

GRIP 2026 FALL OVERVIEW

PURPOSE OF GRIP To provide a set of discipleship tracks where a Christ-following man can invest in another man for **100 days**. The Key dynamic is the Holy Spirit working in spiritually hungry men.

Our experience in 30+ years of discipleship is that **the best practice for guys new to GRIP** is to partner with a GRIP veteran.

EXPECTATIONS Each season of GRIP discipleship revolves around:

- 1) **Meeting with God** - regular unhurried time alone with God in His Word/prayer 5X / week (GRIP Guide)
- 2) **Brother to Brother** – meet with GRIP brother(s) between gatherings - encourage, challenge, pray
- 3) **Personal Retreat** – set aside ~4-6 hrs. to listen to and enjoy God
- 4) **Action Points** – identify and pursue personal steps of obedience this season
- 5) **Gatherings** - Participate in **6** Monday night gatherings. Be ready to share, learn, minister.

TIME/DATES 6 Mondays 6:30-9:00pm. (2026) 08/31 **SG** 09/14 10/05 **SG** 10/26 11/16 **SG** 12/07
SG = Small Group mtg

Note: there are only two weeks between the first two gatherings. Then, the overall rhythm of meeting every 3 weeks between gatherings. If your schedule shows that you will definitely miss two gatherings over the season, we suggest doing GRIP off-line.

On **Monday, 8/03, 6:30-8:30pm** Small Group Shepherds huddle will meet. An invitation will be sent out with details

LOCATION for Large Gatherings Crossroads Church 2723 Ashland Rd, Columbia, SC 29210 (near I-20 / I-26). We will sit around tables and box dinners will be available.

FINANCIAL INVESTMENT We don't want finances to preclude any man. Some partial scholarships are available.

- ☐ Plan A **\$60** (GRIP fee only – *GRIP Guide*, Admin, bottled water, snacks, handouts, room set-up, etc.)
- ☐ Plan B **\$105** (includes GRIP fee **AND** 3 *healthy* boxed meals from The Peanut Man for the large GRIP gatherings)

MATERIAL

- **The Bible**. Read a new testament letter as well as explore the lives of six men from the Bible.
- **GRIP Guide Fall 2026** - presents the flow, reading plan, journaling space, and any special content.

GATHERING FORMAT On each of the Monday nights (6:30 - 9:00pm) we will...

- Fellowship over a meal around group tables
- "Come to the Cross" – align our hearts and respond in prayer
- Share in Small groups (Express what God impressed on us in our times alone with Him)
- Receive Equipping in areas specific to men – "**Family or Family-Like Focus**" will be an emphasis this Fall.

HOW TO ENROLL Enrollment opens **Wed. June 10th, 2026**. Enrollment closes **11:59PM Wed. August 17, 2026**.

1. Once you determine before the Lord that GRIP would be a useful set of tracks for a discipleship relationship with another man, then initiate with a particular man in your sphere of influence: (see best practices on page 2)
"Would you like to partner with me in this GRIP season of discipleship?"
2. Enroll online at **grip.focusedliving.com**. (This WebApp can be used on computer, tablet, or phone)
During this online process you will:
 - a. View an introductory video.
 - b. Briefly explain why you want to be involved in GRIP.
 - c. Provide the email addresses of your **GRIP partner**, your **spouse**, and a **pastor/ church leader**.
(Automatic emails will be sent to these three soliciting their support.)
 - d. Electronically select the payment method for the GRIP season.

I purpose to allow God to fully grip my heart over the next 100 days. I acknowledge that...

- *my growth is by God's grace and in the Spirit's power and not by my own strength (Col 2:19b; 1Cor 3:6).*
- *God's grace is not opposed to my effort in putting myself in a position to let God grow me (1Tim 4:15).*
- *Christianity is a team sport and I commit myself to my GRIP partner's spiritual success (Rom 1:12).*

QUESTIONS Contact Jason Yarborough jason@focusedliving.com or 803-727-3313