



**When my heart is gripped by God's hands...**

*"Father, into Your hands I commit My spirit." (Luke 23:46)*

**then my hands will do what's on God's heart!**

*"I always do the things that are pleasing to Him." (John 8:29)*



# The Big Picture of GRIP

Each season of GRIP discipleship emphasizes 3 core practices:

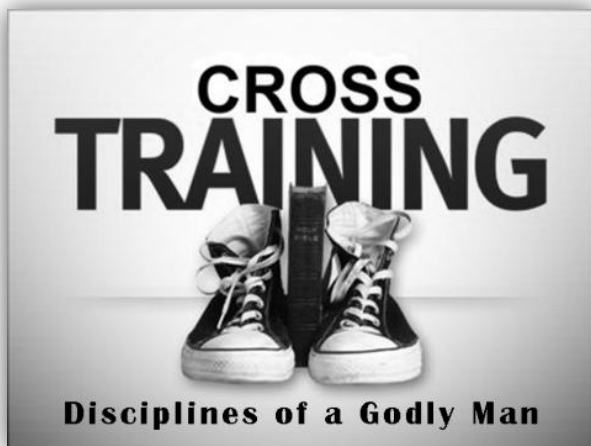
**Action Points** - Identify and pursue personal growth action points

**Meeting with God** - Regular unhurried time alone with God in His Word with a view toward love-motivated obedience

**Brother to Brother** – Regularly meet with at least one other brother where encouragement, challenge, and prayer can happen.

Some men coming into GRIP are a long way down the road to owning these three core practices. Others have been exposed to them, and perhaps have practiced them for short seasons in their past, but their lives are not currently characterized by them. For several men, these will be brand new practices. Our prayer is that this GRIP season will help you own these three practices, or rhythms, and that you will pass them on to others.

Here's a brief overview of how these 3 core practices will specifically come into play during this GRIP season.

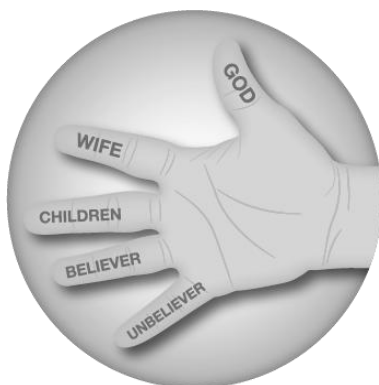


## The Practice of → Action Points

During the first two weeks of this discipleship season, we are asking you to set aside some time to get before God and think about your life. *Where does He want to grow me? How can I join Him in this process?* Our strong encouragement will be for you to carve out a 4-6 hour block of time and have a **personal retreat to hear from God**. For some, this extended time with God will be new and unfamiliar. Don't shy away from it on that account. However, if setting aside that large of a block of time proves unworkable, then divide that time into **smaller chunks over this two week period**. Either way, the point is slowing down to listen to God.

**Listen and Reflect** As you slow down to consider your life in God's presence, we will provide a grid to help you think through the **KEY RELATIONSHIPS** and the **KEY RESOURCES** God has given you.

### Key Relationships



### Key Resources



We use the 5 fingers of a hand to represent these Key Relationships and Key Resources. The material in this guide will help ask God, “*How can I bring these Key Relationships and Key Resources more in line with Your will for me?*” It won't take much pondering before you are aware of areas that need growth: attitudes, character areas, disciplines, sin habits, intentions never acted upon, etc.

**Write Down Action Points** As a result of that reflective time, you will write down some action points. These actions points are not just “nice ideas”. Rather, they are specific ways to obey God in this season of your life. Again, we'll give you some ideas here based on what other men have focused on in the past.

## The Practice of →Meeting with God

Apart from the daily rhythm of reading God's Word with a posture to know Him and obey Him, it's highly unlikely that a man will ever be a disciple maker. If you are not regularly and personally processing God's Word, you are NOT on the path towards growth in God.

God has graciously given us His special revelation in the Bible (2Tim 3:16). It's the ONLY source where you can learn God's character, learn God's Gospel, and learn who you are in Christ. As we read the Scriptures, they read us (Heb 4:12). The Holy Spirit, who resides in each believer and mediates the presence of Christ to us, ministers the Word to us as we read and reflect. He corrects our wrong thinking; He convicts us of sin; He reminds us of God's promises; He speaks courage to our heart. If we are to walk by the Spirit and keep in step with the Spirit, then we need to be able to listen to the Spirit – and the Word of God is the Spirit's dialect. Why not make this season of GRIP discipleship your “stake in the ground” for personally owning the practice of regular unhurried time alone with God in His Word every day?

**Bible Reading Plan** This GRIP guide will help you be in God's Word at least 5 X per week. If you simply set aside the time, we'll direct you where to read. For this season, we'll start reading in the Gospel of Mark which describes the life and work of Jesus the Christ. We'll finish our season by reading Romans, which is the Gospel explained. You'll also have a stretch in the middle where you will practice choosing your own Bible passages to read.

**Journaling** Reading God's Word is a necessary start. But reading is not the same as processing and listening. Our goal in reading is communion with God and application of what He presses into our hearts. So, we will encourage you to process what you read by journaling. For some, this may be a new habit. We'll suggest a few different templates that you might use to guide your journaling. We'll also provide a few “prime the pump” questions for each Bible passage.

**Passing On** Reading and journaling will take any man a long way down the path to hiding God's Word in his heart. To seal the deal, we want each man to “pass on” one aspect of his time in God's Word with his family, GRIP partner, or someone else in his life. The idea is to **EXPRESS** what God has **IMPRESSED** on your heart and mind.

## The Practice of → Brother to Brother

In many facets of men's lives, community is a given. Men hunt together, play & watch sports together, work out together, do home improvement projects together, serve together, etc. However, when it comes to the Christian journey, many men have never learned how to do this together. It's clear from the Bible that the life God calls us to is a life in community. There's the assumption that we will be walking this journey together. Christianity is a team sport. No contact, no impact. We must give at least a few men access to our everyday lives.

*And He appointed twelve, so that they would be with Him (Mk 3:14)...that I may be encouraged together with you...each of us by the other's faith(Rom 1:12)...my brother and fellow worker and fellow soldier (Phil 2:25)...Bear one another's burdens (Gal 6:2)...Encourage one another day after day(Heb 3:13)...Be imitators of me, just as I also am of Christ(1Cor 11:1)...walk according to the pattern you have in us(Phil 3:17)*

**Meet between large GRIP gatherings** The backbone of GRIP is the face to face meeting between GRIP partners. Since the rhythm of our large gatherings is every three weeks, we expect that every GRIP pairing/triad will meet face to face at least once between our large gatherings. The most successful GRIP partnerships find a way to connect every week. In addition, a weekly phone call goes a long way to staying up to date.

**Share Action Points** During the first two weeks of GRIP you will have nailed down a short list of action points. It's vital that you share your action points with your GRIP partner. Our app makes this easy: Grip.focusedliving.com. Once shared, now you and your partner can strengthen each other's hands to follow through.

**Ask Accountability Questions** In addition to sharing your action points, you will be encouraged to share 3-5 accountability questions that you give permission to your GRIP partner to ask you weekly. These often relate to your action points or to areas of personal holiness. Again, you can share these via the grip.focusedliving.com app under the HAND Disciple finger.

**Pray** With your GRIP partner's action points and accountability questions in hand, now you have specific ways to lift each other up in prayer. Make it a habit of praying for each other every time you meet.

## Rhythm of this Guide

In this guide, we have laid out a weekly rhythm of being in God's Word. We come to His Word to know and love Him...not to check off boxes and say, "I'm done!" Because of this relational purpose, we strongly encourage each man to process what he is reading by journaling. Most of the pages in this guide are for this purpose.

The rhythm we are presenting is a 5 day rhythm. We feel the pace and amount of Bible content it is doable. For most men, there will also be some margin to engage other Bible content related to your church or personal reading plan.



**God's GRIP on my Heart** – At the beginning of each week, we provide a page that will prompt you to review your action points. Coming to these often will prevent the “out of sight, out of mind” trap. Identify the 1 or 2 action points that are absolute musts for your focus this week. Remember, these action points are what you sensed God was impressing on you to do. Will you obey?



**Bible passages (4 days/week)** – Over this GRIP season you will be reading through the Bible books of Mark and Romans. You will also have a two week stretch of customized reading in the Bible. As you read, expect God to impress truths into your soul. The next page provides a few “templates” that have helped men to journal in response to their Bible reading.



**Scripture Memory (1 day/week)** – The last day of the 5 day rhythm will typically be Scripture memory. The point of memorizing scripture is so you will have it when you need it the most. If it resides in your heart, you can bring it back to your mind and your mouth. The verse(s) will come directly from the Bible reading. Some guys create some memory cards for easy review or utilize a scripture memory app on their phones. Feel free to use whatever Bible version you resonate with. A list of all the scriptures to memorize is found on page. 14.



**Weekly GRIP Growth summary** – At the end of each week (and at the end of each section) we provide a page to help you measure your progress (1Tim 4:15). Take a few minutes (perhaps on the Sabbath each week) to jot down

- a couple highlights from God's Word to you
- an instance of “passing on” a truth to your family / GRIP guy
- what you did on your action points
- what step you took toward walking a friend toward Christ

# **SECTION 1**

(2 weeks)

## **Week 1** 1/29

- ☐ **Day 1** God - Exodus 33:11-34:8
- ☐ **Day 2** Wife / Family - Ephesians 4:1-3; 25-32
- ☐ **Day 3** Children / Family - Psalm 78:1-8
- ☐ **Day 4** Disciple - 1Thessalonians 2:5-12
- ☐ **Day 5** Friend – Colossians 4:2-6
- ☐ Scripture Memory: Psalm 40:8

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## **Week 2** 2/5

- ☐ **Day 1** Heart – Psalm 63
- ☐ **Day 2** Time - Ecclesiastes 3:1-10
- ☐ **Day 3** Health - 1Corinthians 6:12-20 (esp :19,20)
- ☐ **Day 4** Wealth - Luke 16:1-15
- ☐ **Day 5** Vocation - Ex 31:1-6; Col 3:22-25; 1Pet 4:7-11

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- ☐ Planned my personal retreat
  - ☐ Completed my personal retreat
  - ☐ Identified Action Points and have shared these with my GRIP partner (grip.focusedliving.com WebApp)
  - ☐ Met with GRIP partner since last GRIP gathering
  - ☐ GRIP Gathering Preparation Form filled out
  - ☐ Ready to attend GRIP Gathering #2 on February 12, 2018





## **SECTION 2**

(3 weeks)

### **Week 1** 2/12

- ☐ Day 1 Mark 1
  - ☐ Day 2 Mark 2
  - ☐ Day 3 Mark 3
  - ☐ Day 4 Mark 4
  - ☐ Day 5 Scripture Memory: Mark 1:35
- 

### **Week 2** 2/19

- ☐ Day 1 Mark 5
  - ☐ Day 2 Mark 6
  - ☐ Day 3 Mark 7
  - ☐ Day 4 Mark 8
  - ☐ Day 5 Scripture Memory: Mark 10:43b-45
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### **Week 3** 2/26

- ☐ Day 1 Mark 9
  - ☐ Day 2 Mark 10
  - ☐ Day 3 Mark 11
  - ☐ Day 4 Mark 12
  - ☐ Day 5 Scripture Memory Review
- 

- ☐ Determined 3-5 accountability questions I need my GRIP partner to be asking me weekly. Enter in WebApp.
- ☐ Met with GRIP partner since last GRIP gathering
- ☐ GRIP Gathering Preparation Form filled out
- ☐ Made progress on HAND Action Points
- ☐ Ready to attend GRIP Gathering #3 on March 5, 2018



## **SECTION 3**

(3 weeks)

### **Week 1 3/5**

- ☐ **Day 1** Mark 13
- ☐ **Day 2** Mark 14
- ☐ **Day 3** Mark 15
- ☐ **Day 4** Mark 16
- ☐ **Day 5** Scripture Memory: Mark 5:19-20; 16:15

### **Week 2 3/12**

- ☐ **Day 1** My Diet in the Word
- ☐ **Day 2** My Diet in the Word
- ☐ **Day 3** My Diet in the Word
- ☐ **Day 4** My Diet in the Word
- ☐ **Day 5** My Diet in the Word

### **Week 3 3/19**

- ☐ **Day 1** My Diet in the Word
- ☐ **Day 2** My Diet in the Word
- ☐ **Day 3** My Diet in the Word
- ☐ **Day 4** My Diet in the Word
- ☐ **Day 5** My Diet in the Word



- ☐ Met with GRIP partner since last GRIP gathering
- ☐ GRIP Gathering Preparation Form filled out
- ☐ Made progress on HAND Action Points
- ☐ Ready to attend GRIP Gathering #4 on March 26, 2018 (This gathering will be an independent team gathering. Each team will decide where to meet.)

## **SECTION 4**

(3 weeks)

### **Week 1** 3/26

- ☐ **Day 1** Easter Prep: *50 Reasons*: Chapt 1
- ☐ **Day 2** Easter Prep: *50 Reasons*: Chapt 2
- ☐ **Day 3** Easter Prep: *50 Reasons*: Chapt 19
- ☐ **Day 4** Easter Prep: *50 Reasons*: Chapt 30
- ☐ **Day 5** Reflect on Cross and Easter

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### **Week 2** 4/2

- ☐ **Day 1** Romans 1
- ☐ **Day 2** Romans 2
- ☐ **Day 3** Romans 3
- ☐ **Day 4** Romans 4
- ☐ **Day 5** Scripture Memory: Romans 1:16-17

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### **Week 3** 4/9

- ☐ **Day 1\*** Romans 5
- ☐ **Day 2\*** Romans 6
- ☐ **Day 3** Romans 7
- ☐ **Day 4** Romans 8:1-17
- ☐ **Day 5** Scripture Memory: Romans 5:8-9

- ☐ Met with GRIP partner since last GRIP gathering
- ☐ GRIP Gathering Preparation Form filled out
- ☐ Ready to attend GRIP Gathering #5 on April 16, 2018



## **SECTION 5**

(3 weeks)

### **Week 1 4/16**

- ☐ **Day 1** Romans 8:18-30
  - ☐ **Day 2** Romans 8:31-39
  - ☐ **Day 3** Romans 9
  - ☐ **Day 4** Passion for my unbelieving friend
  - ☐ **Day 5** Scripture Memory: Romans 8:38-39
- 

### **Week 2 4/23**

- ☐ **Day 1** Romans 10
  - ☐ **Day 2** Romans 11
  - ☐ **Day 3** Romans 12
  - ☐ **Day 4** Romans 13
  - ☐ **Day 5** Scripture Memory: Romans 15:13
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### **Week 3 4/30**

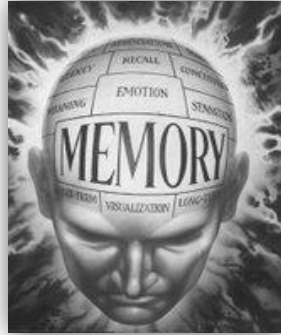
- ☐ **Day 1** Romans 14
- ☐ **Day 2** Romans 15
- ☐ **Day 3** Romans 16
- ☐ **Day 4** Free Day
- ☐ **Day 5** **Review** Scripture Memory

- ☐ Met with GRIP partner since last GRIP gathering
- ☐ GRIP Gathering Preparation Form filled out
- ☐ My Plan for the Summer Form filled out
- ☐ Ready to attend GRIP Gathering #6 on May 7, 2018
- ☐ Sign the Mission Columbia Discipleship pledge



# GRIP Scripture Memory

Throughout this season of GRIP discipleship, you will be hiding God's Word in your heart so you will have it when you need it the most. All the scripture comes from your devotional reading. At each of our large gatherings, your "meal ticket" will be to recite your scripture from the most recent section of Bible Reading. Here are all the passages for this season in one easy location.



## Psalm 40:8

**"I delight to do Your will, O my God; Your law is within my heart."**

## Mark 1:35

**In the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and was praying there.**

## Mark 10:43b-45

**...whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. "For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."**

## Mark 5:19-20

**...He said to him, "Go home to your people and report to them what great things the Lord has done for you, and *how* He had mercy on you." And he went away and began to proclaim in Decapolis what great things Jesus had done for him; and everyone was amazed.**

**Mark 16:15**

**And He said to them, “Go into all the world and preach the gospel to all creation.”**

**Romans 1:16-17**

**For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it *the* righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS *man* SHALL LIVE BY FAITH.”**

**Romans 5:8-9**

**But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from the wrath *of God* through Him.**

**Romans 8:38-39**

**For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.**

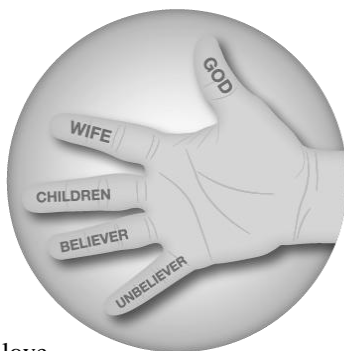
**Romans 15:13**

**Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.**

## Your HAND: Key Relationships

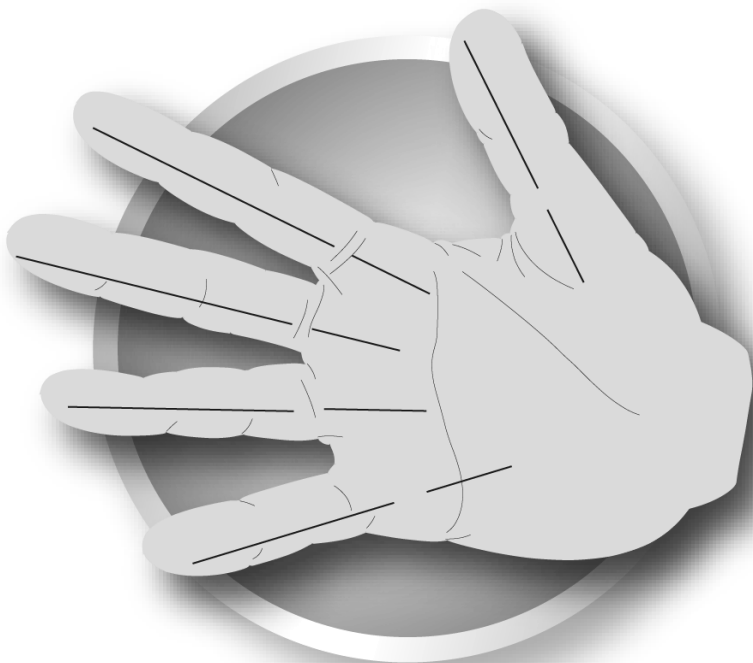
We have chosen the 'Hand' graphic because it is a useful way to visualize God's grip on our heart in order to live out His priorities as God's hands. In Matthew 22:34-40 Jesus teaches that the two greatest commands are to

**love God** and **love others**. The thumb pointing upward represents our vertical love relationship with the Father. Likewise, the other four fingers pointing horizontally represent the priority relationships in which the Lord has called us to invest His love. The fingers on the HAND become a simple way to bring focus to our living and to bring our hearts more in line with what God values. Discipleship, then, is helping each other grow to become disciplined in living the relationships God values in the power of the Holy Spirit.



Depending on your season of life, God will call you to prioritize slightly different relationships. The Thumb (**God**), Ring (**Believer**) and Pinky (**Unbeliever**) fingers are non-negotiable relationships central to your life as a Christ-follower. The Pointer and Middle fingers represent family or family-like relationships. These vary from person to person and even vary from different seasons of life. If you are married, the Pointer finger (**Wife**) is non-negotiable, as is the Middle finger (**Children**) if you have children still living under your roof. Again, these are starting points for focusing your relational investments in this season of your life. Other examples of Key Relationships might be girl friend, fiancé, siblings, aging parents, nieces, nephews, grandkids, roommate, etc.

In this season of your life, who are your Key HAND Relationships?  
Write their names on the graphic below.



**My HAND Relationships  
in this season of my life**



## Your HAND: Key Resources

Most of us don't need convincing that these Hand relationships are Biblical, non-negotiable priorities of the Father. We have the sincere intention of faithfully living them out while helping another brother do the same. Though the plan to live out our action points seems straightforward, when the reality of life hits, our grip starts to slip and our well-laid plans become like grasping a wet bar of soap.



Sometimes one relationship takes your full attention and energy. For instance, a crisis situation with your child or a health issue of your beautiful bride becomes your main focus. Therefore, since your family is a priority, your discipleship and outreach relationships might not get

the attention they need for a time. In these intense seasons, we encourage you to carry one another's burdens and keep pointing each other back to your relationship with the Lord as you focus on this one horizontal relationship.



Besides these crisis seasons that require magnifying one relationship over the others, there are other realities that may keep you from faithfully focusing on the relationships represented by the Hand. You see, though relationships are primary on God's heart, He has given us stewardship over some key resources as well. Specifically, he wants us to manage our **heart**, our **time**, our **health**, our **wealth**, and our **vocation**. God's design is that our good stewardship of these resources will help us keep a good grip on our priority relationships. However, they can also be used by our enemy to loosen our grip.

When one or more of these resource areas is out of alignment or neglected as to become unhealthy, then we start losing our grip on one or more of our key relationships. Wise GRIP partners will periodically help each other to examine these stewardship areas, especially if any of these key relationships seem to be stalled.

# Listening to God

Now that you have been exposed to the HAND grid of Key Relationships and Key Resources, we want you to prayerfully consider your life.

*God, what insights would you give me about the Key Relationships You desire me to prioritize?*

*How can I better steward the Key Resources You have entrusted to me?"*

We envision this prayerful reflection happening in one of two ways.

**Personal Retreat** - Many men will choose a half day personal retreat as their way to think and pray through their HAND action points. This half day (4-6 hours) of concentrated time of personal reflection has proved a rich blessing to GRIP men through the years. We strongly recommend this path – especially if you’ve not done this before. The overwhelming feedback from men who have experienced this personal retreat has been very positive. This retreat would need to be **completed by February 11<sup>th</sup>** in preparation of our GRIP large gathering on February 12<sup>th</sup>. The following pages guide you through how this time might be ordered.

**10 Days of Discovery** – Some men will choose to spread this reflection over ten days (ten ~1 hour sessions). This path helps the man who can’t carve out one large chunk of time. Each day would focus on one key relationship or one key resource. Section 1 of this GRIP Guide is written for this ten session format which would take place **between January 30 and February 11<sup>th</sup>**. (See pages 23-61)



## Action Points

Whether you choose the concentrated retreat or 10 days of discovery, LISTEN to God and hear what He would have you DO. Expect God to impress some things on your heart to do. This “DOing” is what we refer to as “working our Action Points.” These Actions Points are not just “nice ideas”. Rather, they are specific ways to obey God in this season of your life. They carry the weight of “*I would be disobedient to God if I didn’t pursue these actions.*” Allow God to impress on you **one or two action points per finger** that He desires for you to emphasize over this next season of your life.

Now, take a breath. God is not out to overwhelm you with a long todo list. He knows that you are but dust (Ps 103:14)! And yet, He deeply desires for us to press on to maturity, looking more and more like Jesus (1Tim 4:15; Rom 8:29; Phil 2:12-13; 3:13,14; Heb 6:1; 12:1). Dallas Willard has written, “Grace is not opposed to effort, it’s opposed to earning.” In the environment of God’s Grace, let’s put forth effort towards these action points.

Action Points usually take one of a few forms:

- **establish a new pattern** (i.e. spiritual discipline, helpful practice, etc)
- **stop an existing pattern** (i.e. sin habit, a hindrance (Heb 12:1))
- **a one-time action** (forgive, apologize, write letter, have a conversation, read a book, attend a seminar, etc)

In the material that follows, we present a few action points per finger to give you a sense of what others have pursued. When formulating action points, try to make them SMART\*

### SMART Action Points\*

**S**pecific – not fuzzy

**M**easurable – you know when you are done

**A**ttainable – possible to do

**R**elevant - meaningful

**T**ime Limited – can show progress between meetings

\*Adapted from *The Coach Model*, by Keith Webb, 2012, p. 110.

Our [grip.focusedliving.com](http://grip.focusedliving.com) WebApp is specifically designed for you to enter and share you action points with your GRIP partner. The App allows you to concentrate on a few “Active” Action Points, while classifying other Action Points as “Inactive.” (As men, we can only focus on a couple action points at a time. This feature allows you to keep action points “on deck” for when you complete others and make room for these new ones.)

# PERSONAL RETREAT

## Before Your Retreat

- **Carve out 4-6 hours on your calendar** – Perhaps Saturday morning, Sunday afternoon, or taking a half day off during work. Some men get up early on Sunday morning and spend 2 hours with the Lord. Then they go to Sunday worship with their family, but return home (while their family remains for Sunday school) for another 2 hours of focused time before lunch with the family.
- **Choose a quiet place** – Find a comfortable place where you will be undistracted and uninterrupted out of your normal routine. A park, library, friend's lake house, an empty room at church, etc.
- **What to Bring** - Bible, [grip.focusedliving.com](http://grip.focusedliving.com) WebApp, pen, personal journal
- **Do** consider fasting a meal so you are reminded of your real hunger for God. **Do** get a good night's sleep the night before. **Do** let your family and GRIP partner know when you are planning to have this retreat so they can be prayerful. **Do** consider taking a first pass at reading the REFLECTION questions on pages 24, 28, 32, 36, 40, 44 ,48 ,52, 56, 60 and highlight a couple under each finger you know you need to really grapple with during your retreat.
- **Don't** look at texts, emails, social media during your retreat. **Don't** pack it too full of activity so you aren't quiet before the Lord.



## Flow for Actual Retreat

There is not one “right way” to have a personal retreat. Remember, your goal is to hear from God. A suggested agenda follows. You may end up changing the order, changing time allotments, or adding other elements. Look at it as an extended time with your best friend!

### Spiritual preparation (30 mins)

This is a time to rehearse God’s weightiness in your life. It’s a time to be really honest with him. It’s a time to express your heart. It might include Bible reading, praying, singing worship songs, confessing, etc



*“Father, increase the sensitivity of my heart to hear Your Word and to obey Your will. May my life reflect what is important to Your heart and may I pursue the things that You value. Help me meditate on Your Word and pour out the desires of my heart in prayer. Grant me insight into what Action Points You have for my life this GRIP season. And motivate me by the*

*depth of Your love and grace. Use this time to cleanse my heart, clarify my thoughts, and heighten my sense of fellowship with You.”*

### Evaluate Key Relationships (90 -120 mins)

**Pages 23 - 41** are designed to walk a man through the process of evaluating his Key Relationships. For each of the 5 fingers on the Key Relationship Hand, you will see the following:

- A relevant Bible passage to read along with a couple questions\*
- A series of Reflection questions. (Note: These reflection questions are also included in the [grip.focusedliving.com](http://grip.focusedliving.com) WebApp under the “Hands” button.)
- Blank space to jot down your reflections
- Example Action Points that you might adapt
- Space to write out 1 or 2 action points.

\*You will notice that **pages 23 - 41** are formatted for the man who chose the “10 Discovery Days”. That rhythm is basically a normal quiet time with God with the HAND reflection questions added. During your retreat, you may not have the time or capacity to read each Bible portion for each finger. No worries! You can skip it during the retreat and use it to guide your daily quiet times for the first week of GRIP.

### **Prayer walk (45 mins)**

Why not go for a walk and continue the conversation with Jesus? Try to be aware of any anxiety or worry or stress. Cast these cares on Him. Lift up each relationship and entrust that person into God's hands.

### **Evaluate Key Resources (60 – 90 mins)**

Remember, sometimes our intentions to prioritize our key relationships are short circuited because we are not managing our resources well. Where are you out of balance? How can you improve your stewardship of these God-given resources?

**Pages 42-62** are designed to walk a man through the process of evaluating his Key Resources. For each of the 5 fingers on the Key Resource Hand, you will see the following:

- A relevant Bible passage to read along with a couple questions\*
- A series of Reflection questions. (Note: These reflection questions are also included in the [grip.focusedliving.com](http://grip.focusedliving.com) WebApp under the "Hands" button.)
- Blank space to jot down your reflections
- Example Action Points that you might adapt
- Space to write out 1 or 2 action points.

\* You can skip the scripture during the retreat and use it to guide your daily quiet times for the second week of GRIP.

### **Record Action Points (30 mins)**

You will have had many ideas during the retreat. Which one or two ideas do you sense are priorities given to you by God? These are the action points you should write down. Record your action points in one place that is easily shareable with your GRIP partner. **The [grip.focusedliving.com](http://grip.focusedliving.com) webapp is the designed for this purpose.** It is SO MUCH EASIER to practice accountability with another brother when you have each other's action points in a concise form☺ Note that when using the **[grip.focusedliving.com](http://grip.focusedliving.com) webapp**, your HAND action points are automatically shared with your GRIP partner.

## **Key Relationship: God**

### **Exodus 33:11-34:8**

Review the questions below, then open the Word, observe the context, and then read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*What can I learn about a relationship with God by observing how Moses and God interact? What would God have me change in my approach to Him?*

What will I pass on? To whom?

# Key Relationship: God

**Reflection** – Take some time to reflect on your love relationship with your Father God. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.



**God's perspective** -- Jesus and the Holy Spirit are interceding for me (Rom 8:26, 34) with the Father. As I picture myself eavesdropping on that intercession, what specifics do I hear?



**Gospel** - Have I experienced the Gospel, or have I just been exposed to the Gospel? Have I dug deep into the treasure chest of the Gospel? Do I live life affected and motivated by His grace?



**Identity** – Do I think of myself the way God thinks of me? Am I a Master's man surrendered to Christ, or a Moral man focused on my works and good deeds?



**Repentance** – Is my heart overwhelmed with His holiness? Do I go beyond just confessing sin and truly repent? Is my heart soft toward God?



**Character Transformation** - When squeezed by adversity, does the fruit of the Spirit come out in my attitudes, words and actions? What fruit is missing? Where is there a big gap between my outside persona and my inside reality and motivations?



**Disciplines** - Is my attitude toward spiritual discipline one of duty or delight? Is my diet of God's Word the right one for me right now? Do I have a prayer life? Am I looking for answers to the prayers I pray? How do I spiritually prepare for each day? When I finish my times alone with God, does God have a good grip on my heart?



**Led by Spirit** - Do I daily experience "keeping in step with the Spirit"? How often do I think about God during the day?



**Obedience** – Do I respond to God's Word with a love-motivated obedience? Am I committed to God's will, God's way? What are some goals I have in my walk with God over the next six months?






**Faith** – Do I trust God to come through for me? Am I experiencing His delivering grace? His sustaining grace?



Journal your insights and convictions:

**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Daily sit before God in His Word for 30 minutes in the morning and journal my thoughts
-  Present myself to God in prayer for 3 minutes at the beginning of each day.
-  Identify and memorize 6 Bible verses related to \_\_\_\_\_ that will provide God's truth to combat the lies I find myself believing. Rehearse daily and when I am under attack.

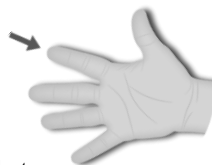


**Dear God, So far today I've done all right.  
I haven't cussed, gossiped, lusted,  
lost my temper, been greedy, envious,  
grumpy, nasty or self-centered. But  
I'm really going to need your help  
because in a few minutes I'm going  
to get out of bed.**



**Key Relationship: Family / Family-Like**

**Ephesians 4:1-3; 25-32**











Review the questions below, then open the Word, observe the context, and then read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.

*This passage describes some awesome qualities that come out when Jesus lives unhindered in me. Which qualities in me are my close family relationships benefitting from? Where specifically is my family being short-changed because of a deficit of these qualities?*

What will I pass on? To whom?

## Key Relationship: Family-Like / Wife




**Reflection** – Take some time to reflect on your close family relationship. (If married, reflect on your **relationship with your wife**.) Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.

-  **Self-Awareness** - What's it like for this person to live on the other side of me? Does the current health of this relationship accurately reflect what I say that I truly value?
-  **Character** - Do I manifest the New Man qualities of compassion, kindness, humility, gentleness, patience, forgiveness, and love in this relationship? (Col 3:12-14; Eph 4:2-3,25-32; 1Pet 4:8; 1Cor 13:4-8)
-  **Love** - How am I regularly taking the initiative, acting sacrificially, and meeting the real needs in this person's life? (Eph 5:25; 1John 4:10; 1Pet 4:8). What sacrificial "deposits" do I need to make into my wife's emotional "bucket"? Am I loving my wife like Christ loved the Church? Do I tell her verbally and show her through actions? (Eph 5:25; 1John 4:10; 1Pet 4:8). Am I quick to honor my wife in public? (1Pet 3:7)
-  **Spiritual leadership** – How am I doing at leading my wife spiritually? Do I pray with and for her consistently? Am I passing on what God is showing me during my time alone with Him? How am I helping her come to and grow in Christ? (Eph 5:23-27; 1Pet 3:8)
-  **Intimacy** - Do I know what is on this person's heart in this season of life? i.e. dreams, desires, hopes, headaches. How would I rate the physical, emotional, recreational intimacy in my marriage?
-  **Communication** - Am I creating the environment where safe, clear and meaningful communication can happen? Am I aware of and communicating in her love language (acts of service, gift giving, physical touch, quality time, words of affirmation)?
-  **Core Issues** - What problems are we currently experiencing? What's the core of each of those problems? What would Jesus do?
-  **Servant's Heart** – Am I a servant leader? Does my service come from an overflowing heart? (Ps 100:2; Rom 7:6; Gal 5:6, 13)

Journal your insights and convictions:

**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Pray with and for my wife 3 minutes every day.
-  Set aside and guard time each week for us to share and listen to each other's hearts.
-  Evaluate our relationship (i.e. go to counselor, marriage seminar, read book together) and implement two things I learn



**“Be decisive. Right or wrong,  
make a decision. The road of life  
is paved with flat squirrels who  
couldn’t make a decision.”**



**Key Relationship: Family / Family-Like**

**Psalm 78:1-8**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*What is my life message that I would pass on to my kids and grandkids?  
When the next generation asks, “Why should we put our confidence in  
God?” what will I say?*

What will I pass on? To whom?

## Key Relationship: Family-Like / Kids

**Reflection** – Take some time to reflect on your close family relationship. (If a parent, reflect on your **relationship with your kids**.) Read through the following questions. Highlight 2-3 questions which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.



**Self-awareness** - What's it like for this person to live on the other side of me?



**Heart Connection** – Do I have a mutual heart connection with this person? Am I a good listener? How often do I verbally express my love for, delight with, and pride in? How should I be praying for this relationship? (Mark 1:11; Ps 127; 2Cor 7:4,16)



**Lead/Raise up** – Do I have a 3-generation, 100-year vision for raising my kids? Am I living my life in such a way as to recognize that my priorities, decisions, actions, words, attitudes and relationships are making an impact for generations to come? Where have I delegated to my wife, youth pastor, teacher or coach something about my children's growth for which I am primarily responsible? (Ps 78:4-8; Eph 6:4; Deut 6:1-9; Job 1:1-5; Mal 4:6; Prov 22:16)



**Discipline** – Do I communicate truth and grace as I discipline? Do I recognize that *“rules without relationship lead to rebellion and resentment?”* Josh McDowell (John 1:14; Heb 12:6-11; Prov 13:24)



**Spiritual training** – Would my kids honestly say that I am the most godly man they know? Do I desire for my kids to have the life I have in Christ? Do I regularly pass on what God is showing me in a way that's meaningful to them? Is conversation about God a normal occurrence in my home? What practical things must I do to help my kids make their faith their own? (Josh 24:15; Jud 2:10-14)



**Character formation** – If character is more caught than taught, what am I modeling? How am I limiting the world's influence on my children? (James 1:27b) Do I really understand where my children are socially, emotionally and spiritually? Is there anything I have learned from my past or present life which I need to teach them?






**Skills** – What skills do I need to better train my kids? (Manners, work ethic, staying sexually pure, finances, decision making, etc)



Journal your insights and convictions:

**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Two times per week, pass on (in an age appropriate manner) what God is impressing on my heart from His Word.
-  Find a way to enter my kids world in order to understand their thinking and their heart
-  Write or update a personalized “legacy letter” to each of my children to be opened upon my death.





## **Key Relationship: Believing Man**

### **1Thessalonians 2:5-12**

Review the questions below, then open the Word, observe the context, and then read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*What actions and attitudes characterized Paul's investment in the Thessalonians? Four months from now, my GRIP partner may describe my investment in his life. What do I hope he says?*

What will I pass on? To whom?

## Key Relationship: Believing Man

**Reflection** – Take some time to reflect on your relationship with another Christian brother (i.e. your GRIP partner). Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.

✎ **Benefits** – What positive outcomes have I experienced from past man-to-man relationships? What things would I like to repeat? What would I change? How might God change me as I invest in another man? What would success look like after this season of investment?

✎ **Qualities/Skills** – What qualities have I most appreciated about the people who have discipled/invested in me? In what areas do I need further equipping to be a successful disciple/mentor? Do I qualify as a FATR man (Faithful, Available, Teachable, Reproducible)? Where's the evidence?




✎ **Priority** – In what tangible ways can I demonstrate my commitment to the spiritual success of my Christian brother? What will it cost me to make room in my life for this discipleship relationship? When I envision meeting with my brother on a regular basis, what impressions come to my mind? How does it make me feel to know I am a priority to someone else?

✎ **Possible Barriers** – What has kept me in the past from going ALL IN with a discipleship relationship? What fears or attitudes would keep me from being transparent with this man?

Journal your insights and convictions:

**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Each week, have a mutual time of asking and answering some predetermined accountability questions.
-  Daily pray for my Christian brother's action points, that he would gain traction and momentum.
-  Take a prayer walk once a month for the next 5 months with my GRIP partner.





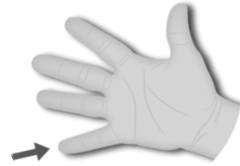
**“The good news is you’ll stay here. The bad news is your luggage has gone to hell.”**



## **Key Relationship: Unbelieving Friend**

### **Colossians 4:2-6**

Review the questions below, then open the Word, observe the context, and then read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Where do I see the pattern of prayer, care, share in this passage?  
Describe Paul's tone as he writes to the Colossians. Who opens the  
doors for outreach opportunities?*

What will I pass on? To whom?

## Key Relationship: Unbelieving Friend

**Reflection** – Take some time to reflect on **your relationship with the unbelieving friend** you'd most like to see come to Christ. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.



**Testimony** – Does my life convey Jesus Christ as my supreme treasure? Is the Gospel fresh to my soul today, compelling me to share it with others?



**Person** – Who has God sovereignly placed in my life who needs to hear and have an opportunity to respond to the Good News? If I can't name one, am I committed to asking God in prayer to open my eyes to the people around me? What steps can I take to engage an unbelieving person?



**Priority** – How will I make room in my life to journey with this person? What will I say “no” to in order to say “yes” to this person?



**Life of Overflow** - Does my walk with God cause others to thirst after Him? Do I start each day aware that I am God's ambassador representing Him as a blessing in my sphere of influence/culture?



**Verbal Witness** - Am I quick to give God credit for the things he has done in my life? What God stories have been written in my life recently?



**Barriers** - What has prevented me in the past from making evangelism a priority? What wrong thinking do I currently have about evangelism?






**Equipping** – As I consider the process of leading another person to Christ, where do I need help? (Prayer, Care, Share)?

Journal your insights and convictions:



**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Pray for my unbelieving friend for 30 days in a row using a scriptural prayer guide.
-  Identify my next step in walking my friend through the process of accepting or rejecting Christ. Then, take that next step. (i.e. engage, have a meal with, listen, meet a need, share a testimony, ask questions, invite to an event, pray with, share Gospel...)
-  Write out my testimony and practice sharing it with my GRIP partner.



**Scripture Memory:** Before we move on to evaluate the stewardship of our Key Resources let's make sure that our hearts are rightly motivated and not overwhelmed by a list of things to do. **Psalm 40:8** will help you to see these action points for Key Relationships and Key Resources as a **delight** (I get to) rather than a **duty** (I got to).



Psalm 40:8

**“I delight to do Your will, O my God; Your law is within my heart.”**

## Your Heart

The core of discipleship is God's grip on your heart. The wise man knows his heart. Your heart encompasses more than you might think at first thought. When you consider your heart, think of your motives, your purity, your personal holiness. Your heart is also where your dreams, ambitions, passions are rooted. On the negative side, your heart is where past hurts, sin habits, shame, and guilt reside along with other stresses and distractions of this world.

Represented by the thumb on the Key Resources Hand, your heart is closely related to your relationship with God. In discipleship, the heart of the matter is the matter of the heart. God has called us to “guard our heart” to “examine our heart” and to invite the Holy Spirit to “search” it (Prov 4:23; 1Cor 11:28; Ps 139:23-24; Matt 6:21). You must constantly and honestly discern the state of your heart. Don't leave His presence until He grips your heart. If our heart is holding onto sin, hurts, wrong thinking, disappointment, guilt, etc we will never be ALL IN regarding the Key Relationships to which God has called us. What kind of steward are you of your heart?

## **Key Resources: My Heart**

### **Psalm 63**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Jesus said, “for where your treasure is, there your heart will be also (Matt 6:21).” What is my treasure in this season of my life? Where does My heart/soul find its deepest satisfaction?*

What will I pass on? To whom?

## Key Resources: My Heart

**Reflection** – Take some time to reflect on the **stewardship of your heart**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?



**Motives** - Am I going through the motions when it comes to my spiritual life? Do I care more about what others think than living with God as my Audience of One? Am I tempted to make myself look better than I really am? Do I overwork because I feel disqualified due to past sin?



**Sin/Temptation** – Have I actively avoided opportunities that tempt me? Have I exposed myself to illicit material, people, thoughts? Have I succumbed in any way to pornography or any other sexual immorality? Do I experience the desire to be holy and pure? Have I allowed any good thing to become an idol in my life? Where am I giving satan a foothold (Eph 4:27).



**Stress** – What, if anything is stressing me out right now? Do I find myself sighing a lot? Am I trusting God's sovereign provision and protection for my life? Do I cast my cares on God and experience His peace? (Phil 4:6-7; 1Pet 5:8)



**Disappointment** – Am I discouraged because I have not yet accomplished a certain goal or achieved a long held dream? Have I entrusted my ambitions to God?



**Hurts** – Am I aware of a root of bitterness from past hurts growing in my heart? Do I have self-protective tendencies that prevent me from truly giving myself to others?

Journal your insights and convictions:

**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**



Thoroughly confess my sin.



Seek the help of a Christian counselor to process past wounds or current besetting sin habits.



Once a day, get in touch with my heart by taking a short walk and name my worries, concerns, frustrations, roots of bitterness, etc in God's presence.



## Your Time

God has called us to manage our time within the 168 hours He has given us each week. How we spend or invest that time directly impacts the health of our relationships. It has been said that if satan can't make you bad, he will make you busy. Being over committed is not only a time management issue, it is an indicator that we are doing some things that God has not called nor commanded us to do. The resulting pressure causes us to often treat others like projects, instead of people made in God's image. What kind of steward are you of your time?

*"The clock and the Christ are not close friends... We jump at the alarm of a Seiko but sleep through the call of the Almighty."*

Richard Swenson

*"Hurry is not just a disordered schedule. Hurry is a disordered heart."*

John Ortberg

*"People nowadays take time far more seriously than eternity"*

Thomas Kelly

**Key Resources: My Time**

**Ecclesiastes 3:1-11**

Review the questions below, then open the Word, observe the context, and then read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Have I ever considered that God has given me my time to manage well for His glory? As His manager, what update report would I give Him?*

What will I pass on? To whom?

## Key Resources: My Time

**Reflection** – Take some time to reflect on the **stewardship of your time**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

✎ **Calendar** – Does my calendar reflect what I say I value? Where do I see relationships on my calendar? Do I expect too much from my weekends? How would I spend my time if the Lord were in charge of it? What priority is conspicuously absent from my calendar?

✎ **Priorities** – When filling our life, we must put the important “big rocks” in the bucket before adding the less important “little rocks, gravel, and sand.” What “big rocks” are being neglected because my life is filled with the lesser priorities of gravel and sand? Where do I need to say “no” in order to say “yes” to the best?

✎ **Season of Life** – In what season of life am I? What time commitments should I be giving myself to in this season of life?

✎ **Margin** – Marginless living is satan’s victory. Does God get a busy signal when He calls me? Do I feel guilty when I relax? Do I enjoy unscheduled “moments” in my day?

✎ **Sabbath** – Is God pleased with how I spend the Sabbath? Do words like “refreshment”, “soul rest”, “unhurried” characterize my family on Sundays?




✎ **Interruptions** – When interruptions occur, do I view them as blocked goals or providential tests? Can I smile at them, or am I irritated and resentful?

Journal your insights and convictions:



**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Fill out a “Week at a Glance” form and see if what I say I value really shows up on my schedule each week. Make adjustments.
-  Make two changes to my Sabbath practice to bring me more in line with God’s heart
-  For every new opportunity that comes my way in the next 6 months, say “NO” to something before saying “YES” to the new opportunity.



## **Your Health**

Your body is the temple of the Holy Spirit. What an incredible privilege! God has placed a high priority on the stewardship of our health. Only when you are feeling energetic or fresh, can you bring your best to the relationships that matter the most! A little preventative maintenance on an ongoing basis will allow you to give your best energy, instead of leftovers, to the Lord and others. What kind of steward are you of your health?



**Key Resources: My Health**

**1Corinthians 6:12-20** (especially :19,20)

Review the questions below, then open the Word, observe the context, and then read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.





Have I ever considered that God has given me my body to manage well for His glory? As His manager, what update report would I give Him?


What will I pass on? To whom?


## Key Resources: My Health


**Reflection** – Take some time to reflect on the **stewardship of your health**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?


 **Physical** – In what ways does my physical health limit my energetic investment in relationships? Do my overall habits point to a healthy future?


 **Emotional** – Do I frequently describe myself with words like “exhausted” “overwhelmed” or “depleted”? Am I a delight to be around? What activities sooth my soul? When asked “How’s it going?” do I respond with a negative tone or positively?

 **Mental** – What “noise” keeps me from hearing the Lord and others? Do I set aside time to think clearly? Do I set my mind on the things of the Lord or am I distracted by the world?

 **Social** – What current relationships are bucket-filling for me? Which ones drain me? (families, couples, individuals)

 **Diet** – On a scale of 1 to 10, how is my nutrition? (Krispy Kream vs. organic garden). What one change to my diet must I make?




 **Exercise** - Am I exercising at least 3X per week for 30 minutes? Has working out and building my body become an idol?

 **Rest** – What would need to change for me to sleep 8 hours each night? Do I feel guilty when I relax?

Journal your insights and convictions below:

**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Establish / refine my exercise plan (i.e. walking, fitbit, gym, F3 boot camp workout, swim, etc)
-  For 7 days, drink at least one gallon of water each day
-  Identify a “bucket-filling” activity for your mental and emotional health and establish this in your calendar.



## **Your Wealth**

Rightly managing God's money is a high priority in His economy. Bad stewardship opens us up to much grief, many distractions and unnecessary burdens. Our goal should not be the American dream, but God's desires. How much focus we put on our material stuff says a lot about us. Do we hold onto the things of this world lightly? Does generosity go against the grain of our heart? What kind of steward are you of your wealth?



**Key Resources: My Wealth**

**Luke 16:1-15**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Does the current management of my wealth and my material possessions promote or hinder my key relationships? How?*

What will I pass on? To whom?

## Key Resources: My Wealth

**Reflection** – Take some time to reflect on the **stewardship of your wealth**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

👉 **Money** – Do I joyfully live within my means? In what ways do I find my security in money? Am I content with God's provision?

👉 **Material Stuff** – What evidence is there that my stuff owns me? How much energy do I expend taking care of or organizing my stuff? Do I hold onto the things of this world lightly or tightly?

👉 **Save** – What is my plan for saving for the future and for unexpected expenses? Is it working?

👉 **Tithe** – Do I live generously toward God and others? Am I tithing faithfully to God? How can I improve my discipline of giving?

👉 **Budget** – Do I have, (and live by), a budget? What is my plan for getting out from under the weight of debt? Are my spouse and I on the same page when it comes to the family budget, saving, and giving?

👉 **Clutter** – Where is physical clutter currently complicating my family's life? What can I give away?

Journal your insights and convictions:



**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**



With my wife's input, establish/refine a useable budget.



As a couple, discuss and prayer about tithing. Then act.



Sign up and faithfully attend a Financial course (i.e. Dave Ramsey)



## Your Vocation

For most men of working age, time spent at work is their largest time commitment each week. Work is an ordained blessing from God in a variety of ways: financial provision, relationships, satisfaction of using abilities, being a part of a culture, etc. When this area of your life is out of alignment with God's desire for your work, the ultimate victims are His key relationships. Stresses related to a disconnect between your job description and your abilities, overtime work hours, imbalanced priorities, negative work culture, hard driving bosses, etc will wear you out. And living a life of "just enough to get by" or "coasting" or "giving leftovers" does not help you to succeed in your key relationships. And remember, beyond your paid job, your vocation also includes areas where you serve and utilize your abilities like volunteer work and ministry. What kind of steward are you of your vocation?



**Key Resources: My Vocation**

**Exodus 31:1-6; Colossians 3:22-25 ; 1Peter 4:7-11**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.





*Am I prepared this week to give an accounting for the quality and effectiveness of my work? What's the biggest headache related to my work? What's the biggest blessing?*


What will I pass on? To whom?


## Key Resources: My Vocation


**Reflection** – Take some time to reflect on the **stewardship of your vocation**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

 **Job/Vocation** - Do I have a job? Is it a good fit? Am I using my gifts and talents? If I have low job satisfaction, what do I attribute this to? How is God sanctifying me through my job. Do I understand that being satisfied with God will help me to be satisfied with my job?

 **Gifting** – What things come easily and naturally for me? What am I really good at? What ability has God entrusted to me that could be a blessing to others?

 **Ministry** – Do I see my job as a way to glorify God with my excellence? Do the people at my work gravitate toward me or away from me?




 **Serving** – Am I using my spiritual gifts and calling during this season? Am I doing a few things well, or am I overcommitted and operating in the flesh? How is my servant attitude? Would others classify me as “part of the problem” or “part of the solution”? Is God my audience of One?

 **Volunteering** - Am I involved in my community so I can spread the aroma of Christ? Wherever volunteer, am I dependable and reliable?

Journal your insights and convictions:

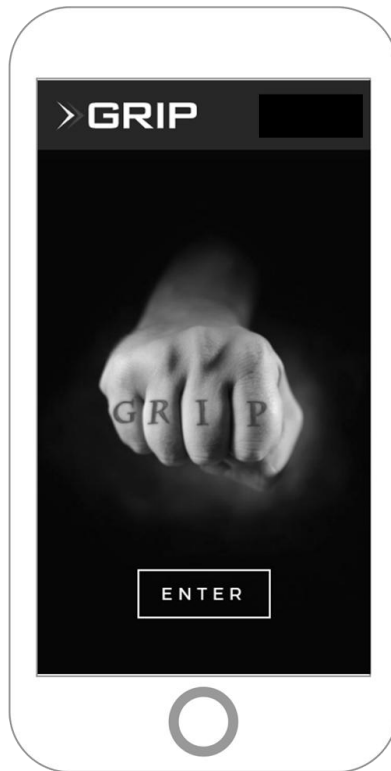
**Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.**

**(Create your own or adapt one of these)**

-  Ask three workmates to honestly give you the answer to this question: “What’s it like to live/work on the other side of me?” I’m open to learning about my blind spots.
-  In view of God’s grace to me, for the next 30 days make it a practice of treating my colleagues better than they deserve.
-  Write down some ministry ideas/intentions I have had over the years. What one do I need to deliberately follow through on in the next month?



**Use our WebApp to record your  
action points. Then, share your HAND with  
your GRIP partner.**



**[grip.focusedliving.com](http://grip.focusedliving.com)**

# 3 Ways to Process the Word

## **WHO** are you addressing?

Always start your time in prayer with a reverent recognition that you are coming into the presence of your Eternal Father and Gracious Lord!

## **WHAT** is God saying?

Slowly read the passage 2X as if you were there. Feel the emotions; sense the relationships; smell the surroundings; hear the crowds. Record insights, phrases, commands, promises that stand out.

## **SO WHAT** is God saying to you?

Stop to reflect and listen. What most grabbed your attention, stirred your mind or gripped your heart? Why?

## **NOW WHAT** is God asking you to do?

What will you do with the truth God has revealed to you? Write out a short, heartfelt prayer to the Lord in response to this time with Him.

---

## S.O.A.P.

**Scripture** Listen and meditate on God's word as you read.

**Observation** What insights and observations did you have on this portion of scripture? (i.e., words, phrases, themes, connections, etc)

**Application** *The way I will obey God's message to me today is...*

**Prayer** *Father, hear my prayer that I write from my heart in response to our time of fellowship together...*

---

## Lectio Divina (sacred reading)

**READ** Gently read, listening with the ears of your heart.

**MEDITATE** Slowly reread the passage. Note any word or phrase that draws your attention...or that "sparkles. Repeat the word or phrase that has chosen you, asking God, "*What do you want me to learn from this today?*" Ask your heart, "*Why this word, why here, why now?*"

**PRAY** Read the passage a third time and savor it. Let it move you to place yourself before the One who has invited you to intimate dialogue. "*Lord, how are you inviting me to respond?*" Speak from your heart.

**CONTEMPLATE/REST** Review the text one more time. Sit quietly. Let the Holy Spirit speak to your heart. Let go of the text (mentally) and simply rest in God. As the fragrance of God's Word fills you, enjoy the sweetness of communion with the God of the scriptures.

# Mark

You'll spend the first month of this GRIP discipleship season reading through the book of Mark. It's the shortest of the four Gospels at 16 chapters. The author, John Mark, was a close friend of the Apostle Peter (1Peter 5:13) and he most likely received much of the gospel's content from conversations with Peter. We also see John Mark in the book of Acts, as he joined Paul and Barnabas, his cousin, on the first missionary journey (Acts 13:5).

In this gospel, Mark has a bigger emphasis on what Jesus did than on what He taught. It's definitely a book of action as we see from the frequent use of the word "immediately." It's written with a Gentile Roman audience in mind and excludes Jewish genealogies and has fewer Old Testament quotes than the other gospels. For more detailed background information on this, or any, Bible book, consult the introduction to Mark in your study Bible.

As you spend the next weeks walking in the sandals of the disciples, let your wonder of Jesus Christ, the Son of God capture your heart, mind and soul once again. Like the disciples, you too have heard the call of Jesus. You too have responded by repenting and believing. And now, 2000 years later you are following Jesus. In fact, during this GRIP season, you are helping another brother also follow Jesus more closely! In the first verse Mark writes, "*The beginning of the Gospel of Jesus Christ.*" May you come to appreciate that your faith is based on the historical God/man Jesus the Christ.

**"Follow Me...."**





# God's GRIP on My Heart THIS WEEK

Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?

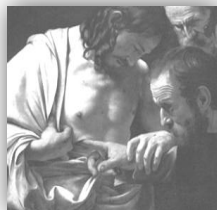


**Week 1**   **Date:** \_\_\_\_\_

## **Section 2**

### **Mark 1**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***Jesus bursts on the scene. Describe His teaching and ministry? How am I currently repenting and submitting myself under the King's reign (:15)? What is my response to Jesus' current call on my life to follow Him? How did Jesus fueled His soul (:11,35)? How do I? Where do I to see Christ's power and authority in my family's life?***

What will I pass on? To whom?

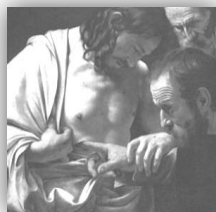
Any new insights or motivations toward one of my action points?

**Week 1**   **Date:** \_\_\_\_\_

## Section 2

### Mark 2

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*To what lengths have I gone to introduce a friend in need to Christ (:4)? What significant claim does Jesus make (:7-10)? Do sinners and tax collectors gravitate toward the Jesus in me (:15-17)? Do I pursue them with God's grace and truth? What "old way" do I cling to (:21-22)? Who is Lord of my Sabbath (:27-28)?*

What will I pass on? To whom?

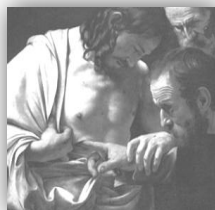
Any new insights or motivations toward one of my action points?

**Week 1**   **Date:** \_\_\_\_\_

## Section 2

### Mark 3

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*How soft/hard is my heart (:5)? How has my heart condition the last 24 hours made Jesus feel (:5)? Already Jesus has a steadfast enemy in the religious leaders (:6). How is it that the demons always properly identify Jesus (1:24,34; 3:11)? What is my job description as a disciple (:14,15)? How am I currently performing?*

What will I pass on? To whom?

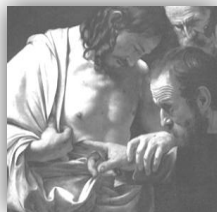
Any new insights or motivations toward one of my action points?

**Week 1**   **Date:** \_\_\_\_\_

## Section 2

### Mark 4

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***Parables related to the Kingdom. This past month, what soil truly described my heart? Do I respond to God's truth in such a way that He is eager to give me more (:24)? Do I feel forgotten and afraid when the trials of life engulf me (:38)? What can I learn from Jesus' response to the disciples' anxiety (:39,40)?***

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 1    Date:** \_\_\_\_\_

## Section 2

**Scripture Memory:** Look up the following verse in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



### **Mark 1:35**

**In the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and was praying there.**

## Week 1 GRIP Growth summary

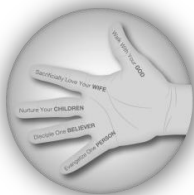
## Section 2



**Word Highlights** - From this past week in **God's Word** I especially want to remember and apply:



**Pass On** – I expressed the following truth(s) that God impressed on my heart to my family and/or GRIP partner:



**Action Point Progress** – This month I followed through on the following actions which God put on my heart to prioritize.







**Walking my friend toward Christ** – How can I take a next step with my friend who is not yet a follower of Christ?

## Time to Meet with Your GRIP Partner!

No contact, no impact! There is no substitute for meeting nose to nose at least bi-weekly to assess God's current grip on our heart. Weekly is best. This face to face time could be while working side by side on a project, driving to a ministry appointment, enjoying some recreation, taking a prayer walk, sharing a meal together, etc. How you get together is totally up to you. It will probably be dictated by convenience and the rhythm of your lives. Just think of how many different situations, places, and times Jesus met His disciples! For those first disciples, class was always in session!



### What should we cover when we meet?

-  **Pass On Word** – Make it a habit to pass on one truth or insight that God has impressed on your heart from your time alone with Him in His Word. Having your GRIP Guide journal when you meet will be helpful.
-  **Action Points** – Don't attempt to discuss all the action points each time you meet. Always discuss the "Thumb" (relationship with God). Then, choose one other Key Relationship "finger" and give an action point progress report. Listen, ask questions, suggest ideas, encourage, challenge. Give each other permission to poke with accountability (Heb 10:24-25).
-  **Accountability Questions** – Share your answers to the accountability questions you mutually established at the beginning of the GRIP season. We recommend typing your list of 3-5 questions as one action point on your "Ring Finger" (relationship with disciple) in the FLM HAND app. That way you will always have your GRIP partner's questions.
-  **Pray** – No prayer...no power! Always set aside some minutes to pray for each other in both successes and failures.

Utilize the "HAND" feature on the **[grip.focusedliving.com](http://grip.focusedliving.com)** WebApp. You can view and update YOUR HAND action points as well as view YOUR GRIP PARTNER'S.



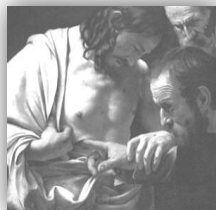
# God's GRIP on My Heart THIS WEEK

Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?



**Mark 5**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



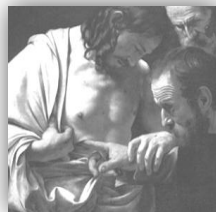
*What's my response to the outcast/difficult people in society? Am I willing to let Jesus minister to them through me? Why did Jesus deny the restored man's request to come with Him (:18-20) ? Who have I told recently about God's work in my life and His mercy on me? Jesus is the great healer. What's the relationship between faith and healing (:34; 36)?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Mark 6**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*How does my lack of faith impact Jesus' ministry through me (:5,6)? Jesus sends out his GRIP pairings ☺ (:7). How does Jesus model the practice of "self-care" (:30-31)? Why does Jesus choose to include us in His ministry (:37,41)? Do I trust Christ to provide in unexpected ways (:42) ? Have I invited Jesus into my boat (life situation) (:51)?*

What will I pass on? To whom?

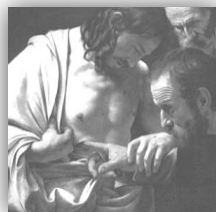
Any new insights or motivations toward one of my action points?

**Week 2    Date:** \_\_\_\_\_

## **Section 2**

### **Mark 7**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



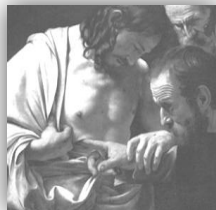
**Concerning my relationship with God, why do I do what I do? Have I subtly allowed external observances to take priority over my heart attitude (i.e. going through the motions) (:6,7)? How? The darkness of the human heart needs cleansing from God. What's my "cleansing" story (:20)?**

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Mark 8**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Is there evidence that my heart, like the disciples', is dull (:17)? Is my view of Jesus fuzzy (:24)? What is my personal take away from Peter's strong confession of Christ (:29) followed by his Jesus referring to him as Satan (:33)? Am I ALL IN or am I ashamed to align myself with Jesus in front of others (:34-38)?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Scripture Memory:** Look up the following verse in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



**Mark 10:43b-45**

**...whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. “For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”**

## Week 2 GRIP Growth summary

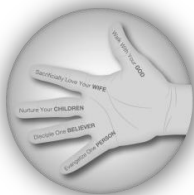
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**Word Highlights** - From this past week in **God's Word** I especially want to remember and apply:



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# God's GRIP on My Heart THIS WEEK

Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?

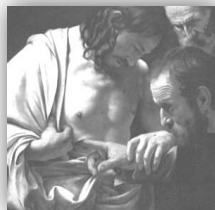


**Week 3    Date:** \_\_\_\_\_

## **Section 2**

### **Mark 9**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



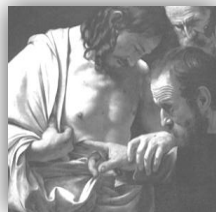
**When was the last time I was blown away by Jesus' glory (:2)? How am I obeying God's command to listen to Jesus (:7)? Do I need help with my unbelief (:19, 24)? Am I characterized by humility (:34) ? What success am I experiencing in spiritual warfare (:18-29)?**

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Mark 10**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



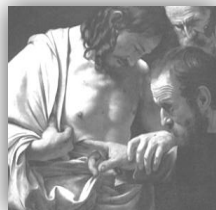
*What is my reaction to God's view of divorce (:1-10)? Do I have child-like faith (:15)? How tight is my grip on wealth and the things of this world, distracting me from following and obeying Christ (:22-25)? What is the new kingdom reality (:42-44)? Do I embrace it? What encourages me about Jesus and the blind beggar (:48-52)?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Mark 11**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***What mountains do I desire to see moved by faith (:23)? Am I aligned with God on this? Is there unforgiveness in my heart towards anyone (:25)? Will I man up and confess and repent and nip the root of bitterness? How seriously does God view my unforgiveness?***

What will I pass on? To whom?

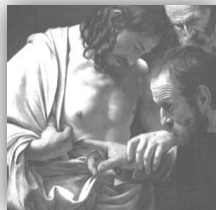
Any new insights or motivations toward one of my action points?

**Week 3**   **Date:** \_\_\_\_\_

## Section 2

### Mark 12

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***Jesus always stumps those attempting to trap him! What truths does he emphasize regarding God's ownership (:16-17), the resurrection (:24-27), and the premier command (:29-31)? On what basis does the poor widow's giving surpass all others (:43-44)?***

What will I pass on? To whom?

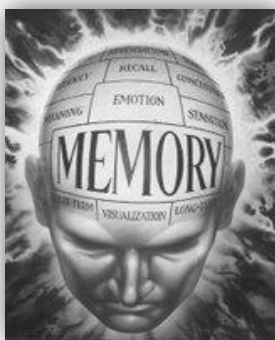
Any new insights or motivations toward one of my action points?

**Week 3    Date:** \_\_\_\_\_

## Section 2

### **Scripture Memory Review:**

Over the last weeks you have committed two passages to memory. Use today's unhurried time alone with God to rehearse these passages. Practice writing the verses out from memory in the space below to drive them further into your head, heart, hands, and habit. Remember the scripture addresses.



**Mark 1:35**

**Mark 10:43b-45**

# GRIP Gathering Preparation

Because of the time constraints we have together in our GRIP teams, it's important to come to the monthly large gathering ready and prepared to share. If you don't have anything written down, defer to the other brothers who did come prepared.



**Word Highlight** - From this past month in **God's Word** I especially want to remember and apply:



**Pass On** – This past month two examples of how I passed on to others what God was showing me from His Word are:



**Action Point Progress** – This past month, I diligently gave myself to these GRIP action points:



**Walking my friend toward Christ** – This past month, the step I have taken toward my unbelieving friend was:

My next step in the process of introducing my friend to Christ seems to be:

# STRENGTHENING YOUR HANDS:

## Accountability



God understood that King David could not live a 'five-fingered' life by himself. So, He gave him a friend in Jonathan who would “*strengthen his hands in the Lord.*” The two then “*made a covenant before the Lord*” which involved a growing friendship based on a rich accountability relationship (I Sam 23:16-18). Authentic, biblical discipleship requires consistent accountability. If you are to grow as a disciple of Christ whose heart is gripped by God's hands, then you must have a 'Jonathan' in your life who will help your hands do what is on God's heart. So what does accountability look like?

### Accountability Defined

Accountability is *consistently asking each other on earth the same questions God will ask us in heaven in order to help each other become faithful finishers.* In other words, accountability is helping a brother in Christ grow as five finger man by helping him become the husband, father, friend, leader or servant that God has called him to be! What are some of the questions the Lord is going to ask you as one of His sons about your heart, mind, money, priorities, relationships, attitudes and when you stand before Him?

### Countdown to Accountability

The Lord has wired His men with a real sense of responsibility and urgency as they realize that very soon each man will be asked to account for the management of the life God has so graciously given to him. (Luke 16:1-13; 19:11-27)

*“We have as our ambition, whether at home or absent, to be pleasing to Him. For we must all appear before the judgment seat of Christ, that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.”* (II Cor. 5:9-10)

*“Each man's work will become evident; for the day will show it, because it is to be revealed with fire; and the fire itself will test the quality of each man's work. If any man's work which he has built upon it remains, he shall receive a reward. If any man's work is burned up, he shall suffer loss; but he himself shall be saved, yet so as through fire.”* (1 Cor. 3:13-15)

*“For we will all stand before the judgment seat of God...So then each one of us will give an account of himself to God.”* (Rom 14:10,12)



## Building Below The Waterline

A man set out to build the most spectacular sailboat in the harbor. Sparing no expense, he outfitted his boat with decks of rare teak, polished brass fittings and colorful nylon sails. He could hardly wait to impress his friends. One day during a bit of financial hardship he foolishly reasoned, “Since others never see below the waterline I will invest money building only where others can see above the waterline!” On the day of its maiden voyage a storm capsized his yacht because its small keel did not have enough weight below the waterline. Accountability adds a keel of **character**, weight of **wisdom** and rudder of **righteousness** below the water line where it really counts! Are you a light weight?



## Asking the Tough Questions. Living the Tough Answers

If you are serious about adding weight below the waterline by becoming a five fingered man with God’s grip fully on your heart, then you need to understand that “*Better is open rebuke than love that is concealed; faithful are the wounds of a friend, but deceitful are the kisses of an enemy*” (Prov 27:5-6). Most of us don’t naturally do what is **EXPECTED** of us, but, rather, what is **INSPECTED!** Can you imagine the growth that would happen if you and your GRIP guy gave each other permission to “poke” your life each week with a few questions? So, take the initiative to invite inspection of your life. (“*Let us consider how to stimulate one another to love and good deeds.*” Heb 10:24).

Here are some example questions to ask each other as GRIP partners.

1. Do you love Jesus more now than when we last met? How specifically have you expressed your love in obedience?
2. How have you been the spiritual servant-leader of your family?
3. Are you praying for and with your wife daily?
4. Have you been with a woman in the past week that could be viewed as compromising? Have you been using His gift of sex the way God designed it to be used?
5. Have all your financial dealings been filled with integrity?
6. What have been your real motives behind...?
7. What idol is eating your lunch and keeping you from pursuing Christ? Do you need help to behead it?
8. Have you just lied to me?

What 3-5 questions do you want your GRIP partner to ask you when you get together in between our large gatherings?

- 1.
- 2.
- 3.
- 4.
- 5.

## **Holding A Friend's Feet To The Fire...**

### **Without Burning His Toes**

There are two aspects of accountability. One is helping each other follow through on our sincere intentions to grow by living out your Action Points. The other is to address areas of sin in order to help each other live victorious holy lives. The following principles will help you learn to grow in accountability in both of these.

**1. Take a long look at your own life first!** Don't get defensive if the friend approaches in love! *"First take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye"* (Matt 7:5). *"Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, lest you too be tempted."* (Gal. 6:1,3,4).

**2. The motivation is always love!** *"Through love serve one another. For the whole Law is fulfilled in one word, in the statement, 'You shall love your neighbor as yourself'"* (Gal 5:13-14). *"This is My commandment, that you love one another just as I have loved you. Greater love has no one than this, that he lay down his life for his friends"* (Jn 15:12-13). *"A friend loves at all times, and a brother is born for times of adversity"* (Prov 17:17).

**3. Share from weakness and not from strength.** *"Confess your sins to one another..."* (James 5:16)

**4. Always pray together.** *"Pray for (with) one another so that you might be healed"* (James 5:16)

**5. Accountability is best one on one or in a small group.** *"If your brother sins, go and reprove him in private; if he listens to you, you have won your brother. But if he does not listen to you, take one or two*

*more with you, so that by the mouth of two or three witnesses every fact may be confirmed” (Matt. 18:15-16).*

**6. Always use a velvet-covered brick.** *“If any man is caught in sin you who are spiritual restore such a one in a spirit of gentleness” (Gal. 6:1).*

**7. The goal is always restoration, never accusation.** *“Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness” (Gal 6:1).*

**8. Christ Himself promises to be present during awkward times of accountability and confrontation because you are doing His work.** *“For where two or three have gathered together in My name (context: for the express purpose of holding a brother accountable), there I am in their midst” (Matt. 18:18-20)*

**9. Choose your moments carefully.** *“Then the Lord sent Nathan to David. And he came to him...” (2 Sam. 12:1).*

**10. Preserve your brother’s reputation by assuring total confidentiality.** *“If your brother sins, go and reprove him in private” (Matt. 18:15-16)*

**11. Be direct making sure to yet offer the assurance of complete forgiveness!** *Nathan then said to David, “You are the man! Thus says the Lord God of Israel, ‘It is I who anointed you king over Israel and it is I who delivered you from the hand of Saul. Why have you despised the word of the Lord by doing evil in His sight? You have struck down Uriah the Hittite with the sword, have taken his wife to be your wife, and have killed him with the sword of the sons of Ammon. Then David said to Nathan, “I have sinned against the Lord.” And Nathan said to David, “The Lord also has taken away your sin.”’ (2 Sam. 12:7, 9, 13)*

**12. Stay away from men who say they are accountable ‘only to the Lord.’** We are accountable ultimately to the Lord, but also to each other. (1John 1:7)





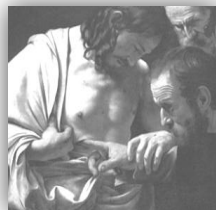
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Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?



**Mark 13**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*End Times described. What's my personal contribution to the preaching of the Gospel before the end comes (:10)? Am I vigilant and expectant for Christ to come back (:33-37)? Do this excite me? What commitments do I need to make now, so I'll be a faithful finisher then?*

What will I pass on? To whom?

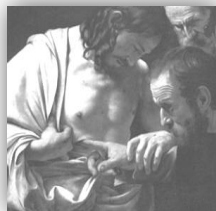
Any new insights or motivations toward one of my action points?

**Week 1**   **Date:** \_\_\_\_\_

## **Section 3**

### **Mark 14**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*The drama intensifies! Anointing by Mary; the Last Supper; Jesus' prayer in Gethsemane; Arrest and trial before High Priest; Peter's denial. Where do I see man's failure, but Jesus' faithfulness? Where do I see man's responsibility for the cross and yet also God's sovereignty?*

What will I pass on? To whom?

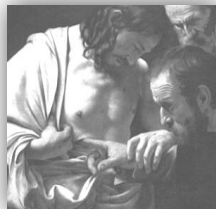
Any new insights or motivations toward one of my action points?

**Week 1**   **Date:** \_\_\_\_\_

## **Section 3**

### **Mark 15**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***Christ before Pilate and the substitute Barabbas. The crucifixion and the cruel abuse. Jesus' death and burial. What do Christ's words (:34) (see Psalm 22) indicate about the Father's love for me? What does torn temple curtain signify (:37-39)? What does this tell us about Christ's sacrifice?***

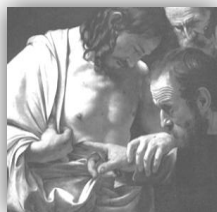
What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Mark 16**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*As I read again the awesome fact of Jesus' resurrection, what is going through my mind and heart? Should the resurrection have been a surprise to His followers (see 8:31; 9:31; 10:33-34)? Do I believe that great power will be with me as I tell my unbelieving friend about the facts of the Gospel?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Scripture Memory:** Look up the following verses in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



**Mark 5:19-20**

**...He said to him, “Go home to your people and report to them what great things the Lord has done for you, and *how* He had mercy on you.” And he went away and began to proclaim in Decapolis what great things Jesus had done for him; and everyone was amazed.**

**Mark 16:15**

**And He said to them, “Go into all the world and preach the gospel to all creation.”**

## Week 1 GRIP Growth summary

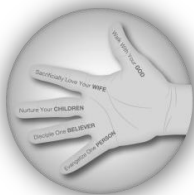
## Section 3



**Word Highlights** - From this past week in **God's Word** I especially want to remember and apply:



**Pass On** – I expressed the following truth(s) that God impressed on my heart to my family and/or GRIP partner:



**Action Point Progress** – This month I followed through on the following actions which God put on my heart to prioritize.



**Walking my friend toward Christ** – How can I take a next step with my friend who is not yet a follower of Christ?

# My Diet in God's Word

*But solid food is for the mature...Therefore, let us press on to maturity, (Heb 5:13ff)*

*Long for the pure milk of the word, so that by it you may grow in respect to salvation (1Peter 2:2)*

You are responsible for your spiritual growth. Not your pastor, not your wife, not your Bible study leader. **You!** Learning to feed yourself a healthy spiritual meal is a practice that marks your spiritual maturing. Sermons, blogs, podcasts, books, commentaries or Christian radio can all be helpful. But, in all of these, the Bible content is delivered to us pre-digested. Someone else has done the hard work of choosing from the menu, preparing, chewing and digesting God's truth to make it easy for you. Instead of relying on them, let's get in the habit of feeding ourselves. Start by asking, "*What diet in God's Word will help me grow best in this season?*" Consider some of the following scenarios to help you understand what diet from God's truth you might need to grow strong in Him.

*I need to understand the Big Picture of the Bible.* → Read the **Bible in a Year**.

*I need to slow down and chew on what God is saying to me?* → Read **shorter chunks** of scripture and **journal longer**.

*I am in a particular life-season (i.e. parenting, stress, health issues, financial questions, relational problems, etc) where I'm asking, "What does God say about this?"* → **Find and read passages that speak to your life situation**. Use a concordance and your Grip Team to help.

*I want to master a particular message from a classic Bible passage, chapter or whole Bible book?* → Read this **same scripture everyday** for a couple of weeks, journaling and **memorizing key verses**.

*I heard some teaching on a topic that impacts me and am hungry for more. I want to make sure it is Biblical.* → **Study the verses** taking advantage of various **Bible helps**.

*I have been faithfully reading, but don't feel like I'm connecting with God?* → **Read shorter portions repetitively** and listen and pray more.

*I'm receiving too many truth units each week to apply (sermon, Sunday School, Men's Forum, small group, spiritual book, Christian radio, Grip, daily quiet time and podcast)!* → Say **"no"** to a couple of these

**good inputs to** create some mental and emotional margin to actually **apply**. Arrange my devotions around the Bible content from one or two these inputs.

You're getting the idea. Your spiritual growth requires customized decisions about the spiritual food you are consuming. Now, let's be clear. The scriptures say that God is the one who causes our growth (1Cor 3:7; Phil 1:6). But He desires for us to take ownership of putting ourselves in front of His Word where He can grow us.

### **Assignment**

We've cleared the next two weeks for you to come up with your own diet of Bible reading that you think will help you grow most in this season. Take some time with your GRIP partner to think this through. Here are some ideas to help you:

- What scenario from above best describes you?
- The YouVersion Bible app has many short reading plans by topic. Maybe one of these is right for you.
- Perhaps both GRIP partners would benefit from choosing the same Bible passages. Or, maybe it would be good for you and your wife to be in the same place in the Word for a couple weeks.
- If you're wanting something topical, but aren't sure what passages might be good, ask guys on your GRIP team or some of the Focused Living staff.

Once you have the passages you would like to read, jot the scripture addresses on the 10 pages in this next section.

And enjoy your meal!



**Week 2    Date:** \_\_\_\_\_

## **Section 3**

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### **The Passage I chose**

(See page 63 for ways to process scripture)



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 2    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 2    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



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**Week 2    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



What will I pass on? To whom?

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**Week 2    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

## Week 2 GRIP Growth summary

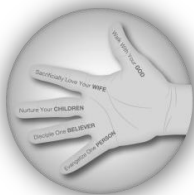
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**Word Highlights** - From this past week in **God's Word** I especially want to remember and apply:



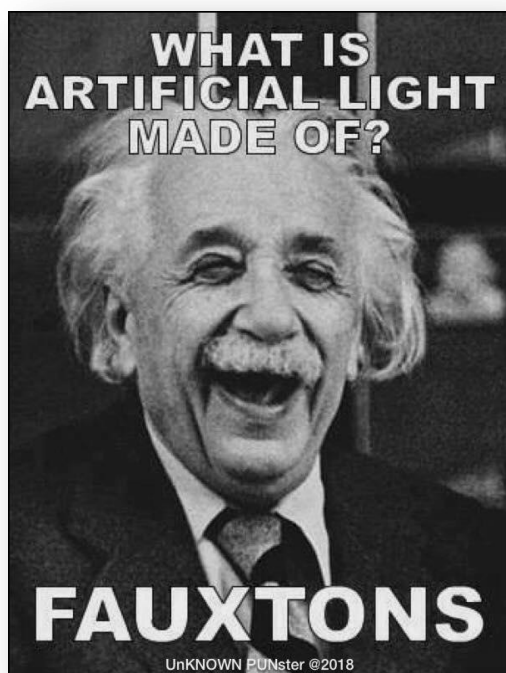
**Pass On** – I expressed the following truth(s) that God impressed on my heart to my family and/or GRIP partner:



**Action Point Progress** – This month I followed through on the following actions which God put on my heart to prioritize.

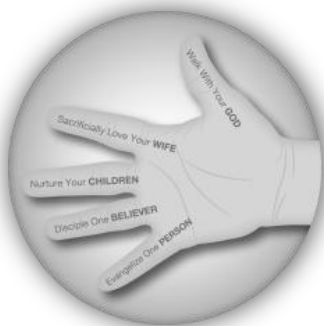


**Walking my friend toward Christ** – How can I take a next step with my friend who is not yet a follower of Christ?



# God’s GRIP on My Heart THIS WEEK

Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?



**Week 3    Date:** \_\_\_\_\_

## **Section 3**

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### **The Passage I chose**

(See page 63 for ways to process scripture)



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 3    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



What will I pass on? To whom?

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**Week 3    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Week 3    Date:** \_\_\_\_\_

## **Section 3**

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**The Passage I chose**



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 3    Date:** \_\_\_\_\_

## **Section 3**

---

**The Passage I chose**



What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

# GRIP Gathering Preparation

Because of the time constraints we have together in our GRIP teams, it's important to come to the monthly large gathering ready and prepared to share. If you don't have anything written down, defer to the other brothers who did come prepared.



**Word Highlight** - From this past month in **God's Word** I especially want to remember and apply:



**Pass On** – This past month two examples of how I passed on to others what God was showing me from His Word are:



**Action Point Progress** – This past month, I diligently gave myself to these GRIP action points:



**Walking my friend toward Christ** – This past month, the step I have taken toward my unbelieving friend was:

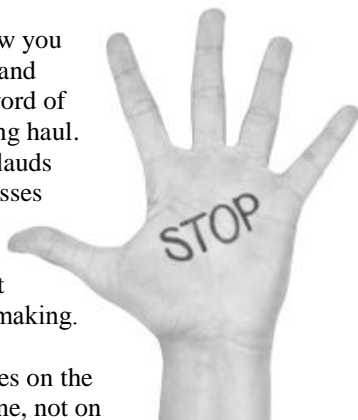
My next step in the process of introducing my friend to Christ seems to be:

# WARNING!

*For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.*

2Corinthians 5:14-15

Hands are designed for action. By now you have been faithfully living out your hand Action Points. Let us offer a strong word of caution that will motivate over the long haul. You see, we live in a culture that applauds **spectacular starters** but rarely witnesses **faithful finishers**. It is God's desire that you finish your life faithfully by becoming more and more obedient to Christ's last command of disciple making.



Rightly motivated, discipleship focuses on the **Person** of Christ and what He has done, not on **performance** and what we need to do. If you want to gain traction in life, don't be overwhelmed by a **list** of all you think you have to **DO** for God. Rather, overflow in His **love** by what He has already **DONE** for you! The only lasting motivation for long term growth in discipleship will be responding to the Father's love through Christ, not trying to earn it! Press on and press in toward the One Who has His grip on you (Phil 3:12-14)!

Suppose a friend needed your help moving and gave you a list of 25 things to do... packing boxes, dismantling shelves, loading the truck, etc. No problem. You do a few of the items on the list. But, before long, he asks you to fix lunch, take out the trash, paint the house and wash his car. Suddenly your attitude sours and you quit!

Now, imagine you are driving along the highway with your family and this same friend is in the car behind yours. All of a sudden, a huge truck careens down the ramp and smashes into your van, causing it to flip upside-down and burst into flames. Your family hangs unconscious from the seatbelts helplessly trapped near death. Being the first person on the scene, your friend crawls into the vehicle cutting each of you loose from the melting seatbelts. He pulls you to safety, just as the van explodes. In the process his hands become charred, useless stumps. His face is scarred beyond recognition, requiring countless reconstructive surgeries. The smoke destroys his sight, rendering him permanently

blind. The toxic fumes singe his vocal chords so that he can no longer speak. And the explosion severs his spinal cord, bringing paralysis.

What is your attitude now that your friend saved your life? You will gladly do the list of 25 things and ask for another! Why? Because you are no longer motivated by a **LIST** of things you have to **DO** for him. Your heart is motivated by his **LOVE**

and what he has **DONE** for you! You love him deeply, because he loved you and demonstrated it with this sacrificial action. And your love willingly expresses itself in working the to-do list. It's something you **GET TO** do, not something you've **GOT TO** do!



Until you are overwhelmed by the **LOVE** of God through Jesus Christ at the cross, discipleship will remain just one more thing on your already overloaded "to do" **LIST**. But when you preach the Gospel to yourself daily, God's love will motivate and compel you to disciple for a lifetime. It will no longer be a pain, but a privilege; no longer a hassle, but an honor; no longer work, but a wonder! (1 John 5:3)

Because of the Cross, discipleship is now an **overflowing response** to God's love for you in Christ (1 John 4:7-11). Your obedience is now love motivated rather than list activated. Jesus repeated this close connection between love and obedience five times on the night He went to the cross.

✎ *"If you love Me, you will keep My commandments." (John 14:15)*

✎ *"He who has My commandments and keeps them is the one who loves Me." (14:21)*

✎ *"If anyone loves Me, he will keep My word." (14:23)*

✎ *"He who does not love Me does not keep My words." (14:24)*

✎ *"If you keep My commandments, you will abide in My love." (15:1)*

When it comes to discipleship, do you see it as one more thing on your already overcrowded list of things to do or will you welcome it as priority because you are responding to God's love? Bottom line...are you motivated by your list or His love?

Interestingly, 2000 years before the cross, on the same mountain (Moriah), this love-motivated obedience was being lived out by Abraham. In Genesis 22:1-19, God tested Abraham to see what was in his heart in order to determine if he loved his son more than Him. God will also test you with the things you love. There is no testimony without a test! You remember the story. God asks Abe to sacrifice his only son, Isaac, the son of promise. And Abraham's obedience pointed to his love for God.

**Abraham's obedience was...**

**IMMEDIATE OBEDIENCE [2-3]** *"Take now your son..."*

**DETERMINED OBEDIENCE [2-4]** *"Sacrifice him...on the 3rd day."*

**CONFIDENT OBEDIENCE [5]** *"We will worship and return!"*

**PEACEFUL OBEDIENCE [8]** *"God will provide!"*

**SACRIFICIAL OBEDIENCE [10-12]** *"You have not withheld."*

# God's GRIP on My Heart THIS WEEK

Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?



**Week 1    Date:** \_\_\_\_\_

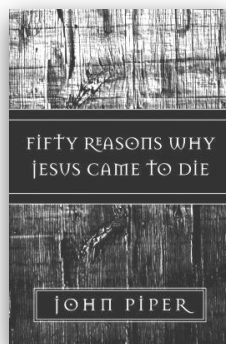
## Section 4

### **Chapter 1, 50 Reasons**

Christ Suffered and Died...

#### **TO ABSORB THE WRATH OF GOD**

As you walk through this Holy Week on the Christian calendar, please read the two page chapter from John Piper's rich study on why Jesus came to die. Use your pen and highlighter. Have your Bible open to read and reflect on the key verses. What is the wind of the Spirit speaking to your heart as you ponder these deep thoughts?



*Father, hear my prayer that I write from my heart in response to our time of fellowship together...*



**Week 1    Date:** \_\_\_\_\_

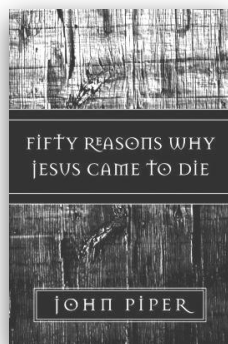
## Section 4

### **Chapter 2, 50 Reasons**

Christ Suffered and Died...

#### **TO PLEASE HIS HEAVENLY FATHER**

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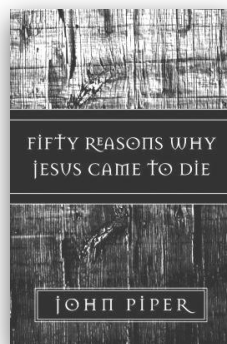
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### **Chapter 19, 50 Reasons**

Christ Suffered and Died...

#### **TO GIVE ETERNAL LIFE TO ALL WHO BELIEVE ON HIM**

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**Week 1    Date:** \_\_\_\_\_

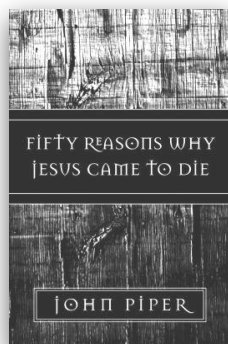
## Section 4

### **Chapter 30, 50 Reasons**

Christ Suffered and Died...

#### **THAT WE MIGHT DIE TO SIN AND LIVE TO RIGHTEOUSNESS**

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*Father, hear my prayer that I write from my heart in response to our time of fellowship together...*

**Week 1    Date:** \_\_\_\_\_

## **Section 4**

### **Good Friday Reflection**

Set apart some extended time today and reflect on the Cross in a way that is most meaningful to you. Feel free to utilize the Good Friday handout provided.



*Father, hear my prayer that I write from my heart in response to our time of fellowship together...*

## Week 1 GRIP Growth summary

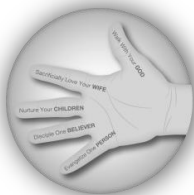
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**Walking my friend toward Christ** – How can I take a next step with my friend who is not yet a follower of Christ?

# Romans

You'll invest the remainder of this GRIP discipleship season reading through the book of Romans. If Mark was "the beginning of the Gospel of Jesus Christ the Son of God" (Mark 1:1), then Romans is the further explanation of this Gospel (Rom 1:15). The author, Paul, a bond-servant and apostle of Christ (and also a Jewish attorney by training) sets out to thoroughly explain the Gospel and this new life in Christ to a group of new believers whom he had never met. It will definitely feel different than reading the narrative of Mark. For more detailed background information on Romans, consult your study Bible.

Mark's gospel culminates in the crucifixion and resurrection of Jesus. Now, carried along by the Holy Spirit, Paul sets out to explain the ramifications of the crucifixion and the resurrection and the indwelling Holy Spirit. What does all of this mean and what does it look like to live out this new life between Sundays?

As you spend these post-Easter weeks hearing Paul explain the cross and the resurrection, may you find yourself daily "presenting your bodies a living and holy sacrifice" (Rom 12:1) to the One Who transferred you from death to life.

*Now all glory to God, who is able to make you strong, just as my Good News says. This message about Jesus Christ has revealed his plan for you Gentiles, a plan kept secret from the beginning of time. But now as the prophets foretold and as the eternal God has commanded, this message is made known to all Gentiles everywhere, so that they too might believe and obey him. All glory to the only wise God, through Jesus Christ, forever. Amen.*

Apostle Paul (Romans 16:25-27)

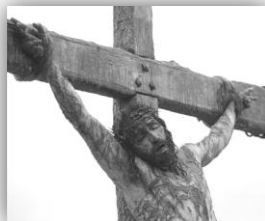
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Refer to my HAND action points. These are specific actions I sensed God wants me to live out in obedience to Him. Does Jesus have first place in my life when it comes to my action points? What action(s) do I especially need to take this week in the power of the Spirit?



**Romans 1**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Paul describes the gospel as the power of God. Why is the gospel powerful (:16)? How have I personally experienced the power of the gospel? Are there things in my life that are “created things” that are drawing my attention away from the Creator (:25) ? How is being allowed to “have my own way” a punishment (:26,28)?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Romans 2**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*How does God's kindness and patience lead me to turn from my sin (:4)? Paul teaches that knowing the law and listening to the law doesn't make me right with God. What does make me right with God? What is the key indicator that my heart has been changed by God (:29)? Whose praise do I seek?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 3**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Can I recall a time in my life that I was unfaithful but still experienced God's faithfulness? Praise God that He always remains faithful even when I am unfaithful! What does Paul conclude is the purpose of the law (19-20)? Since obeying the law (i.e. being morally good) cannot make me right with God, what will (22,25,28,30)?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 4**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Just like Abraham, how can I have a right relationship with God? Abraham was said to have kept hoping and never wavered in believing God's promises (:18,20). Have I lost hope or wavered in my faith? What promises of God do I need to be reminded of and find hope in? What is the purpose of Jesus' death and resurrection (:25)?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Scripture Memory:** Look up the following verse in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



**Romans 1:16-17**

**For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it *the* righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS *man* SHALL LIVE BY FAITH.”**

## Week 2 GRIP Growth summary

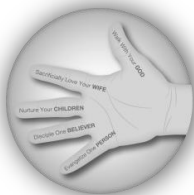
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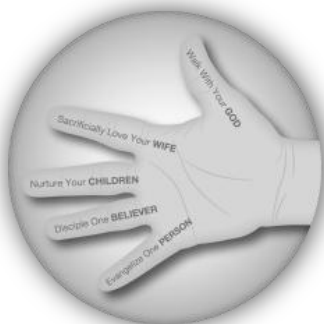


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**Romans 5**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Because of my faith in Christ and my right standing with God, in what things can I rejoice (:1-5)? Adam's sin led to punishment and death to many. What did Jesus' gift make possible for many? Where sin increased, God's grace abounded even more (:15,20)...Where have I experienced this truth in my own life?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Romans 6**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***In what sense have I died to sin (:4-12)? Is there sin in my life that I continue to “live” in? According to the gospel, does that sin still have power over me (:10-11)? Choosing to be a slave to sin leads where? Choosing to be a slave to God leads where? Which will I choose today?***

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 7**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Am I still living under the power of the law by trying to earn God's favor by obeying the letter of the law? Or am I living as if I have been released from the law and have new life in the Spirit (:6)? Why, according to Paul, do I continue to do the things that I don't want to do (:17-18)? Who will free me from this life that is dominated by sin and death?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 8:1-17**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***Wow – no condemnation (:1)! Describe the characteristics of living by the Spirit versus living by the flesh. What role does my mind play (:5-8) Salvation is more than a legal transaction...it's relational! How have I experienced the internal testimony of the Spirit that I am indeed a son of God (:16)?***

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Scripture Memory:** Look up the following verse in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



**Romans 5:8-9**

**But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from the wrath *of God* through Him.**

# GRIP Gathering Preparation

Because of the time constraints we have together in our GRIP teams, it's important to come to the monthly large gathering ready and prepared to share. If you don't have anything written down, defer to the other brothers who did come prepared.



**Word Highlight** - From this past month in **God's Word** I especially want to remember and apply:



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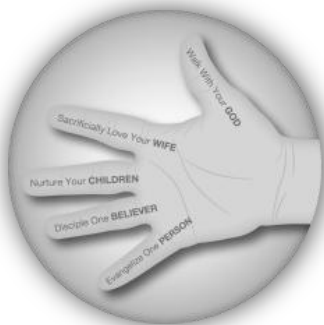
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My next step in the process of introducing my friend to Christ seems to be:



# God’s GRIP on My Heart THIS WEEK

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**Romans 8:18-30**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***What is my view of suffering? How does it compare to Paul's (:18,28)? What is this future glory, this object of hope, that Paul says believers and all of creation long for (:22-25)? How does the Spirit help me in my prayer life? What struggles in my life that cause me to feel discouraged or defeated? Where do I find my confidence for victory over these struggles?***

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Week 1    Date:** \_\_\_\_\_

## Section 5

### **Romans 8:31-39**

Review the question below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*How secure is my position with God?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 9**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Describe Paul's passion for his lost Jewish brothers (:1-4). How does my passion for my unbelieving friend(s) compare? God's purposes are mysterious, sure, and good (:15-23). Consider how long it took me to respond to God's offer of faith-righteousness (:30-32). How come the Israelites who were trying to get right with God weren't able to?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

In Romans 9 you read of Paul's sorrow and grief over his friends' lostness. Today, we'd like for you to tap into your passion for your unbelieving friend. Specifically, we'd like you to:



- 1) **view** a 10 minute video clip from evangelist Ray Comfort's film, *The Atheist Delusion*. (On FLM You Tube page). Try to identify with the folks interviewed who claim to be atheists.
- 2) **read** and reflect on the Bible truths below.
- 3) **pray** 5 minutes specifically for your unbelieving friend's salvation. Use the Bible truths to guide your prayers.

### **Proverbs 14:1**

Only fools say in their hearts, "There is no God."

### **Psalms 8:3-5**

When I look at the night sky and see the work of your fingers—the moon and the stars you set in place—what are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honor.

### **1Peter 3:13-18**

But even if you should suffer for the sake of righteousness, you are blessed. AND DO NOT FEAR THEIR INTIMIDATION, AND DO NOT BE TROUBLED, but sanctify Christ as Lord in your hearts, always *being* ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence; and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame...For Christ also died for sins once for all, *the* just for *the* unjust, so that He might bring us to God,

### **2Corinthians 4:3-4**

If the Good News we preach is hidden behind a veil, it is hidden only from people who are perishing. Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God.

**Scripture Memory:** Look up the following verse in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



**Romans 8:38-39**

**For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.**

## Week 1 GRIP Growth summary

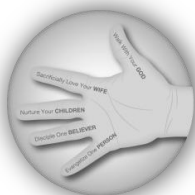
## Section 5



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**Walking my friend toward Christ** – How can I take a next step with my friend who is not yet a follower of Christ?

I'LL TAKE 'SAFE SPACES' FOR \$200, ALEX

## NEW GAMESHOW FOR COLLEGE STUDENTS



**"I'M SORRY, JEANETTE. WHILE YOUR  
ANSWER WAS CORRECT, WALTER WAS  
OFFENDED BY IT, SO HE GETS THE POINT."**

MADE WITH FUNNATIC

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**Romans 10**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*How come Paul's heart is so stirred when it comes to seeing people come to Christ? How can I put my heart in a position to be moved more deeply? From a human action standpoint, what does Paul say must happen for people to be saved (:9,10, 13-17)? What is the message that must be believed and confessed for salvation?*

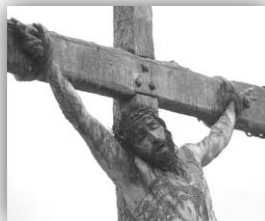
What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Romans 11**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Paul wants the Jews to be jealous of the Gentiles for what they have in Christ. Is my life in Christ something of which others would be jealous? Have I rested in the great truth of God's kindness and underserved favor toward me, of his choosing me and delighting in me (and stopped trying to work for his acceptance) so much so that the peace and joy I experience in my relationship with Christ is attractive to those around me?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 12**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Now we get to living out the Gospel. What's my motive for daily presenting myself to God (:1-2)? Are there relationships in my life that are out of harmony? How should I be acting (:9-21)? How can I humble myself and with genuine love bring peace to those relationships? Do I have an enemy to whom I can show God's grace today?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 13**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*As a Christ follower, how am I to be a blessing to society (:1-7)? What is the fulfillment of the law (:9-10)? Would others describe me as loving? What does Paul say I should be “putting on” (:12,14)? In what ways am I still making provision for my flesh?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 2    Date:** \_\_\_\_\_

## Section 5

**Scripture Memory:** Look up the following verse in your own Bible. Slowly read the words a few times. Scan the surrounding verses to understand the context. How does this truth apply to you? Try writing it out from memory. Finally, personalize this verse by praying it back to God.



### **Romans 15:13**

**Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.**

## Week 2 GRIP Growth summary

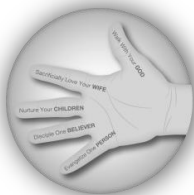
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**ACCORDION TO SCIENTIFIC  
STUDIES, 90% OF PEOPLE  
DO NOT REALIZE I REPLACED  
THE BEGINNING OF THE  
SENTENCE WITH AN  
INSTRUMENT.**

UnKNOWn PUNster @2018

**THEY HAVE MY SYMPHONY**

**STEVEN WRIGHT**



If you run two  
dimes together  
will you get a  
paradigm shift?

UnKNOWn PUNster @2017

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**Romans 14**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



***Why is God concerned with my harmony with others? Is there a specific relationship in which I have been judgmental or critical that I need to confess and repent of in order to restore harmony (:1-12)? Am I ready to give an account before God (:10-12)? What is the Kingdom of God is all about (:17)? Is this the Kingdom that I live in?***

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?



**Romans 15**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*The refrain of pleasing Christ and pleasing our neighbor continues. What's the connection between hope, joy, peace, believing, and power (:13)? What would it look like for me to fully preach the Gospel in my circle (:18-19)? In whose company do I find refreshing rest (:32)? Who finds refreshing rest from my company?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Romans 16**

Review the questions below, then open the Word and read the passage. Journal your insights below. Respond to the truth that most fueled your soul by writing a prayer to the Lord.



*Notice the number of names (mutual friends) mentioned in this chapter? What does this teach me about ministry? Am I characterized as “wise in what is good and innocent in what is evil” (:19)? Am I saturating my heart with God’s Word in order to protect myself and others from false teaching/teachers?*

What will I pass on? To whom?

Any new insights or motivations toward one of my action points?

**Week 3    Date:** \_\_\_\_\_

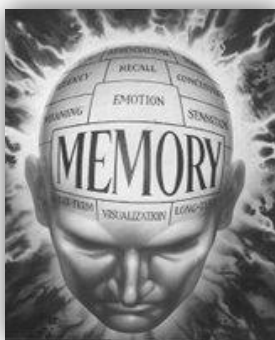
## Section 5

Today is a free day! Use it to catch up, review, or dig deeper into some truths that God has been impressing on you.



### Scripture Memory Review:

Over the last weeks you have committed two passages to memory. Use today's unhurried time alone with God to rehearse these passages. Practice writing the verses out from memory in the space below to drive them further into your head, heart, hands, and habit. Remember the scripture addresses.



## Romans 8:38-39

## Romans 15:13

# GRIP Gathering Preparation

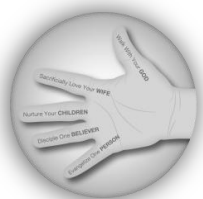
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# My Plan for the Next Months

## **Here's my plan for being in God's Word:**

(Scripture passages? Why? When and where will I have my times alone with God? How will I process what I read?)

## **Here's when I will take my next half day personal retreat to think through my HAND emphasis for the summer of 2018.**

(Weekday? Weekend? Local or get away? fast a meal?)

## **What Key Relationship do I especially need to emphasize over the next 4 months? How will I do this?**

## **What Key Resource do I especially need to emphasize over the next 4 months? How will I do this?**

## **With whom will I initiate a discipleship relationship for the last half of this year? (Who in my life needs a push? Encouragement? A set of tracks to run on spiritually? Whose my man and what's my plan?)**

## Notes

## Notes



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