

GRIP 2026 SPRING 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 GRIP pairings is that one of the guys has been through a season of GRIP already.

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) 02/02 **SG** 02/16 03/09 **SG** 03/30 04/20 **SG** 05/11
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 miss two gatherings for sure over the season, we suggest doing GRIP off-line.

On **Thurs, 1/08, 6:30-8:00pm** Small Group Shepherds huddle @ Crossroads – light meal included

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 **\$100** (includes GRIP fee **AND** 3 *healthy* boxed meals from The Peanut Man for the large GRIP gatherings)

MATERIAL

- **The Bible**. The plan will be to read through the book of **Acts** this season.
- **GRIP Guide Spring 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 – "**Outreach Focus**" will be an emphasis this Spring.

HOW TO ENROLL Enrollment opens Thursday, Dec. 4th, 2025. Enrollment closes 11:59PM **Wed, January 21, 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:

"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