- ☐ A place where productivity defines my worth.
- ☐ A responsibility I need to steward faithfully.
- ☐ A gift I take for granted.
- ☐ Someone whose dignity I need to honor more carefully.
- ☐ A need I am embarrassed to admit.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I receive my life as a gift rather than an entitlement.	1 2 3 4
I can accept healthy limits without treating them as failure.	1 2 3 4
I see human dignity apart from productivity or independence.	1 2 3 4
I hold work and resources as stewardship rather than identity.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Gift and Stewardship Inventory

Look at a few ordinary gifts God has placed in your hands. Name where gratitude, limits, or stewardship need renewed attention.

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

Area	What I Have Received	Where I Grasp or Neglect	One Faithful Response
Body / health			
Time / limits			
Work / calling			
Relationships			
Money / resources			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A gift I have stopped noticing.
- ☐ A place where work has become identity.
- ☐ A responsibility I have neglected.
- ☐ A limit I need to accept.
- ☐ A person whose dignity I need to honor.
- ☐ A need I should receive help with.

2. Choose One Faithful Response

- ☐ Read Genesis chapters 1 and 2 slowly this week.
- ☐ Protect one needed period of rest.
- ☐ Ask for help in one place where self-sufficiency is wearing you down.
- ☐ Encourage someone without tying worth to performance.
- ☐ Begin one day with gratitude before checking your phone.
- ☐ Thank someone whose ordinary work serves you.
- ☐ Take one faithful stewardship step with time or money.
- ☐ Write one sentence: “My life is received from God.”

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Creator God, thank You for the life I did not create for myself. Teach me to receive Your gifts with gratitude, accept my limits with humility, and steward what You have placed in my hands.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 03 / RECEIVE LIFE AS GIFT

When Life Was Broken

Sin fractures trust, brings shame and hiding, damages relationships, and brings death into the human story.

Book Connection

Chapter Two: When Life Was Broken

Primary Scripture

Genesis chapter 3, verses 8 and 9

Why This Practice Matters

Name how brokenness shows up in your life without hiding, blaming, or pretending, and return to the God who comes looking.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Distrust	See how sin begins by questioning the goodness and wisdom of God.
02	Hiding	Notice the ways shame and fear make you cover, withdraw, or protect yourself.
03	Fracture	Recognize how sin reaches responsibility, relationships, and the world around us.
04	Grace Moves Toward Us	Receive the first biblical movement of grace toward people who cannot repair Eden themselves.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Genesis chapter 3, verses 8 and 9. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Sin grows from distrust of God and His word.
- ☐ Brokenness reaches relationship with God, self, others, and creation.
- ☐ Shame and fear move people toward hiding.
- ☐ God comes toward people who cannot repair the distance themselves.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A place where I am hiding.
- ☐ Shame I have been carrying alone.
- ☐ A relationship that needs truth or repair.
- ☐ A pattern of blame or self-protection.
- ☐ A choice I need to take responsibility for.
- ☐ A place where I need grace rather than another covering.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I can name one way brokenness has shaped my present life.	1 2 3 4
I take responsibility for my own choices without hiding behind blame.	1 2 3 4
I have at least one safe place where I can tell the truth.	1 2 3 4
When shame rises, I am learning to move toward God rather than away from Him.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Hiding and Return Map

Use this page to notice how brokenness affects your response. Name only what is yours to name. The goal is truth, grace, and a faithful return.

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

Area	Where Brokenness Shows Up	My Usual Response	Truth and Next Step
With God			
Within myself			
Relationship			
Responsibility			
A false source			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ Something I am hiding.
- ☐ A place where shame is keeping me distant.
- ☐ A destructive pattern I need help confronting.
- ☐ A blame pattern I need to own.
- ☐ A relationship that needs repair.
- ☐ A place where I need to receive grace.

2. Choose One Faithful Response

- ☐ Read Genesis chapter 3 and name what you notice.
- ☐ Tell one trusted and safe person what is true.
- ☐ Remove one covering or habit that helps you keep hiding.
- ☐ Write one sentence about how God moves toward broken people.
- ☐ Confess one clear sin to God without explaining it away.
- ☐ Make one repair where it is wise and appropriate.
- ☐ Ask a pastor or mature believer for prayer and support.
- ☐ Read Romans chapter 5 and thank Jesus for His grace.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

God, You already know where I hide. Bring me into Your light with truth and grace. Give me courage to own what is mine, receive Your mercy, and take one faithful step toward repair.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 04 / CHOOSE THE SOURCE

Choose Life

God's wisdom leads toward life. Obedience becomes trust made visible when competing paths promise something easier.

Book Connection

Chapter Three: Choose Life

Primary Scripture

Deuteronomy chapter 30, verses 19 and 20

Why This Practice Matters

Identify the voices and desires shaping one real decision, then bring that decision beneath the wisdom of God.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Life and Death	Receive Deuteronomy 30 within the covenant call to love, obey, and hold fast to God.
02	Trust the Wisdom	See obedience as trust in the Creator who knows where a path leads.
03	Notice the Competing Way	Name another voice, desire, or pressure asking for allegiance.
04	The Heart Needs God	Recognize that knowing the right path is not enough without inward renewal.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Deuteronomy chapter 30, verses 19 and 20. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ God's commands flow from His wisdom and covenant faithfulness.
- ☐ The path of life may be costly before its fruit becomes clear.
- ☐ Obedience is trust made visible.
- ☐ The human heart needs more than information. It needs God's transforming work.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A decision where two paths compete.
- ☐ Pressure from culture or other people.
- ☐ A habit shaping the direction of my life.
- ☐ A command of Jesus I am resisting.
- ☐ A desire that feels stronger than wisdom.
- ☐ A place where I need God to change my heart.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I return to Scripture when important choices feel unclear.	1 2 3 4
I can name a competing voice or desire influencing me.	1 2 3 4
I am willing to obey Jesus even when another path feels easier.	1 2 3 4
I ask God to change my heart rather than focusing only on outward behavior.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Path of Life Decision Map

Choose one or two real areas. Name the competing wisdom, return to what God has revealed, and identify the next faithful step.

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

Area	Competing Voice or Desire	What God Has Revealed	Next Faithful Step
Current decision			
Time / attention			
Money / work			
Relationship			
Body / desire			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A decision I need to bring under Scripture.
- ☐ A command I already know.
- ☐ A place where obedience feels costly.
- ☐ A competing voice I need to name.
- ☐ A habit that is forming the wrong direction.
- ☐ A heart desire I need God to renew.

2. Choose One Faithful Response

- ☐ Read Deuteronomy chapter 30 slowly.
- ☐ Ask a trusted believer for wise counsel.
- ☐ Take one clear step within two days.
- ☐ Pray for a willing heart before asking for an easier path.
- ☐ Write the choice in front of you in one sentence.
- ☐ Remove one influence that keeps pulling you from obedience.
- ☐ Memorize Proverbs chapter 3, verses 5 and 6.
- ☐ Name one place where God's wisdom has already proven faithful.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Lord, You are my life. Give me wisdom to recognize the paths in front of me, humility to trust Your word, and a heart willing to obey when another way looks easier.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 05 / CHOOSE THE SOURCE

The Promise of New Life

God does more than call wandering people to return. He promises forgiveness, a new heart, and His Spirit within His people.

Book Connection

Chapter Four: The Promise of New Life

Primary Scripture

Ezekiel chapter 36, verses 26 and 27

Why This Practice Matters

Name the broken sources you return to and receive God's promise of forgiveness and inward renewal.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Return	See repentance as a turn from destructive paths toward God.
02	Broken Cisterns	Name the source you keep asking to satisfy, secure, or define you.
03	New Covenant	Receive the promise of forgiveness and God's law written upon the heart.
04	New Heart and Spirit	Trust God to work within you, producing a life that can respond to Him.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Ezekiel chapter 36, verses 26 and 27. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ God calls wandering people to return because He desires life.
- ☐ The new covenant includes forgiveness and inward renewal.
- ☐ Broken cisterns cannot become the fountain.
- ☐ God promises His Spirit within His people so obedience can grow from His work.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A broken source I return to under pressure.
- ☐ A heart that feels resistant or numb.
- ☐ A pattern I cannot change through willpower alone.
- ☐ A place where repentance is needed.
- ☐ Guilt I need to bring into God's forgiveness.
- ☐ Hope that God can renew what feels dry.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I can name at least one false source I return to under pressure.	1 2 3 4
I understand repentance as a real turn toward God.	1 2 3 4
I receive God's forgiveness rather than trying to hide or repay Him.	1 2 3 4
I ask God for inward transformation, not only improved appearance.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Broken Cistern to New Heart

Name a few places where you look for life apart from God. Then identify what you need to receive from Him and how repentance can become a real return.

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

Area	Broken Source I Return To	What I Need from God	My Return Step
Security			
Approval			
Control			
Comfort			
Religious performance			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A broken source I keep returning to.
- ☐ Guilt I need to bring into forgiveness.
- ☐ A habit that needs both grace and obedience.
- ☐ A place where I need to repent.
- ☐ A heart pattern that needs renewal.
- ☐ A place where I have lost hope for change.

2. Choose One Faithful Response

- ☐ Read Ezekiel chapter 36, verses 22 through 28.
- ☐ Confess one pattern and receive God's forgiveness.
- ☐ Replace one false-source habit with a return to Scripture or prayer.
- ☐ Read Jeremiah chapter 31, verses 31 through 34.
- ☐ Name one broken cistern without defending it.
- ☐ Pray daily for a renewed heart in one area.
- ☐ Ask a trusted believer to pray with you for change.
- ☐ Write one sentence about what only God can change within you.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

God, call me back from every broken source. Thank You for forgiveness. Give me a new heart, renew my desires, and teach me to respond to the work of Your Spirit within me.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 06 / RECEIVE LIFE IN JESUS

Jesus Is Life

Jesus does not merely explain life or point toward it. The eternal Son gives life because life is found in Him.

Book Connection

Chapter Five: Jesus Is Life

Primary Scripture

John chapter 14, verse 6

Why This Practice Matters

See Jesus clearly as the bread, Shepherd, resurrection, way, truth, and life, then respond to Him personally.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	The Eternal Son	Begin with the One through whom creation came into being.
02	Bread and Shepherd	Receive Jesus Himself rather than seeking only the gifts He can provide.
03	Resurrection and Life	Bring death, grief, and fear beneath His authority and promise.
04	Know the Father	Receive eternal life as relationship with God through the Son.

WORD • WONDER

Receive and Reflect

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

Word

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

- ☐ Jesus is the eternal Son through whom all things were made.
- ☐ Jesus is the resurrection and the life.
- ☐ Abundant life is life with the Good Shepherd, not a promise of easy circumstances.
- ☐ Eternal life is knowing the Father through the Son.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A gift I want from Jesus more than I want Jesus.
- ☐ Fear about death, loss, or the future.
- ☐ A place where I need the Shepherd's care.
- ☐ A need I am carrying today.
- ☐ A question about who Jesus is.
- ☐ A desire to trust Him personally rather than only understand Him.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I understand Jesus as the source of life, not merely an addition to my life.	1 2 3 4
I bring real needs to Jesus without making the gift greater than the Giver.	1 2 3 4
I understand abundant life in the context of the Good Shepherd and the cross.	1 2 3 4
I can name what it means to know the Father through the Son.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Who Jesus Is for What I Need

Open the passages and notice how Jesus meets real human need while revealing Himself as the greater gift.

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

Human Need	Jesus Reveals Himself	Scripture	My Response
Hunger / satisfaction	Bread of Life	John 6:35	
Guidance / security	Good Shepherd	John 10:11, 28	
Grief / death	Resurrection and Life	John 11:25	
Way to the Father	Way, Truth, Life	John 14:6	
Eternal life	Knowing Father and Son	John 17:3	

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A need I need to bring directly to Jesus.
- ☐ A fear about death or loss.
- ☐ A place where I need the Shepherd's care.
- ☐ A gift I have made more important than the Giver.
- ☐ A question about Jesus I need to study honestly.
- ☐ A response of trust I am ready to make.

2. Choose One Faithful Response

- ☐ Read John chapters 6, 10, 11, and 14 over four days.
- ☐ Bring one practical need to Jesus without demanding a specific outcome.
- ☐ Read John chapter 17, verse 3 each morning.
- ☐ Pray with someone about fear related to loss or death.
- ☐ Write one sentence beginning, "Jesus, I need You as..."
- ☐ Tell a trusted believer what you are learning about Jesus.
- ☐ Thank Jesus for one gift, then name why He is greater than the gift.
- ☐ Respond to Jesus with one clear act of trust or obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, You are the Life. Keep me from settling for gifts without the Giver. Help me know You, trust Your care, receive Your words, and live from the life that is found in You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 07 / RECEIVE LIFE IN JESUS

Christ in You

The gospel brings forgiveness, reconciliation, new creation, union with Christ, and the indwelling presence of the Holy Spirit.

Book Connection

Chapter Six: Christ in You

Primary Scripture

Galatians chapter 2, verse 20

Why This Practice Matters

Receive your identity and life in Christ without confusing grace with passivity or spiritual growth with self-powered effort.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Reconciled	Receive the peace with God Jesus opened through the cross.
02	Made Alive	See salvation as new birth and new creation, not behavior improvement alone.
03	United with Christ	Receive the New Testament language of being in Christ and Christ in you.
04	Grace at Work	Participate actively in obedience because God is already at work within you.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Galatians chapter 2, verse 20. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ In Christ, God reconciles us to Himself.
- ☐ Union with Christ is real without erasing our personhood or the Creator-creature distinction.
- ☐ New creation is deeper than improved behavior.
- ☐ Grace does not make obedience passive. God works within us and we respond.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A label from my past.
- ☐ A failure that still feels like my deepest identity.
- ☐ A place where I need to receive grace.
- ☐ Achievement I use to define myself.
- ☐ Spiritual effort that has become self-reliance.
- ☐ A step of obedience I need to take from a secure identity.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I receive reconciliation with God through Christ rather than trying to earn nearness.	1 2 3 4
I can name at least one identity truth rooted in being in Christ.	1 2 3 4
I do not use grace as an excuse for passivity or protected sin.	1 2 3 4
When feelings change, I return to what Christ has made true.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Identity in Christ Inventory

Name the labels or sources that have been defining you. Then place them beneath what Scripture says is true for those who are in Christ.

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

Area	Old Story or Label	Truth in Christ	How I Will Live from It
Past / failure			
Achievement			
Approval			
Spiritual performance			
Future / fear			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A label I need to place beneath Christ.
- ☐ A success I depend on for worth.
- ☐ A place where I am striving to earn what God gives.
- ☐ A failure I keep using as identity.
- ☐ A place where grace has become passive.
- ☐ A clear obedience that can grow from grace.

2. Choose One Faithful Response

- ☐ Read Galatians chapter 2, verses 19 and 20 slowly.
- ☐ Confess one place where self-effort has replaced dependence.
- ☐ Read Second Corinthians chapter 5, verses 17 through 21.
- ☐ Thank Jesus for reconciliation before asking Him for anything else.
- ☐ Write three identity statements grounded in Scripture.
- ☐ Take one act of obedience from a secure identity in Christ.
- ☐ Tell a trusted believer one old label you are releasing.
- ☐ Memorize Colossians chapter 3, verses 3 and 4.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, thank You for reconciling me to the Father and making me alive. Root my identity in You. Work within me, and teach me to respond with active trust, obedience, and grace.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 08 / RECEIVE LIFE IN JESUS

The Life That Satisfies

Jesus meets thirsty people and offers living water. Created gifts can be enjoyed without being asked to become our source.

Book Connection

Chapter Seven: The Life That Satisfies

Primary Scripture

John chapter 4, verse 14

Why This Practice Matters

Name the thirst beneath your habits and desires, then return that thirst to Jesus without pretending ordinary longings do not exist.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Name the Thirst	Recognize the longing beneath a repeated habit, fear, or pursuit.
02	Notice the Source	See what you reach for when you want relief, security, approval, or control.
03	Receive Living Water	Come to Jesus and receive the life of the Spirit rather than another substitute.
04	Hold Gifts Properly	Practice contentment while still bringing honest desires, grief, and waiting to God.

WORD • WONDER

Receive and Reflect

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

Word

Reading: John chapter 4, verse 14. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Jesus does not shame thirsty people for being thirsty.
- ☐ The living water Jesus gives is connected to the Holy Spirit.
- ☐ Created gifts are good but cannot carry eternal weight.
- ☐ Contentment reorders dependence without erasing honest desire or grief.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A desire that keeps returning.
- ☐ A good gift I am gripping too tightly.
- ☐ A place where comparison makes me restless.
- ☐ A habit I use for quick relief.
- ☐ An unanswered prayer.
- ☐ A desire to become more content in Christ.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I can name the thirst beneath at least one repeated pursuit.	1 2 3 4
I can enjoy good gifts without asking them to become my deepest security.	1 2 3 4
I bring honest desires and disappointment to Jesus.	1 2 3 4
I am learning contentment without pretending grief or longing has disappeared.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Thirst and Source Inventory

Choose the desires that feel most active in this season. The goal is not to shame desire, but to notice where you keep going for life.

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

Desire	What I Reach For	What It Gives or Costs	Return to Jesus
Security			
Approval			
Achievement			
Comfort / pleasure			
Relationship / belonging			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A thirst I need to name.
- ☐ A habit I use to avoid discomfort.
- ☐ Comparison that is increasing restlessness.
- ☐ A good gift I am gripping too tightly.
- ☐ An unanswered desire I need to bring to God.
- ☐ A place where contentment needs practice.

2. Choose One Faithful Response

- ☐ Read John chapter 4 slowly and notice how Jesus treats the woman.
- ☐ Take one day away from a distraction you use mainly to avoid discomfort.
- ☐ Bring one unanswered desire to Jesus each day this week.
- ☐ Practice generosity in one place where money has felt like security.
- ☐ Name one repeated thirst in a journal or trusted conversation.
- ☐ Thank God for a good gift without asking it to become your source.
- ☐ Read Philippians chapter 4, verses 10 through 13 in context.
- ☐ Invite someone to pray with you about a place of waiting.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, You know what I thirst for. Help me bring my real desires to You without hiding or pretending. Teach me to enjoy Your gifts without asking them to become my source.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 09 / REMAIN AND WALK

Abide in Me

The branch does not create the life of the vine. It remains, receives, and bears fruit from a source beyond itself.

Book Connection

Chapter Eight: Abide in Me

Primary Scripture

John chapter 15, verse 5

Why This Practice Matters

Notice what helps you remain attentive and obedient to Jesus, and choose one simple rhythm that supports abiding.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Remain	Receive abiding as ongoing relationship with Jesus rather than spiritual intensity.
02	Receive the Life	Remember that fruit grows from the life of the vine, not from appearance or pressure.
03	Let His Words Remain	Give Scripture room to shape desire, prayer, and decision.
04	Bear Fruit in Love	Let abiding reach obedience, relationships, and the character Jesus forms over time.

WORD • WONDER

Receive and Reflect

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

Word

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

- ☐ The branch receives what it cannot produce for itself.
- ☐ Not every hardship can be labeled as pruning, but the Father remains active in our formation.
- ☐ Fruit grows from life, not spiritual appearance.
- ☐ Abiding reaches Scripture, prayer, obedience, love, and lasting fruit.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A dry spiritual season.
- ☐ A distraction that repeatedly disconnects my attention.
- ☐ Fruit I hope God will grow.
- ☐ A rhythm that helps me stay near Jesus.
- ☐ A painful season where I need trust.
- ☐ Comparison with someone else's spiritual life.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I have a repeatable way of returning my attention to Jesus.	1 2 3 4
The words of Jesus are shaping my decisions and desires.	1 2 3 4
I respond to clear obedience rather than substituting spiritual activity for action.	1 2 3 4
I can name fruit God is slowly forming in my relationships or character.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Abiding and Fruit Map

Keep the practices simple enough to carry. The practice is not the source. It helps you remain attentive and responsive to Jesus.

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

Area	Current Rhythm	What Interrupts It	One Practice to Protect
Scripture			
Prayer			
Obedience			
Love / community			
Rest / attention			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A rhythm I need to protect.
- ☐ A command I need to obey.
- ☐ A dry season where I need to remain.
- ☐ A distraction I need to reduce.
- ☐ A relationship where love needs to become visible.
- ☐ Fruit I want God to grow over time.

2. Choose One Faithful Response

- ☐ Read John chapter 15 slowly three times this week.
- ☐ Remove one distraction from a regular prayer time.
- ☐ Ask a trusted person what fruit they see growing in you.
- ☐ Memorize John chapter 15, verse 5.
- ☐ Protect one short daily Scripture rhythm.
- ☐ Take one act of obedience already made clear.
- ☐ Choose one act of love toward a difficult person.
- ☐ Return to Jesus without judging the week by spiritual feelings alone.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, You are the Vine. Keep me near You. Let Your words remain in me, form real obedience, and grow fruit that reflects Your life rather than my pressure to appear strong.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 10 / REMAIN AND WALK

Life in the Spirit

The Holy Spirit gives life, assures belonging, forms holiness, produces fruit, and empowers the Church to bear witness to Jesus.

Book Connection

Chapter Nine: Life in the Spirit

Primary Scripture

Galatians chapter 5, verse 25

Why This Practice Matters

Depend upon the Person and power of the Holy Spirit for both Christlike character and faithful witness.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Receive the Helper	Know the Holy Spirit as God's personal presence, not an impersonal force.
02	Receive Power	Take seriously Jesus' promise of Spirit-empowered witness in Acts.
03	Walk and Bear Fruit	Respond actively as the Spirit forms holiness and the character of Christ.
04	Discern and Hope	Test guidance by Scripture and receive the Spirit's help in weakness and resurrection hope.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Galatians chapter 5, verse 25. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ The Holy Spirit is a Person who teaches, leads, helps, and glorifies Jesus.
- ☐ Jesus promises the empowering fullness of the Spirit for witness.
- ☐ Every believer belongs to Christ by the Spirit.
- ☐ The Spirit produces fruit and never leads contrary to the truth of Scripture.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A desire for a fresh filling of the Spirit.
- ☐ A temptation where I need power to obey.
- ☐ Weakness I do not know how to pray about.
- ☐ Fear about speaking of Jesus.
- ☐ A decision where I need discernment.
- ☐ A fruit of the Spirit that needs attention.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I depend upon the Holy Spirit rather than treating spiritual life as self-powered.	1 2 3 4
I am open to Jesus empowering me by the Spirit for witness and ministry.	1 2 3 4
I test impressions and guidance beneath Scripture.	1 2 3 4
I can name one fruit of the Spirit becoming more visible or needing renewed attention.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Spirit-Led Discernment Map

Use Scripture, prayer, wise community, and honest attention. Do not treat every strong thought or emotion as the voice of the Spirit.

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

Situation	What Is Pulling Me	What Scripture Leads Toward	Next Faithful Step
Decision			
Temptation			
Conflict / relationship			
Witness / mission			
Weakness / prayer			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A place where I need the Spirit's help.
- ☐ A fear about witness.
- ☐ A fruit of the Spirit I need to practice.
- ☐ A desire to receive fresh empowering fullness.
- ☐ An impression or decision I need to test.
- ☐ A weakness I need to bring into prayer.

2. Choose One Faithful Response

- ☐ Read Acts chapters 1 and 2 prayerfully.
- ☐ Invite mature believers to pray with you for the Spirit's fullness.
- ☐ Choose one fruit of the Spirit and practice it in a real relationship.
- ☐ Read Romans chapter 8 and mark every reference to the Spirit.
- ☐ Ask Jesus to fill and empower you with the Holy Spirit.
- ☐ Take one simple step of witness this week.
- ☐ Test one major impression beneath Scripture and wise counsel.
- ☐ Pray honestly in a place where you do not know what to ask.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Holy Spirit, glorify Jesus in my life. Give me power to bear witness, courage to obey, discernment rooted in Scripture, and fruit that makes the character of Christ visible.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 11 / REMAIN AND WALK

Living From His Life

The life of Christ reaches ordinary mornings, work, decisions, interruptions, relationships, failure, rest, and surrender.

Book Connection

Chapter Ten: Living From His Life

Primary Scripture

Colossians chapter 2, verse 6

Why This Practice Matters

Build a simple pattern of receiving, attending, praying, obeying, surrendering, and returning through an ordinary day.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Receive Before Responding	Begin the day from grace rather than pressure or self-reliance.
02	Live Attentively	Notice what is driving your inner life before reaction becomes direction.
03	Pray and Obey	Carry relationship with God into ordinary decisions and take clear steps when truth is known.
04	Return When You Fail	Confess, receive grace, make repair where needed, and keep walking.

WORD • WONDER

Receive and Reflect

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

Word

Reading: Colossians chapter 2, verse 6. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ As we received Christ, we continue walking in Him.
- ☐ The rest Jesus gives is freedom from carrying life as our own savior.
- ☐ Prayer can remain open through ordinary hours without constant emotional intensity.
- ☐ Grace and active effort belong together.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ A morning already filled with pressure.
- ☐ A repeated reaction under stress.
- ☐ Something I need to surrender.
- ☐ A place where self-reliance is wearing me down.
- ☐ A clear obedience I keep delaying.
- ☐ A recent failure I need to bring into confession and grace.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I begin ordinary days from grace rather than needing to prove myself.	1 2 3 4
I can notice when fear, anger, pride, or control is beginning to lead.	1 2 3 4
Prayer and Scripture are present in the ordinary parts of my week.	1 2 3 4
When I fail, I confess and return rather than hiding or giving up.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Ordinary Day Life Map

Use the actual shape of your day. Choose a few simple returns to Jesus rather than designing a schedule too heavy to carry.

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

Part of the Day	What Usually Drives Me	Simple Return to Jesus	Next Faithful Step
Morning			
Work / school			
Relationships			
Pressure / interruptions			
Evening			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A part of my day ruled by pressure.
- ☐ A repeated reaction under stress.
- ☐ Something I need to surrender.
- ☐ A self-reliant responsibility.
- ☐ A clear obedience I need to take.
- ☐ A failure where I need to confess and return.

2. Choose One Faithful Response

- ☐ Choose three brief times each day to turn your attention toward Jesus.
- ☐ Take one obedience you already know within two days.
- ☐ Protect one needed block of physical rest.
- ☐ Write one responsibility you will carry faithfully without trying to control the outcome.
- ☐ Read Colossians chapter 2, verses 6 and 7 each morning.
- ☐ Confess one recent failure without hiding behind excuses.
- ☐ Pray a short honest prayer before one difficult conversation.
- ☐ Ask a trusted person to follow up on one repeated pattern.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, bring Your life into the ordinary hours in front of me. Free me from self-reliance. Help me pay attention, pray honestly, obey clearly, surrender what I cannot control, and return quickly when I fail.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 12 / LIVE TOGETHER IN HOPE

Life Together

The Spirit forms more than private believers. He forms a people who worship, learn, share, carry burdens, use gifts, and bear witness together.

Book Connection

Chapter Eleven: Life Together

Primary Scripture

Acts chapter 2, verse 42

Why This Practice Matters

Strengthen one part of your life with the people of Jesus: gathering, being known, carrying burdens, serving, or living sent.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Gather	Receive teaching, fellowship, the breaking of bread, prayer, and worship with God's people.
02	Be Known	Move beyond anonymous attendance toward honest, wise, and safe Christian relationship.
03	Carry and Receive	Bear another person's burden and allow someone trustworthy to help carry yours.
04	Build and Send	Use your gifts for the body and let shared life become witness beyond the Church.

WORD • WONDER

Receive and Reflect

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

Word

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

- ☐ The Spirit forms believers into one body.
- ☐ God distributes gifts across the body so we both contribute and receive.
- ☐ Christian community includes teaching, fellowship, breaking bread, and prayer.
- ☐ Love among believers becomes part of the Church's witness to Jesus.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ Isolation that has become normal.
- ☐ A trusted relationship I need to strengthen.
- ☐ A church hurt that still needs wise care.
- ☐ A burden I am carrying alone.
- ☐ A gift I am not using.
- ☐ A person I can serve or encourage.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I am meaningfully connected to a local church or Christian community.	1 2 3 4
At least one trusted believer knows what is actually happening in my life.	1 2 3 4
I both offer help and receive help rather than trying to carry everything alone.	1 2 3 4
I am using what God has given me to serve His people or bear witness to Jesus.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Life Together Map

Choose one or two areas that need attention. Healthy community includes both receiving and giving, with truth, wisdom, grace, and appropriate safety.

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

Area	What Is Present Now	What Is Missing or Needed	One Faithful Response
Gather			
Be known			
Carry burdens			
Use gifts			
Live sent			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A need to gather more faithfully.
- ☐ A trusted person I need to speak with.
- ☐ A gift or ability I can use to serve.
- ☐ A burden I am carrying alone.
- ☐ A place where I need to receive help.
- ☐ A person or place where shared life can move outward.

2. Choose One Faithful Response

- ☐ Attend or re-enter one healthy gathering of believers.
- ☐ Tell someone one burden you have been carrying alone.
- ☐ Ask a church leader where your gifts could help.
- ☐ If church harm is involved, seek wise and safe pastoral or professional support.
- ☐ Invite one trusted person to a meal or conversation.
- ☐ Offer one concrete act of service this week.
- ☐ Pray by name for someone who needs encouragement.
- ☐ Plan one follow-up conversation instead of leaving connection vague.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, thank You for making us one body. Give me courage to be known, humility to receive help, generosity to carry another person's burden, and faithfulness to serve Your people with what You have given me.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

GUIDED PRACTICE 13 / LIVE TOGETHER IN HOPE

Resurrection Life

Christ has been raised as the firstfruits. Christian hope reaches bodily resurrection, renewed creation, and life with God where death is no more.

Book Connection

Chapter Twelve: Resurrection Life

Primary Scripture

First Corinthians chapter 15, verse 20

Why This Practice Matters

Bring grief, mortality, unfinished work, and fear of the future beneath the resurrection of Jesus and let hope shape present faithfulness.

Choose How You Are Using This Practice

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

How to Use This Practice

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

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Christ Is Raised	Begin Christian hope with the bodily resurrection of Jesus.
02	Death Is an Enemy	Make room for grief without giving death the final word.
03	We Will Be Raised	Receive bodily resurrection and new creation as the future God has promised.
04	Live Steadfastly Now	Let resurrection hope give weight to ordinary faithfulness, service, and courage.

WORD • WONDER

Receive and Reflect

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

Word

Reading: First Corinthians chapter 15, verse 20. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

- ☐ Christ has been raised as the firstfruits of those who belong to Him.
- ☐ The final Christian hope includes bodily resurrection and renewed creation.
- ☐ Death is an enemy, so Christian hope does not require us to minimize grief.
- ☐ Because resurrection is coming, labor in the Lord is not in vain.

One phrase or truth I want to carry forward:

Wonder

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

- ☐ Grief or loss I am carrying.
- ☐ A body I am tempted to despise or neglect.
- ☐ Brokenness that makes hope difficult.
- ☐ Fear related to aging, illness, or death.
- ☐ Work that feels unnoticed or wasted.
- ☐ A desire to live more freely because Christ is risen.

The one area I want to bring honestly before Jesus:

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

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

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

Begin the Walk

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

HOW TO SCORE

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

Statement	Score
I can explain Christian hope as bodily resurrection and new creation, not only life after death.	1 2 3 4
I allow grief to be real while holding hope in Christ.	1 2 3 4
The resurrection shapes how I value embodied human life now.	1 2 3 4
Future hope is helping me remain faithful in work that feels ordinary or unseen.	1 2 3 4

My total: _____ / 16

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

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

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Resurrection Hope Map

Name what feels heavy or final. Do not force quick optimism. Place it beside what Scripture promises through the risen Christ.

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

Present Reality	What Feels Final	Resurrection Truth	Faithful Response Now
Grief / loss			
Body / health			
Work / calling			
Brokenness / injustice			
Future / death			

WALK NOTE

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

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

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

1. Name What You Are Responding To

- ☐ A grief I need to bring honestly to God.
- ☐ A place where I need to honor the body God gave.
- ☐ Brokenness that needs resurrection hope.
- ☐ Fear related to death or the future.
- ☐ Work that feels unnoticed or vain.
- ☐ A faithful act I can take because Christ is risen.

2. Choose One Faithful Response

- ☐ Read First Corinthians chapter 15 slowly over several days.
- ☐ Tell a trusted person where grief is still present.
- ☐ Take one faithful action you have been tempted to dismiss as insignificant.
- ☐ Write one sentence beginning, “Because Christ is risen...”
- ☐ Read Revelation chapters 21 and 22 and write what gives you hope.
- ☐ Encourage someone who is grieving without rushing their sorrow.
- ☐ Care for your body in one wise and grateful way.
- ☐ Pray the words “Jesus, You are the resurrection and the life” in a place of fear.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Risen Jesus, You are the resurrection and the life. Meet me in grief, fear, and mortality. Keep my hope anchored in Your resurrection and make me steadfast in the life You have placed before me.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

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

The one thing I will do next:

The person who will follow up with me:

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

THIRTY-DAY PLAN

The Jesus & Life Follow-Through Plan

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

Week	Focus	My Practice
Week 1	Receive Life from Jesus	Read John chapters 1 and 6. Begin each day by receiving life as a gift and naming one thing you are asking Jesus, rather than another source, to carry.
Week 2	Abide and Remain	Read John chapter 15. Protect one repeatable rhythm of Scripture and prayer that keeps returning your attention to Christ.
Week 3	Walk by the Spirit	Read Romans chapter 8 or Galatians chapter 5. Ask for the Spirit's help, take one clear obedience, and remain open to His empowering work.
Week 4	Live Together in Hope	Read Acts chapter 2 and First Corinthians chapter 15. Share life with one trusted believer and take one faithful action shaped by resurrection hope.

Simple Daily Rhythm

One Scripture. One honest prayer. One act of obedience. One moment of dependence. The goal is not intensity. It is a life that keeps returning to Jesus.

My one faithful action for the next thirty days:

The person who will follow up with me:

My thirty-day review date:

CLOSING ASSESSMENT

The Jesus & Life Rhythm

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

Guided Practice	Current Score	Next Faithful Step
01 The Question of Life	1 2 3 4	_____
02 The God Who Gives Life	1 2 3 4	_____
03 When Life Was Broken	1 2 3 4	_____
04 Choose Life	1 2 3 4	_____
05 The Promise of New Life	1 2 3 4	_____
06 Jesus Is Life	1 2 3 4	_____
07 Christ in You	1 2 3 4	_____
08 The Life That Satisfies	1 2 3 4	_____
09 Abide in Me	1 2 3 4	_____
10 Life in the Spirit	1 2 3 4	_____
11 Living From His Life	1 2 3 4	_____
12 Life Together	1 2 3 4	_____
13 Resurrection Life	1 2 3 4	_____

Overall closing score: _____ / 52 Baseline score: _____ / 52 Change: _____

HOW TO READ THE CHANGE

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

REVIEW RHYTHMS

My Next Season

Carry forward what helps you receive life from Jesus, remain near Him, walk by the Spirit, and stay connected to His people.

The practice I will keep working on:

_____

The person I will invite into the next season:

_____

The rhythm I will protect:

_____

The place where I want resurrection hope to shape my life:

_____

Review Rhythm

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

CLOSING PRAYER

Jesus, You are Life. Keep me rooted in Your Word, dependent on Your Spirit, honest about where I drift, known among Your people, and steadfast in resurrection hope. Teach me to live from the life I have received in You.

ABOUT MSSNL

Clarity. Formation. Faithful Obedience.

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

Learn more at mssnl.org