

Week 1 & 2

Week 3 & 4

Week 5 & 6

BEING
DISCIPLES

Christian Virtues

(Qualities: 2 Peter 1:5-11)

Chastity

Ephesians 5:3; 1 Thessalonians 4:3;
1 Corinthians 6:18-20

Temperance

Philippians 4:4-5; Ephesians 5:18;
Titus 2:11-12

Charity

2 Corinthians 8:9; 9:6-7;
Matthew 6: 3-4 ; Luke 6:35-36

Diligence

Proverbs 21:5; 1 Timothy 4:13-16;
2 Peter 1:10

Patience

Proverbs 14:29; 2 Timothy 4:2;
James 5:7

Kindness

Ephesians 4:32; Colossians 3:12-13;
Galatians 6:2; Micah 6:8

Humility

Proverbs 11:2; Romans 12:16;
Philippians 2:3-4; James 4:10

Faith, Hope, Love

(Gifts: 1 Corinthians 13)

Faith

John 3:18, 36; 6:29; Hebrews
11:1,6; 1 Peter 1:8-9; Romans 1:16-17;
3:21-22; 5:1; 10:9-11

Hope

Jeremiah 29:11; Isaiah 40:31; 8:24-25;
Romans 5:2-5; 12:12, 15:4,13; 1
Peter 1:3,13; Hebrews 6:18- 19

Love

1 Corinthians 13:4-8; John 14:21;
Romans 8:38-39; 12:9-10; 13:8;
1 Peter 4:8; 1 John 4:16,19

Spiritual Disciplines:

(Training: 1 Tim 4:6-10)

Worship

John 4:23-24; Hebrews 13:15

Solitude

Matthew 6:5-6; Mark 1:35

Silence

Proverbs 10:19; 17:28; James 1:19-20

Fasting

Matthew 6:16-18; Isaiah 58:6-8

Sabbath

Hebrews 4:9-10; Mark 2:27-28; Isaiah 58:13-14

Secrecy

Matthew 6:1-2

Submission

Colossians 3:14-17; Hebrews 13:17; Romans 13:1

MAKING
DISCIPLES

Proclaiming Christ

(Preeminence of Christ: Colossians
1:15-20,28-29)

Word

John 1:1-3,14; 1 John 1:1-3

Bread

John 6:35

Living Water

John 4:13-14; 7:37b-38

Light of the World

John 8:12 (John 1:5); 1 John 1:5-7

Door/Good Shepherd

John 10:9; 10:11

Life

John 11:25-26 (John 1:4); John
14:6

Alpha and Omega

Revelation 1:8,17

Integrity in the World

(Adorning our doctrine: Titus 2:1-15)

Marriage

Mark 10:6-9; Hebrews 13:4

Family

Joshua 24:15; 1 Timothy 5:8;
Proverbs 22:6

Friends

John 15:12-14;
1 Corinthians 15:33; Proverbs 17:17

Work

Genesis 2:15; 2 Thessalonians 3:10-12

Finances

1 Timothy 6:10,17; Hebrews 13:5-6

Health

1 Timothy 4:7-9; James 5:13-16

Edifying the Church

(Unity and Maturity: Ephesians 4:11-16)

Speech

Proverbs 15:1,4;
Colossians 4:6; Ephesians 4:15-16, 29;
1 Thessalonians 5:11-13

Service

Romans 14:17-19; 15:1-2; 1 Corinthians 12:4-7;
Ephesians 4:11-16

Worship

1 Corinthians 10:23-24, 31, 14:26; Ephesians
5:19-21; Hebrews 10:23-25

E3+ (optional)

Head:

(To Know: Inform)

- *Spiritual Leadership* by Sanders

Heart:

(To Believe: Transform)

- *Spiritual Disciplines for the Christian Life* by Whitney. Chapters 8,9,10,7

Hands:

(To Do: Obedience)

- Life Evaluation
- Goal & Action Plan (coaching available)
