M S S N L

PREMIUM FIELD GUIDE

Jesus & Belief

Field Guide

A guided fieldbook for seeing Jesus clearly, receiving grace, and following Him faithfully.

Ryan D. Eldridge

See Jesus clearly. Receive His grace. Walk faithfully.

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Jesus & Belief Field Guide

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This field guide is written for discipleship, formation, and encouragement. It is intended to help readers return to Jesus, receive the truth of Scripture, name what is true, and take one faithful step at a time.

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

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

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FORMATION FOUNDATION

How This Field Guide Works

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

The book gives the larger gospel story. 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, a short teaching, 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.	Choose one faithful response. Keep it clear and practical. Invite another person to pray, encourage, or follow up.

Move Through the Guide This Way

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

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

FORMATION PATHWAY

The Jesus & Belief Pathway

Movement	Guided Practices	What It Forms
See Jesus Clearly	01 - 05	A clear gospel center: promise, fulfillment, cross, resurrection, and the witnesses.
Trust the Story	06 - 07	A grounded confidence in the gospel, with room for honest questions and faithful study.
Receive the Life Jesus Gives	08 - 10	Personal trust, grace, new identity, spiritual rhythms, and life in the Spirit.
Walk Faithfully	11 - 13	Endurance in suffering, belonging among the people of Jesus, and everyday kingdom life.
Multiply What Lasts	14 + Thirty-Day Plan	A faithful witness, personal assignment, and ongoing obedience under King Jesus.

Contents

01 The Question of Belief

02 The Promise of a Savior

03 Jesus the Fulfillment

04 The Cross: Why He Came

05 The Empty Tomb

06 The Witnesses: Why They Spoke

07 The Story That Can Be Trusted

08 More Than Agreement

09 Received by Grace

10 Alive in Christ

11 Faith in the Fire

12 The People of Jesus

13 Live Under the King

14 Follow and Go

The Thirty-Day Jesus & Belief Plan

Closing Assessment and Review Rhythms

GROUP USE

A Covenant for Truthful Community

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

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

Questions That Help

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

BEFORE YOU BEGIN

Baseline Assessment

Choose where to begin.

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

HOW TO SCORE

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

Guided Practice	Score 1-4	What Stands Out Most
01 The Question of Belief	1 2 3 4	_____
02 The Promise of a Savior	1 2 3 4	_____
03 Jesus the Fulfillment	1 2 3 4	_____
04 The Cross: Why He Came	1 2 3 4	_____
05 The Empty Tomb	1 2 3 4	_____
06 The Witnesses: Why They Spoke	1 2 3 4	_____
07 The Story That Can Be Trusted	1 2 3 4	_____
08 More Than Agreement	1 2 3 4	_____
09 Received by Grace	1 2 3 4	_____
10 Alive in Christ	1 2 3 4	_____
11 Faith in the Fire	1 2 3 4	_____
12 The People of Jesus	1 2 3 4	_____
13 Live Under the King	1 2 3 4	_____
14 Follow and Go	1 2 3 4	_____

Overall baseline score: _____ / 56

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

Choose Your First Focus

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

The Guided Practice I will begin with:

_____

One faithful response I will take this week:

_____

OPENING PRAYER

Jesus, show me what is true. Meet me with grace. Give me courage to take one honest step toward You.

GUIDED PRACTICE 01 / SEE JESUS CLEARLY

The Question of Belief

Belief shapes the way we see God, ourselves, and the life in front of us. Jesus invites honest trust, not shallow agreement.

Book Connection

Introduction: The Question of Belief

Primary Scripture

John chapter 20, verse 31

Why This Practice Matters

Name the questions and beliefs shaping your present life, then bring them 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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 I Believe	Notice the ideas, fears, and assumptions shaping your view of God and life.
02	The Question of Jesus	Consider who Jesus is and why that question reaches every part of life.
03	Honest Response	Bring doubt, hope, and uncertainty into the presence of Christ.
04	First Step	Choose one practice that helps you keep turning toward Jesus.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: John chapter 20, verse 31. 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 worthy of honest attention.	☐ Belief shapes the life I build.
☐ I can bring my questions to Christ.	☐ The gospel invites trust, not performance.

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 question I have carried for years.	☐ A place where trust has become difficult.
☐ Fear about the future.	☐ A belief about myself I need to examine.
☐ A past experience shaping how I see God.	☐ A desire for a clearer beginning.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 beliefs shaping my view of God and life.	1 2 3 4
I bring questions to Jesus rather than avoiding them.	1 2 3 4
I make room to read Scripture and listen honestly.	1 2 3 4
I have at least one trusted person with whom I can talk about faith.	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:

_____

PRACTICAL TOOL

Belief and Trust Inventory

Use this tool to name what has been shaping your view of God, yourself, and the future. The goal is honesty, not perfect language.

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 Been Believing	What Jesus Invites Me to Receive	One Next Step
God and His Character			
My Identity			
My Past			
My Future			

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A question I have avoided	☐ A belief I need to examine
☐ Fear about the future	☐ A place where trust feels difficult
☐ A need for Scripture	☐ A need for a trusted conversation

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, meet me in the questions I carry. Help me see You clearly, tell the truth about what I believe, and take one honest step toward trust.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 02 / SEE JESUS CLEARLY

The Promise of a Savior

God did not abandon a broken world. From the beginning, He was preparing the way for Jesus.

Book Connection

Chapter One: The Promise of a Savior

Primary Scripture

Genesis chapter 3, verse 15

Why This Practice Matters

Trace the promise of redemption through Scripture and consider how God's faithfulness speaks into your own seasons of waiting.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 Broken World	Name where brokenness has touched your story.
02	The First Promise	See God move toward people with redemption in view.
03	The Long Story	Follow the promise through Abraham, David, and the prophets.
04	Faithful Waiting	Practice trust when you cannot yet see the whole story.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Genesis chapter 3, verse 15. 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 moves toward broken people.	☐ God keeps His promises across generations.
☐ Jesus is the promised Savior.	☐ Waiting is not the same as abandonment.

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 season of waiting.	☐ A disappointment that shaped my view of God.
☐ A promise I need to remember.	☐ A part of my story that feels unfinished.
☐ A place where I am tempted to take control.	☐ A reason to hope again.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 a place where brokenness has shaped my story.	1 2 3 4
I am learning to see God's faithfulness across the whole story of Scripture.	1 2 3 4
I can wait without assuming God has forgotten me.	1 2 3 4
I have a Scripture promise I return to when fear rises.	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:

_____

PRACTICAL TOOL

Promise to Fulfillment Pathway

Follow the promise from the beginning of Scripture toward Jesus. Use this page as a Bible-reading path, not a test. Open the passages and write what you see.

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.

Promise or Pattern	Scripture	What It Shows About Jesus	What I Receive Today
The first promise	Genesis 3:15		
Blessing for the nations	Genesis 12:1-3		
An everlasting King	2 Samuel 7:12-16		
The suffering servant	Isaiah 53:4-6		
A ruler from Bethlehem	Micah 5:2		

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A season of waiting	☐ A disappointment I need to bring to God
☐ A promise I need to remember	☐ A need to release control
☐ A Scripture pathway I want to begin	☐ A person who needs hope

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, thank You that God did not abandon what sin had broken. Help me trust Your faithfulness in the parts of my story I cannot yet understand.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 03 / SEE JESUS CLEARLY

Jesus the Fulfillment

Jesus fulfills the promise, the law, the prophets, and the hope of God's people.

Book Connection

Chapter Two: Jesus the Fulfillment

Primary Scripture

Matthew chapter 5, verse 17

Why This Practice Matters

See how the life, obedience, ministry, and compassion of Jesus reveal the Savior God promised.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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	See the Story	Recognize that Jesus came within the story God had been telling.
02	See His Obedience	Notice His faithfulness where Adam and Israel failed.
03	See His Signs	Recognize how His ministry revealed the kingdom had come near.
04	See His Heart	Receive the compassion and authority of Jesus personally.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Matthew chapter 5, verse 17. 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 fulfills what God promised.	☐ Jesus reveals the Father.
☐ Jesus remained faithful where people had failed.	☐ The signs of Jesus reveal the King has come.

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 view of Jesus that has become too small.	☐ A need to see the Gospels more clearly.
☐ A place where I need His compassion.	☐ A place where I need to come under His authority.
☐ A desire to read the life of Jesus slowly.	☐ A question about who Jesus is.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

HOW TO SCORE

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

Statement	Score
I see Jesus as the center of Scripture's story of redemption.	1 2 3 4
I am learning to read the Gospels with attention and prayer.	1 2 3 4
I can name ways Jesus revealed the Father's character.	1 2 3 4
I am willing to bring my life under the authority of King 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:

_____

PRACTICAL TOOL

Seeing Jesus in the Gospels

Use the four Gospel readings below over one week. Watch what Jesus does, whom He moves toward, what He teaches, and what He reveals about the kingdom of God.

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.

Reading	What Jesus Does	What It Reveals	One Response
Mark 1:14-39			
Matthew 5:1-16			
Luke 4:16-21			
John 5:1-18			

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A Gospel passage I will read again	☐ A place I need to submit to Jesus
☐ A need to receive His compassion	☐ A question I want to study
☐ A person I want to encourage	☐ A habit of Scripture reading

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, help me see You as You are. Reveal the Father to me, bring my life under Your good authority, and teach me to follow Your way.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 04 / SEE JESUS CLEARLY

The Cross: Why He Came

The cross tells the truth about sin, the holiness of God, and the depth of His love.

Book Connection

Chapter Three: The Cross: Why He Came

Primary Scripture

Mark chapter 10, verse 45

Why This Practice Matters

Receive the finished work of Christ and name the guilt, shame, or self-reliance you need to lay down.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 Problem of Sin	Tell the truth about separation from God and the patterns it creates.
02	The Lamb of God	See the Passover and sacrifice fulfilled in Christ.
03	The Suffering Servant	Receive Jesus as the One who stood in the place of sinners.
04	Finished Work	Stop trying to add to what Jesus has accomplished.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Mark chapter 10, verse 45. 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 is serious, and grace is greater.	☐ Jesus gave His life as a ransom.
☐ The Lamb of God takes away sin.	☐ The finished work of Christ is enough.

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.

☐ Guilt I still carry.	☐ A pattern of trying to earn approval.
☐ Shame that keeps me hiding.	☐ A need to confess and receive forgiveness.
☐ A relationship that needs repair.	☐ A place where I need mercy.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 difference between guilt, shame, and grace.	1 2 3 4
I receive the cross as God's provision for my sin.	1 2 3 4
I bring sin into the light rather than hiding it.	1 2 3 4
I am learning to rest in the finished work of 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:

_____

PRACTICAL TOOL

The Gospel Clearly

Use this tool to understand and explain the gospel with clarity. Keep the focus on Jesus, not a formula.

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

Movement	What Is True	Key Scripture	How I Would Say It Simply
Created for relationship	God created people to know Him.	Genesis 1:26-27	
Separated by sin	Sin breaks fellowship with God.	Romans 3:23	
Jesus came to save	Jesus died and rose for sinners.	Romans 5:8	
Grace is received	We are saved by grace through faith.	Ephesians 2:8-9	
New life begins	Those in Christ become new.	2 Corinthians 5:17	

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A sin I need to confess	☐ Shame I need to release
☐ A need to receive forgiveness	☐ A person I need to forgive
☐ A gospel truth I need to remember	☐ A conversation that needs grace

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, I cannot save myself. Thank You for carrying what I could not carry. Help me receive Your forgiveness and rest in Your finished work.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 05 / SEE JESUS CLEARLY

The Empty Tomb

The resurrection gives Christian hope its foundation. Jesus is alive.

Book Connection

Chapter Four: The Empty Tomb: Why Hope Is Possible

Primary Scripture

Matthew chapter 28, verse 6

Why This Practice Matters

Consider the witnesses to the risen Jesus and anchor hope in the One who overcame sin and death.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 Empty Tomb	Receive the resurrection as the center of Christian hope.
02	The First Witnesses	See the surprise, sorrow, and testimony of those who went to the tomb.
03	The Risen Jesus	Consider Mary, the disciples, Thomas, and the road to Emmaus.
04	Hope That Holds	Bring fear, grief, and uncertainty to the risen King.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Matthew chapter 28, 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 not in the tomb.	☐ The resurrection changes the meaning of the cross.
☐ Jesus meets people in sorrow and doubt.	☐ Hope rests in the living Christ.

One phrase or truth I want to carry forward:

_____

_____

Wonder

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

☐ A grief I am carrying.	☐ Fear about death or loss.
☐ A question about resurrection.	☐ A place where hope feels thin.
☐ A need to remember Jesus is alive.	☐ Someone I need to pray for.

The one area I want to bring honestly before Jesus:

_____

_____

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

_____

_____

What truth from Jesus do I need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 why the resurrection is central to Christian faith.	1 2 3 4
I can name at least one Gospel account of the risen Jesus appearing to people.	1 2 3 4
I bring grief and fear to the living Christ.	1 2 3 4
I live with hope that reaches beyond my present circumstances.	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:

_____

PRACTICAL TOOL

Resurrection Witness Pathway

Read the accounts slowly. Notice who encountered Jesus, how they responded, and what the risen Christ revealed.

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.

Witness or Moment	Scripture	What They Experienced	What It Invites Me to Trust
The women at the tomb	Matthew 28:1-10		
Mary Magdalene	John 20:11-18		
The disciples	John 20:19-23		
Thomas	John 20:24-29		
Road to Emmaus	Luke 24:13-35		

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A grief I need to bring to Jesus	☐ A fear about the future
☐ A resurrection account I will read	☐ A question I will study
☐ A person I want to encourage	☐ A hope I need to speak aloud

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Risen Jesus, meet me where fear, grief, or uncertainty has grown heavy. Help me stand in the hope of Your victory over sin and death.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 06 / TRUST THE STORY

The Witnesses: Why They Spoke

The people who encountered the risen Jesus carried a message they could not keep to themselves.

Book Connection

Chapter Five: The Witnesses: Why They Spoke

Primary Scripture

Acts chapter 2, verse 32

Why This Practice Matters

Recognize how the resurrection transformed ordinary people and begin naming your own story of grace.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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	Encounter	See how the risen Jesus met people personally.
02	Restoration	Receive grace for failure through Peter's story.
03	Witness	Understand what it means to speak truthfully about Jesus.
04	Your Story	Begin forming a simple testimony of what Jesus has done.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Acts chapter 2, verse 32. 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 early witnesses spoke about what they had seen and heard.	☐ Grace restored Peter after failure.
☐ Ordinary people can point others to Jesus.	☐ My story can become part of a faithful witness.

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 failure that still shapes my story.	☐ A time Jesus met me with grace.
☐ Fear of speaking about faith.	☐ A person God may be putting on my heart.
☐ A need to tell my story more clearly.	☐ A desire to encourage someone.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 that the first witnesses proclaimed a risen Jesus.	1 2 3 4
I can name how grace has met me personally.	1 2 3 4
I am growing in willingness to speak about Jesus with humility.	1 2 3 4
I have a trusted person who can help me prepare my story.	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:

_____

PRACTICAL TOOL

My Story of Grace

A testimony is not a performance. It is a simple way of telling the truth about what life was like, how Jesus met you, and what He is changing now.

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 My Story	A Few Honest Words
Before or apart from trust in Jesus	
How I began to turn toward Jesus	
What I received from Him	
What He is continuing to change	
What I hope another person would know	

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A story of grace I will write down	☐ A person I will ask to hear my story
☐ Fear of speaking about Jesus	☐ A person I will pray for
☐ A conversation I need to prepare for	☐ A desire to grow in courage

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, thank You for meeting people who are afraid, uncertain, and imperfect. Help me tell the truth about Your grace with humility, courage, and love.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 07 / TRUST THE STORY

The Story That Can Be Trusted

Faith is not a leap into emptiness. The gospel is rooted in Scripture, witness, and the risen Christ.

Book Connection

Chapter Six: The Story That Can Be Trusted

Primary Scripture

First Corinthians chapter 15, verses 3 through 8

Why This Practice Matters

Give honest questions a faithful place and build a simple pathway for continued Scripture study, conversation, and trust.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 Core Message	Return to the death, burial, resurrection, and appearances of Jesus.
02	The Witness of Scripture	See the connected story of promise and fulfillment.
03	Honest Questions	Learn to bring questions to Jesus rather than walking away in silence.
04	Growing Confidence	Choose one next study, conversation, or act of trust.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: First Corinthians chapter 15, verses 3 through 8. 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 gospel was received and passed on.	☐ Jesus died, was buried, rose, and appeared to witnesses.
☐ Honest questions can become part of faith.	☐ Trust grows as I turn toward truth.

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 question I need to name.	☐ A past experience that makes faith difficult.
☐ A concern about Scripture.	☐ A desire for clearer confidence.
☐ A need to learn with humility.	☐ A person I can ask for help.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 state the central claims of the gospel clearly.	1 2 3 4
I am willing to bring questions into Scripture and trusted conversation.	1 2 3 4
I understand how fulfilled Scripture and eyewitness testimony support the gospel's message.	1 2 3 4
I am growing in confidence in the character of 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:

_____

PRACTICAL TOOL

Can I Trust This Story?

Use this page for honest questions. Do not rush to force an answer. Name the question, locate a Scripture path, and choose a faithful next 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.

Question I Carry	What I Know Already	Scripture or Resource to Explore	Next Faithful Step

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A question I will name honestly	☐ A Gospel passage I will read
☐ A conversation with a trusted leader	☐ A resource I need to find
☐ A false conclusion I need to release	☐ A need to keep turning toward Jesus

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, I bring You my questions without pretending. Give me humility to learn, courage to seek truth, and confidence in Your character as I keep coming closer.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 08 / RECEIVE THE LIFE JESUS GIVES

More Than Agreement

Belief becomes personal when we receive Jesus, trust His finished work, and place our lives in His hands.

Book Connection

Chapter Seven: More Than Agreement

Primary Scripture

John chapter 1, verse 12

Why This Practice Matters

Move from knowing about Jesus to trusting Him personally through surrender, repentance, and a clear response of faith.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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	More Than Facts	Recognize the difference between information and trust.
02	Empty Hands	Stop trying to make yourself worthy before God.
03	Receive Jesus	Respond to His invitation with faith and repentance.
04	Remain in Him	Begin a life of ongoing trust, not a one-time performance.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: John chapter 1, verse 12. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

☐ Jesus calls people to follow Him.	☐ Faith receives what grace gives.
☐ Repentance is a change of direction.	☐ Belief becomes a life of trust.

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 keep Jesus at a distance.	☐ A pattern of self-reliance.
☐ A need to surrender control.	☐ A sin I need to turn from.
☐ A desire to follow Jesus more fully.	☐ A response I have delayed.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 the difference between agreement and personal trust.	1 2 3 4
I am learning to come to Jesus with empty hands.	1 2 3 4
I can name one area where repentance is needed.	1 2 3 4
I have taken or am preparing to take a clear step of faith.	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:

_____

PRACTICAL TOOL

Personal Response to Jesus

Use this page to name what is true and respond without pressure or pretending. You may complete it privately, with a trusted believer, or with a pastor or leader.

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

What I Need to Name	What I Receive from Jesus	What I Am Turning From	My Next Step of Faith

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A decision to trust Jesus	☐ A need for repentance
☐ A place I need to surrender	☐ A conversation with a pastor or trusted believer
☐ A step toward baptism	☐ A new daily rhythm with Jesus

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, I come to You with empty hands. I receive Your grace, turn from the life built around myself, and place my trust in You.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 09 / RECEIVE THE LIFE JESUS GIVES

Received by Grace

Grace receives people before performance and forms a new identity as sons and daughters of God.

Book Connection

Chapter Eight: Received by Grace

Primary Scripture

Ephesians chapter 2, verses 4 through 10

Why This Practice Matters

Identify where you are still striving for approval and practice coming home to the Father through grace.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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	Mercy First	Receive salvation as God's gift, not your achievement.
02	Coming Home	See the Father's heart in the story of the prodigal son.
03	A New Identity	Learn to live as a son or daughter, not as a worker trying to earn a place.
04	Grace Extended	Allow mercy received to shape the way you forgive and serve others.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Ephesians chapter 2, verses 4 through 10. 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 is rich in mercy.	☐ Salvation is a gift received through faith.
☐ I belong in the family of God through Christ.	☐ Grace changes the foundation of obedience.

One phrase or truth I want to carry forward:

_____

_____

Wonder

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

☐ A place where I am trying to earn God's approval.	☐ Failure that makes me question whether I belong.
☐ A need to receive forgiveness.	☐ A person I need to forgive.
☐ A pattern of comparison.	☐ A desire to live from acceptance.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 God's love as a starting place, not a reward for performance.	1 2 3 4
I can recognize when shame or striving is shaping my relationship with God.	1 2 3 4
I return to God honestly when I fail.	1 2 3 4
I am learning to extend the grace I have received to others.	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:

_____

PRACTICAL TOOL

Grace and Identity Inventory

Name the pressure you carry, the message it speaks, and the truth God has spoken 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	Where I Seek Approval	What the Pressure Says	Truth I Will Receive
Work or achievement			
Relationships			
Failure or weakness			
Spiritual performance			

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A pressure to prove myself	☐ A failure I need to bring into the light
☐ A need for forgiveness	☐ A person I need to release
☐ A truth I will repeat this week	☐ A conversation about grace

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Father, thank You for receiving me through Jesus. Free me from striving, shame, and comparison. Teach me to live from the love You have already given.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 10 / RECEIVE THE LIFE JESUS GIVES

Alive in Christ

New life in Christ is a gift received in a moment and a life formed over time by the Holy Spirit.

Book Connection

Chapter Nine: Alive in Christ

Primary Scripture

Second Corinthians chapter 5, verse 17

Why This Practice Matters

Build a simple personal rhythm that helps you remain close to Jesus and make room for the Spirit's ongoing work.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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	New Creation	Receive the new identity given in Christ.
02	The Spirit's Presence	Recognize the Holy Spirit as God's help, comfort, conviction, and strength.
03	Abide	Learn to remain connected to Jesus in ordinary life.
04	Life-Giving Rhythm	Choose practices that support growth without turning faith into performance.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Second Corinthians chapter 5, verse 17. 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, I am a new creation.	☐ The Spirit is present with God's people.
☐ Fruit grows as we remain in Jesus.	☐ Formation unfolds over time.

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 habit that pulls me away from Jesus.	☐ A desire to grow in Scripture or prayer.
☐ A place where I need the Spirit's comfort.	☐ A need for peace.
☐ A need for a simpler rhythm.	☐ A part of my life I want to bring under 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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 that new life in Christ is both a gift and a process of formation.	1 2 3 4
I make regular space to receive Scripture and pray honestly.	1 2 3 4
I recognize the Spirit's work of conviction, comfort, and growth.	1 2 3 4
I have a simple rhythm that helps me remain close 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:

_____

PRACTICAL TOOL

Rule of Life Builder

Build a light trellis for your actual season. Do not try to fill every box. Choose only practices you can hold with grace and faithfulness.

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

Rhythm	Question	My Practice	Review Rhythm
Daily Word	How will I receive Scripture?		
Daily Wonder	How will I slow down enough to listen?		
Daily Walk	What practice helps me live what I am learning?		
Weekly Worship and Rest	How will I gather, rest, and be renewed?		
Trusted Community	How will I remain known and encouraged?		

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A daily Scripture rhythm	☐ A prayer practice
☐ A rest practice	☐ A need for trusted community
☐ A habit I want to replace	☐ A simple act of obedience

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Holy Spirit, make the life of Jesus more real in me. Help me remain close to Christ, receive Your help, and grow with patience and honesty.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 11 / WALK FAITHFULLY

Faith in the Fire

Hardship does not prove God has withdrawn. Jesus meets His people in suffering and forms endurance through it.

Book Connection

Chapter Ten: Faith in the Fire

Primary Scripture

John chapter 16, verse 33

Why This Practice Matters

Practice honest lament, distinguish what you know from what you cannot explain, and take one steady step in a difficult season.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 Fire	Tell the truth about the pressure, loss, or uncertainty you are carrying.
02	Bring It to God	Use lament as a way of turning toward God in pain.
03	Receive Strength	Ask for endurance, wisdom, help, and faithful presence.
04	Take the Next Step	Choose one response that keeps you connected to Christ and people.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: John chapter 16, verse 33. 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 honest about trouble in the world.	☐ Jesus is present in suffering.
☐ Lament is a way faith speaks when life hurts.	☐ Endurance grows through ongoing trust.

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.	☐ A prayer that feels unanswered.
☐ A fear about the future.	☐ A place where I feel weak.
☐ A temptation to withdraw.	☐ A need for help or prayer.

The one area I want to bring honestly before Jesus:

_____

_____

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

_____

_____

What truth from Jesus do I need to receive?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 bring pain to God without pretending it is small.	1 2 3 4
I resist quick explanations for my own suffering or someone else's.	1 2 3 4
I have a trusted person who can walk with me in difficulty.	1 2 3 4
I can name one faithful step that belongs in this season.	1 2 3 4

My total: _____ / 16

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

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

My next step:

_____

I may bring this to:

_____

PRACTICAL TOOL

Lament and Hope Prayer

Use these prompts to pray honestly. You do not need polished language. Tell God what hurts, what you fear, what you need, and what you choose to trust.

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

Movement	My Prayer
God, this is what hurts...	
This is what I fear or do not understand...	
This is what I need from You today...	
This is what I choose to remember about You...	
This is my next faithful step...	

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A grief I need to name	☐ A burden I need to share
☐ A prayer I need to pray honestly	☐ A need for professional or pastoral care
☐ A person I need to ask for help	☐ A faithful step for this week

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, You meet me in the fire. Help me bring You what is true, receive the strength You give, and keep walking with You one faithful step at a time.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 12 / WALK FAITHFULLY

The People of Jesus

Faith is personal, but no believer was meant to carry it alone. Jesus brings His people into a family.

Book Connection

Chapter Eleven: The People of Jesus

Primary Scripture

Acts chapter 2, verse 42

Why This Practice Matters

Assess your present connection to the Church and build one honest rhythm of shared life, worship, encouragement, and care.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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	Belong	Receive the Church as the people of Jesus, not a product to consume.
02	Be Known	Choose relationships where honesty, Scripture, prayer, and encouragement can grow.
03	Serve	Recognize your place and gifts in the body of Christ.
04	Stay Near	Build a sustainable rhythm of worship, community, and follow-through.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

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

☐ Jesus builds His Church.	☐ The people of Jesus gather around Scripture, prayer, and shared life.
☐ I have a place in the body of Christ.	☐ Belonging requires honesty, grace, and faithful presence.

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.

☐ Church hurt I need to bring to Jesus.	☐ A need to find healthy community.
☐ A relationship where I need to be more honest.	☐ A desire to serve.
☐ A pattern of isolation.	☐ A person I need to 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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 participate regularly in worship and the life of a local church.	1 2 3 4
I have at least one trusted relationship where I can be known honestly.	1 2 3 4
I receive encouragement, correction, and prayer from other believers.	1 2 3 4
I am using my gifts to strengthen others in some way.	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:

_____

PRACTICAL TOOL

Belonging and Community Map

Use this map to name the people and rhythms that help you remain connected to the people of Jesus.

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

Area	What Is Present	What Needs Strengthening	One Next Step
Worship and Scripture			
Trusted relationships			
Serving and contribution			
Care in a hard season			
Prayer and follow-through			

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A need to reconnect with church	☐ A trusted relationship I need to strengthen
☐ A church hurt I need to process wisely	☐ A need to serve
☐ A person I need to encourage	☐ A rhythm of gathering and prayer

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, thank You for placing me in Your people. Heal what has been wounded, lead me toward healthy community, and help me become a faithful presence for others.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 13 / WALK FAITHFULLY

Live Under the King

Jesus has come as King. His kingdom is already near, and we wait with hope for its fullness.

Book Connection

Chapter Twelve: Sent Under the King + The King + The Kingdom

Primary Scripture

Mark chapter 1, verse 15

Why This Practice Matters

Integrate the former extra chapters by bringing your time, relationships, work, resources, and decisions under the reign of King 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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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 King Has Come	Receive Jesus as more than a helper or teacher. He is the risen King.
02	The Kingdom Is Near	See God’s reign breaking into ordinary life through Christ.
03	Already and Not Yet	Live faithfully in the tension between present grace and future hope.
04	Kingdom Obedience	Choose one area where surrender becomes visible this week.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

Reading: Mark chapter 1, verse 15. 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 King.	☐ The kingdom of God has come near.
☐ God's reign reaches ordinary life.	☐ I live with hope for what Christ will complete.

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 part of life I keep outside Jesus' authority.	☐ A decision that needs surrender.
☐ A relationship that needs kingdom love.	☐ A use of time or money that needs clarity.
☐ A desire to live with greater purpose.	☐ A future hope I need to remember.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 that Jesus is King over every part of my life.	1 2 3 4
I bring important decisions under the authority of His Word.	1 2 3 4
I can name the tension of the kingdom already present and not yet complete.	1 2 3 4
I practice small obedience rather than waiting for a dramatic assignment.	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:

_____

PRACTICAL TOOL

Kingdom Life Audit

Use this audit to bring everyday life under the good reign of King Jesus. The goal is not pressure. It is surrender that becomes visible in ordinary faithfulness.

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 True Today	What Needs to Come Under Christ	One Kingdom Practice
Time and attention			
Relationships and forgiveness			
Work and responsibility			
Money and generosity			
Home and hospitality			
Future and decisions			

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A decision I need to surrender	☐ A relationship needing forgiveness
☐ A habit of self-rule	☐ A need for greater margin
☐ A conversation I have avoided	☐ An act of generosity or service

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

King Jesus, rule over every part of my life. Teach me to live faithfully in Your kingdom now while I wait with hope for all You will one day make new.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

GUIDED PRACTICE 14 / MULTIPLY WHAT LASTS

Follow and Go

Belief moves outward. Jesus receives His people, forms them, and sends them as witnesses of His grace and kingdom.

Book Connection

Conclusion: Believe and Follow + The Calling

Primary Scripture

Matthew chapter 28, verses 18 through 20

Why This Practice Matters

Integrate the former calling material into a personal mission practice that helps you notice people, share the gospel, and walk faithfully in your everyday assignment.

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	Complete the practical tool with a few honest words.
4	Choose one faithful response before moving on.
5	Invite another person into the work where support would help.

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

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Sent Under Authority	Remember that Jesus sends His people under His authority and with His presence.
02	Notice the People Near You	Pay attention to the people God has already placed around you.
03	Live a Faithful Witness	Practice truth, grace, hospitality, service, and gospel conversation.
04	Take Your Next Assignment	Choose one person, place, or step of obedience for the next thirty days.

WORD • WONDER

Receive and Reflect

Begin with Scripture. Then check the responses that feel most true. Use the writing spaces only where a few words help you name the present season.

Word

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

☐ Jesus has all authority.	☐ Jesus sends His people with His presence.
☐ Witness grows from a life changed by grace.	☐ Ordinary obedience can carry the hope of Christ.

One phrase or truth I want to carry forward:

_____

_____

Wonder

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

☐ A person God may be placing on my heart.	☐ Fear about sharing my faith.
☐ A need to listen before speaking.	☐ A neighborhood, workplace, or family connection.
☐ A desire to serve with greater intention.	☐ A calling I have delayed.

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?

_____

_____

THE ACTION BLUEPRINT

Make the Condition Visible

The Action Blueprint

See the present condition. Score the statements honestly. This is not a grade or a verdict. It helps you notice where support, conversation, or a clearer practice may be needed.

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 people God has placed near me.	1 2 3 4
I pray regularly for people who do not yet know Jesus.	1 2 3 4
I am willing to speak about Christ with gentleness and respect.	1 2 3 4
I have one simple way to serve or encourage someone this month.	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:

_____

PRACTICAL TOOL

My Everyday Mission Map

Mission begins where you already live. Use this page to notice people, pray specifically, and choose one faithful action.

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

Person or Place	What I Notice	How I Will Pray	One Faithful Step
Family or close relationship			
Work or school			
Neighborhood			
Church community			
One person far from God			

FORMATION NOTE

Write only what helps you name the next faithful response. A clear beginning is better than a perfect page.

CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

You do not need to solve every part of this practice today. Choose one response that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A person I will pray for by name	☐ A meal or conversation I will initiate
☐ A story of grace I will prepare	☐ An act of service
☐ An invitation I will extend	☐ A next step of obedience

2. Choose One Faithful Response

☐ Pray honestly about this every day this week.	☐ Read the primary Scripture again each morning.
☐ Tell a trusted person what is true.	☐ Ask someone to pray with me.
☐ Take one action I have been avoiding.	☐ Replace one unhealthy pattern with a better rhythm.
☐ Schedule a follow-up conversation.	☐ Choose one small act of obedience.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

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

The person who can help me:

_____

4. Name What You Hope God Will Grow

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

MY PRAYER

Jesus, thank You for sending me with Your presence. Help me notice the people around me, love them well, and speak of Your grace with humility and courage.

WALK WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

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

Share in Three Simple Parts

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

Questions a Trusted Person Can Ask

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

The one thing I will do next:

_____

The person who will follow up with me:

_____

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

THIRTY-DAY PLAN

The Jesus & Belief Follow-Through Plan

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

Week One | Return to the Gospel

Read the cross and resurrection accounts again. Let the center of the gospel become personal.

☐ Read Mark chapters 14 through 16.	☐ Read John chapters 19 through 21.
☐ Pray through the gospel clearly.	☐ Write one truth I need to remember.

My one faithful action:

_____

When I will do it / who will be involved:

_____

End-of-week reflection: What did I notice?

_____

Week Two | Strengthen Trust

Bring one question, fear, or area of doubt into Scripture and trusted conversation.

☐ Read First Corinthians chapter 15.	☐ Write one honest question.
☐ Talk with a trusted person.	☐ Read one Gospel account slowly.

My one faithful action:

_____

When I will do it / who will be involved:

_____

End-of-week reflection: What did I notice?

_____

Week Three | Practice New Life

Choose one daily rhythm that helps you remain close to Jesus.

☐ Protect a daily Scripture time.	☐ Pray one honest prayer each day.
☐ Choose one practice of rest or attention.	☐ Set a simple follow-up date.

My one faithful action:

_____

When I will do it / who will be involved:

_____

End-of-week reflection: What did I notice?

_____

Week Four | Live Sent

Notice one person or place where God may be inviting you to carry His grace.

☐ Pray for one person by name.	☐ Initiate one conversation or meal.
☐ Serve someone quietly.	☐ Prepare a short version of my story of grace.

My one faithful action:

_____

When I will do it / who will be involved:

_____

End-of-week reflection: What did I notice?

_____

MY THIRTY-DAY COMMITMENT

For the next thirty days, I will focus on: _____
My first faithful action is: _____
The person who will follow up with me is: _____
My thirty-day review date is: _____

CLOSING ASSESSMENT

The Jesus & Belief 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 Belief	1 2 3 4	_____
02 The Promise of a Savior	1 2 3 4	_____
03 Jesus the Fulfillment	1 2 3 4	_____
04 The Cross: Why He Came	1 2 3 4	_____
05 The Empty Tomb	1 2 3 4	_____
06 The Witnesses: Why They Spoke	1 2 3 4	_____
07 The Story That Can Be Trusted	1 2 3 4	_____
08 More Than Agreement	1 2 3 4	_____
09 Received by Grace	1 2 3 4	_____
10 Alive in Christ	1 2 3 4	_____
11 Faith in the Fire	1 2 3 4	_____
12 The People of Jesus	1 2 3 4	_____
13 Live Under the King	1 2 3 4	_____
14 Follow and Go	1 2 3 4	_____

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

HOW TO READ THE CHANGE

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

My Next Season

The practice I will keep working on:

_____

The person I will invite into the next season:

_____

The rhythm I will protect:

_____

CLOSING PRAYER

Jesus, thank You for revealing Yourself through Scripture, the cross, the empty tomb, and the witness of Your people. Help me keep receiving Your grace, walking in truth, belonging to Your people, and following You faithfully wherever You lead.

ABOUT MSSNL

Clarity. Formation. Faithful Obedience.

MSSNL exists to help people follow Jesus with clarity, courage, and faithfulness.

We believe the gospel is more than information to understand. It is life to receive, truth to live, and good news to carry into the world.

Our resources are created to help people return to Scripture, see Jesus clearly, grow in community, and take the next faithful step.

Clarity leads to courage. Margin creates mission. Formation fuels multiplication. Community strengthens obedience.

Learn more at mssnl.org