

## FOLLOWING IN THE FOOTSTEPS OF JESUS: A WEEKLY PATH FOR DISCIPLESHIP

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### SABBATH SUNDAY

- Value: Rest, Strengthening families (Exodus 20:8-12).
- We desperately need a break, but rarely take one. We long for more family time, but rarely get it. Therefore, commit to doing as little work as possible and use this day to rest, relax, renew your soul, worship God and spend quality time with family and friends. You will not regret it.

### MAKE A DIFFERENCE MONDAY

- Value: Blessed to be a blessing (Genesis 12:1-3).
- We believe God has blessed us so that we can bless others. Look for simple ways to bless people and make a difference in their lives today (a phone call, a smile, a prayer, paying someone's bill, etc.)

### TUESDAYS WITH JESUS

- Value: Dependence (Galatians 2:20).
- We seek to become increasingly dependent upon Jesus so that it is no longer we who live, but Christ who lives in us. Set aside time today to be alone with Jesus in prayer, meditation and Bible study. How is Jesus leading you to trust in him? What is Jesus saying to you? What are you going to do about it?

### WORKOUT WEDNESDAY

- Value: Whole body health (1 Corinthians 6:19-20).
- We value personal responsibility for staying fit physically, mentally, and spiritually. Stop by a fitness center for a workout, or find your own ways to work on strengthening your body, mind and spirit (walking, biking, Sudoku, healthy eating, or devotional reading).

### THEOLOGY THURSDAY

- Value: Wisdom (Proverbs 24:3-4).
- We believe you do not have to check your brain at the door to be a Christian. Get together with church members, friends, and family to ask questions about God and life. Be curious and use the mind God gave you to grow in wisdom and understanding.

### FUN FRIDAY

- Value: Relationships, Fun (John 10:10).
- God created us for relationship. God also invented fun. Put the two together and you're in for a great night; so go out and enjoy life! Use Fridays to have fun and build relationships with others.

### SERVICE SATURDAY

- Value: Service (Romans 12:1).
- We seek to worship God with our whole lives, especially by using the gifts God has given us to serve others. Worship God today through acts of service to others. Find your own way to serve others and demonstrate God's love.

## **COMMENTARY ON THE WEEKLY PATH FOR DISCIPLESHIP**

This discipleship plan is designed to help you take personal responsibility for growing in faith by seeking to live out your faith 24 hours a day, seven days a week.

This discipleship plan is not meant to be a list of burdens that fill up all your free time, but an intentional way to live out your faith, emphasizing different areas of discipleship each day. The key idea to grasp is that faith is not just one component of life, reserved for one hour a week. Instead, faith involves everything you do, every second of your life.

You'll notice that all of these activities/ideas can be done on your own in partnership with other people and do not center on the church building.

May this discipleship plan help you find specific ways to be the church as you love God, love your neighbors, grow in faith, and follow Jesus.