

Six Meetings to Deepen your Discipleship to Jesus.



TRAILHEAD SUMMARY:

Trailhead is a series of six, one-on-one, meetings where a mentor leads the pair through discussion of six, discipleship related topics with a focus on **biblical discovery**, **personal application** and **relationship building**.

GOALS:

- To expose people to the power of one-on-one discipleship-focused relationships.
- To encourage a culture of one-on-one mentoring relationships within the Mission Trails Church family.
- To create more opportunities for direct ministry within the church.
- To help more people become more like Jesus!

DETAILS:

Six one-on-one meetings (once every 1-3 weeks).

Discovery and discussion of six key topics, fundamental to Christian discipleship:

- 1. GOSPEL: Living out of my Christ-centered, gospel-formed identity.
- 2. WORD: Reading / studying / applying the Bible.
- 3. PRAYER: Developing a sustaining life of Prayer.
- 4. GIFTS: What is/are my spiritual gift(s), and how do I use them?
- 5. **NEIGHBOR**: Sharing the gospel (through my SHAPE).
- 6. CHURCH: How the Church works together (via the Heart Attitudes).

KEY ELEMENTS OF A MEETING:

- Personal connection.
- Introduction of the topic.
- Discovery of the topic in **scripture**.
- Discussion of challenges related to this topic.
- Discussion of how to apply this topic in real life.
- Prayer together concerning the topic and current life situations.
- Identify assignment to complete before the next meeting.
- **Set date** for the next meeting.



Meeting 1

CORE IDEA

The truth of the Gospel is not just the ABC's of getting into Christianity, but it is the A-Z, the entire foundation and flavor of the whole Christian life. A right understanding of the gospel is the defining "identity" of a Christian.

KEY PASSAGES

Take time to read through these passages and make a few notes before your meeting, and it will help tremendously!

Together, READ the following passages out loud, and make some notes as you go. What do these verses teach us about the Word of God, the Bible?

- Isaiah 53:1-6
- Romans 5:1-11
- Ephesians 2:1-10
- Colossians 3:1-17

DISCUSS what these verses teach us about the Gospel?

WHAT IS THE GOSPEL?

DISCUSS together

• Gospel is a word that means "good news." Based on the passages above, what can you identify as the core elements of the gospel message? Try and list them together.

WHAT THE GOSPEL DOES THAT RELIGION CAN'T

Being able to articulate the gospel with accuracy is one thing; having its truth captivate your soul is quite another.

- 1. Religious activities fail to address the "root" idolatries that drive our sin.
- 2. When our acceptance is based on our performance, we exacerbate two root sins in our heart: pride and fear.
- **3.** The insecurity of always wondering if we've done enough to be accepted causes resentment of God, not love for him.

DISCUSS together

How have you seen these failures of religion in your life?

HOW CAN WE USE THE GOSPEL ON OUR HEARTS?

- Preach it to yourself.
- See Bible reading as the main way of preaching the gospel to yourself: aligning your heart with the truth of God's word, rather than the fickleness of your own feelings, or the empty deceitfulness of the world's ways.
- Become well acquainted with the passages of scripture that most explicitly express the content of the Gospel.
- Try praying *The Gospel Prayer* (JD Greear)
 - "In Christ there is nothing I can do that would make You love me more, and nothing I have done that makes you love me less.
 - Your presence and approval are all I need for everlasting joy.
 - o As You have been to me, so I will be to others.
 - As I pray, I'll measure Your compassion by the cross and Your power by the resurrection."

DISCUSS together

Which of these things (or others) do you need to do in order to *live* in the gospel's truth?

WHAT IS MY IDENTITY BASED ON?

DISCUSS together

What is it that I look to for significance, security, self-worth, meaning, identity, and value? Respect, power, status, beauty, pleasure, family, achievement, work, adventure, money...? Not just a Sunday School answer...but functionally, practically, every day, what do I look to?

NEXT STEPS TO TAKE TO BUILD MY LIFE ON THE GOSPEL

DISCUSS together

If I really lived like the elements of gospel truth were absolutely true and real *in* my life, and *for* my life, then how would I live differently?

PRAY TOGETHER

FOR THE NEXT MEETING

1. PRACTICE one core exercise related to the topic: GOSPEL.

IDEAS:

- If you haven't yet, trust in Jesus as your savior through repentance and faith believing the gospel truth.
- Try praying *The Gospel Prayer* regularly each day for one week or more.
 - "In Christ there is nothing I can do that would make You love me more, and nothing I have done that makes you love me less.
 - Your presence and approval are all I need for everlasting joy.
 - o As You have been to me, so I will be to others.
 - As I pray, I'll measure Your compassion by the cross and Your power by the resurrection."
- Do a "Time Study", look through your calendar, or take a look at your bank statement to see what things you are pouring the most time and money in to, and ask yourself if they represent gospel priorities.
- Use a journal to Identify a situation in your life where you feel defeated, guilty, ashamed, or convicted. Then consider the truth of the gospel, and your identity in Christ, and "apply the gospel" to that situation, point by point, letting Christ's truth do it's healing work.

0	"I feel	but because of Jesus,	 is
	true about me."	,	

- 2. READ the scripture passages for the next session.
- 3. PRAY for your Trailhead partner.

NOTES:

RESOURCES

BOOKS

- Gospel, Greear
- The Search for Significance, McGee
- The Freedom of Self-forgetfulness, Keller
- New Morning Mercies: A Daily Gospel Devotional, Tripp
- The Ragamuffin Gospel Manning
- What's So Amazing About Grace? Yancey

WEB

• ViewTheStory.com - A simple, and beautiful description of the truth of the good news of the gospel.

OTHER

• The song, In Christ Alone



CORE IDEA

The Bible is the inspired and authoritative Word of God, and is the primary means by which a Christian knows God, and gains wisdom for living.

KEY PASSAGES

Take time to read through these passages and make a few notes before your meeting, and it will help tremendously!

Together, READ the following passages out loud, and make some notes as you go. What do these verses teach us about the Word of God, the Bible?

- Hebrews 4:12
- 2 Timothy 3:12-17
- Psalm 119:11, 105
- Psalm 19:7-14
- Matthew 7:24-27
- Matthew 4:4

DISCUSS what these verses teach us about the Word of God, the Bible?

WHAT IS THE BIBLE?

DISCUSS together

- What does it mean that the Bible is "the Word of God?"
- How is it that the Bible helps us to know God?
- Do you believe that wisdom for living is found in the bible?
 Why is that?
- What does it mean that the Bible is "a mirror?"

WHAT SHOULD I DO WITH THE BIBLE?

- Internalize it (through reading and/or listening)
- Study it
- Memorize it
- Apply it
- Trust it

CONSIDER these questions together:

- What are my barriers to doing each of the five these things listed above?
- What next steps do I need to take in order to build my life on the Bible?

PRAY TOGETHER

FOR THE NEXT MEETING

1. PRACTICE one core exercise related to the topic: WORD.

IDEAS:

- Read through the gospel of John.
- Think through the best time of day where you can have 15-20 minutes of time alone with God to read his word. When is that time for you? How can you make that happen? How frequently?
- Choose a Bible reading plan (www.bible.com), and begin today!

- Maybe the right next step for you is to begin listening to a series of sermons that work their way through entire Bible.
 This is a big commitment, but can be a very important one.
- Try **memorizing** the monthly Mission Trails Church memory verse.
- 2. READ the scripture passages for the next session.
- **3. PRAY** for your Trailhead partner.

NOTES:

RESOURCES

WEB

- Bible.com tons of Bible reading plans and resources
- JoinTheBibleProject.com Watch some of the incredibly helpful videos that explain different books of the Bible, as well as different themes in the Bible. There is also a related reading plan and app they put out called "Read Scripture".

APPS

- The BIBLE App
- READSCRIPTURE App

BOOKS

- How to Read the Bible for All it's Worth. Fee & Stuart
- Living by the Book, Hendricks
- Taking God at His Word, DeYoung
- Eat this Book, Peterson
- The Songs of Jesus, Keller (devotional readings in the Psalms)

OTHER

 Community Bible Reading Journal. A reading plan and reflection and prayer journal that takes you through the New Testament in one-year, and the Old Testament in three years. Copies available through MTC.



CORE IDEA

Prayer is the lifeblood of a living, breathing, dependent relationship with God. It is through prayer that we know God more, know ourselves more, receive grace and love from God, and deepen our trust of God.

KEY PASSAGES

Take time to read through these passages and make a few notes before your meeting, and it will help tremendously!

Together, READ the following passages out loud, and make some notes as you go. What do these verses teach us about Prayer?

- Ephesians 1:15-19
- Matthew 6:9-13
- 1 Thessalonians 5:16-18
- Acts 2:42
- Psalm 1:1-3
- Hebrews 4:14-16

DISCUSS what these verses teach us about PRAYER.

WHAT IS PRAYER?

"Prayer is a response to the knowledge of God."

- If we understand prayer as a response to the knowledge of God, it means that prayer is profoundly altered by the *amount* and *accuracy* of that knowledge.
- The power of our prayers, then, lies not primarily in our effort or striving, or in any technique, but rather in our knowledge of God.

DISCUSS together what it means that prayer is a response to the knowledge of God.

HOW SHOULD I PRAY?

Try beginning with *The Lord's Prayer* (Matthew 6:9-13).

DISCUSS how this prayer is a model for all kinds of prayer.

DISCUSS how we can pray both privately and corporately.

DISCUSS how we should use the Bible in prayer. (Edmund Clowney says "The Bible does not present an art of prayer; it presents the God of prayer.")

MODELS FOR PRAYER

Take a look at these models for prayer, and then DISCUSS what model(s) (one of these, or another) can help you to pray.

- ACTS: Adoration, Confession, Thanksgiving, Supplication
- Martin Luther's Model (which he did twice daily)
 - a. Meditate on a passage of scripture
 - i. Observation: what does the passage teach / command?
 - ii. *Thanksgiving*: how can I thank God for what I see here?
 - iii. Confession: how have I fallen short of this?
 - iv. Prayer: How can I apply this? Trust this? Live this?
 - **b.** Pray the Lord's prayer, personalizing it and paraphrasing it.
 - c. Pray from the heart
- Augustine's Model
 - a. Be humble
 - b. Be content
 - c. THEN pray, starting with the Lord's Prayer
 - **d.** In difficulty, pour your heart out to God in honesty, but look always to / for his goodness and wisdom (like the Psalmist).

GETTING DOWN TO IT

DISCUSS what your personal barriers to prayer are.

DISCUSS what next steps you should take to developing a life of both *planned* and *spontaneous* prayer?

FOR THE NEXT MEETING

1. PRACTICE one core exercise related to the topic: PRAYER.

IDEAS:

- Integrate a time of prayer into your regular bible reading.
- Choose a model for prayer to try (ACTS, The Lord's Prayer, Martin Luther's model, etc.).
- Set an alarm for the middle of the day, each day this next week, and use it as a prompt to stop and pray for your day, and what's going on, making yourself aware of God's presence, and his work.
- Meet up with someone (maybe your Trailhead partner) simply for the purpose of praying together.
- Pray through a Psalm each day for a week.
- Find a quiet, private place at your home, or somewhere you like being, and try praying for 20-30 minutes alone.
- Start your day by praying through the events on your calendar or to-do list.
- 2. READ the scripture passages for the next session.
- **3. TAKE** a Spiritual Gifts Inventory before your next discussion on Spiritual Gifts. Check out the resources in Meeting #4 for places where you can take a Spiritual Gifts test online.
- 4. PRAY for your Trailhead partner.

NOTES:

RESOURCES

BOOKS

- The Practice of the Presence of God, Brother Lawrence
- On Prayer Bounds
- Prayer Keller
- The PAPA Prayer Crabb
- Prayer: Finding the Heart's True Home Foster;
- Sacred Rhythms: Arranging Our Lives for Spiritual Transformation - Barton
- With Christ in the School of Prayer Murray
- Too Busy not to Pray, Hybels

WEB

• https://www.youtube.com/watch?v=GqLmeubS65Q - Watch Dallas Willard (a spiritual hero) talk about his daily practice of time with God and prayer (6 min).



CORE IDEA

Every Christian is supernaturally gifted by the Holy Spirit with "spiritual gift(s)" that are intended to be used in ministry to others, to build up the body of Christ.

KEY PASSAGES

Take time to read through these passages and make a few notes before your meeting, and it will help tremendously!

Together, READ the following passages out loud, and make some notes as you go. What do these verses teach us about Spiritual Gifts?

- Romans 12:3-8
- Ephesians 4:1-13
- 1 Corinthians 12:1-11, 27-31
- Psalm 139:13-18
- Ephesians 2:8-10

DISCUSS what these verses teach us about GIFTS.

WHAT ARE SPIRITUAL GIFTS?

LIST as many of the different spiritual gifts as you can from the passages listed above (especially the first three).

WHAT ARE MY SPIRITUAL GIFTS?

DISCUSS what you believe your Spiritual Gift(s) to be, or share the findings of the Spiritual Gifts Inventory you took.

In addition to completing some sort of spiritual gifts inventory, it's crucial to have other Christians help you observe and understand that ways in which God most naturally uses you to minister to people, in his power.

HOW SHOULD I USE MY SPIRITUAL GIFTS?

DISCUSS How do you think you can build up the Big "C" Church, as well as our local church family, with the gifts God has given you?

DISCUSS What do you need to do in order to better understand spiritual gifts, your gifts, and the use of that gift?

WHAT ARE MY BARRIERS TO USING MY GIFTS?

Understanding?
Training?
Opportunity?
Fear?
Lack of mentoring?
Something else?

A GOOD WAY TO APPROACH DISCOVERING HOW GOD HAS GIFTED YOU

REFLECT on this together.

The Right Question to begin with: How can I serve the body?

- 1. First, find out what help the church body needs.
- 2. Once you see and begin to understand the needs of the body, PRAY!
- 3. Ask yourself, "What do I enjoy doing?"
- 4. Seek godly counsel from elders (leaders), mentors, small group leaders, etc.
- 5. Serve! Don't just sit there; do something!

FOR THE NEXT MEETING

1. PRACTICE one core exercise related to the topic: GIFTS.

IDEAS:

- Ask at least two mentors, leaders or friends to share with you what they believe your Spiritual Gifts to be.
- **Begin serving** the church family *in some way* in order to learn what your Spiritual Gift(s) might be.
- Prayerfully read through the key passages listed at the beginning of this discussion, and ask God to teach you more about how he has made you to glorify him.
- Find a more mature Christian with the same Spiritual Gift as you, and interview them about how they have learned to use their gift to build up the body.
- Just try something!
- 2. READ the scripture passages for the next session.
- **3.PRAY** for your Trailhead partner.

NOTES:

RESOURCES

BOOKS

- The Baptism and Fullness of the Holy Spirit Stott (booklet)
- SHAPE: Finding and Fulfilling Your Unique Purpose in Life -Rees
- Unlocking Your Giftedness Clinton (specifically chapters 5, 6, and 8. Chapter 8 shares some great thoughts on the limitations of spiritual gifts tests).
- Showing the Spirit Carson

WEB

- Lifeway Resource's Spiritual Gifts Survey http://missiontrailschurch.com/documents/
- Robert Clinton's Spiritual Gifting Worksheet http://missiontrailschurch.com/documents/

OTHER

 Mission Trails Church's UPCOMING EVENTS http://missiontrailschurch.com/events



Meeting 5

CORE IDEA

God desires that every Christian actively take part in the Great Commission and the Great Commandment - to *make disciples of all peoples*, and to *love God and love your neighbor as yourself.*

KEY PASSAGES

Take time to read through these passages and make a few notes before your meeting, and it will help tremendously!

Together, READ the following passages out loud, and make some notes as you go. What do these verses teach us about what we are to do with our NEIGHBORS, and who our NEIGHBORS are?

- Luke 10:25-37
- Matthew 28:16-20
- Acts 1:8
- Genesis 12:1-3

DISCUSS what these verses teach us about NEIGHBOR.

WHAT IS THE MISSION?

DISCUSS How would you describe the mission that God has called each one of us in to?

WHO IS MY NEIGHBOR?

DISCUSS Based on your reading of the Luke 10 passage, just who is your *neighbor*?

WORD AND DEED

DISCUSS How have other Christians ministered to you with the WORDS of the gospel?

DISCUSS How have other Christians ministered to you with their DEEDS that reflect gospel truths and gospel priorities?

YOUR STORY / GOD'S STORY

Paul instructs Timothy to be ready "in season and out of season" to preach the word (2 Timothy 4:2). Knowing and articulating your story, and the gospel message, helps you to be ready.

SHARE with one another your story in 3-5 minutes, using these three categories:

- My life before Jesus.
- How I encountered and trusted Jesus.
- My life after Jesus.

YOUR CIRCLE

God sovereignly puts each person in a completely unique position in life with your own circles of influence (family, friends, neighbors, coworkers). These are the first "neighbors" to consider when asking "Who is my neighbor?" (Acts 17:24-28)

TRY COMPLETING the "Who is My Neighbor?" grid (attached magnet) with the following information for your neighbors.

- Name
- Occupation
- Piece of personal information

TO CONSIDER: Bill Hybels encourages Christians to adopt a 3-D approach to sharing the love of Christ in both WORD and DEED.

- DEVELOP FRIENDSHIPS
- DISCOVER STORIES
- DISCERN NEXT STEPS

ROADBLOCKS

DISCUSS What can you identify as barriers to loving others towards Christ (with your words and actions)?

NEXT STEPS

DISCUSS - What next steps should I take to developing a life built on loving my neighbor? Is there something specific I need to do? Try? Begin? Experiment with?

FOR THE NEXT MEETING:

1. PRACTICE one core exercise related to the topic: NEIGHBOR.

IDEAS:

- Pray each day this next week for one of the people in your circle of influence.
- Bake some cookies for your immediate neighbors. Yes, it's cheesy, but a good chocolate chip cookie can break down walls!
- Try and **spend some more time** in your front yard, or in the office break room, or the apartment common space.
- Find one person with whom you can make a new connection this week (Develop Friendships), OR find one person whose story you can learn more about (Discover Stories), OR pray for one person whose story you know, and ask the Holy Spirit to show you what steps you can take next to point them to Christ (Discern Next Steps).
- Make a list of ways that you can serve your neighbors in practical, helpful ways.
- Pray each day this next week for God to show you open doors of opportunity to point someone towards Christ that day.
- 2. Work more on filling out the "Who is my neighbor?" grid.
- 3. READ the scripture passages for the next session.
- 4. PRAY for your TrailHead partner.

NOTES:

RESOURCES

BOOKS

- Out of the Salt Shaker & into the World Pippert
- Beyond Awkward Crosetto
- Just Walk Across the Room Hybels
- The Art of Neighboring Pathak & Runyon
- The Insider Petersen
- Conspiracy of Kindness Sjogren
- Organic Outreach for Families Harney

WEB

- Art of Neighboring http://www.artofneighboring.com/
- Evangelism resources from Beau Crosetto http://beaucrosetto.com/
- A helpful and useful gospel tract (also available as an app)https://viewthestory.com/



CORE IDEA

The church is the local gathering of people saved by faith in Christ, sharing a common life of worship, discipleship, service and evangelism, living out the Great Commandment (to love God and neighbor) and the Great Commission (making disciples of all nations). Building his church is *the main thing* that Jesus is doing on the earth.

KEY PASSAGES

Take time to read through these passages and make a few notes before your meeting, and it will help tremendously!

Together, READ the following passages out loud, and make some notes as you go. What do these verses teach us about CHURCH?

- Matthew 16:15-19
- Ephesians 1:22-23
- Ephesians 4:1-6
- 1 Peter 2:9
- 2 Corinthians 5:14-21
- Ephesians 5:25-27

Based on these passages, DISCUSS:

- What is the church?
- Who leads the church?
- Why does the church exist?
- What is the church supposed to do?

PURPOSES OF THE CHURCH

Some people define the purposes of the church in these three categories.

- WORSHIP: Ministry to God
- NURTURE: Ministry to Believers
- EVANGELISM AND MERCY: Ministry to the world

WHERE THE CHURCH MEETS THE ROAD

DISCUSS How do you believe that God wants you to grow *in love* for and participation in His church?

DISCUSS How can you keep the right perspective about Christ's church, even when you have negative experiences in the church?

HEART ATTITUDES

Mission Trails Church's set of Seven Heart Attitudes answer the question, "HOW do we live as the church together?" We strongly believe that if we don't live this way together, then we won't be able to carry out God's purposes for the church.

- Put the goals and interests of others before your own. (John 13:34-35, Philippians 2:3-4)
- Live an honest and open life before others. (1 John 1:7, Ephesians 4:25)
- Give and receive scriptural correction. (Hebrews 10:24-25, Hebrews 3:13)
- Clear up relationships. (Matthew 5:23-24, Colossians 3:13)
- Participate in the ministry. (1 Peter 4:10, Ephesians 4:16)
- Support the work financially. (2 Corinthians 9:6-7, 1 Corinthians 16:2)
- Follow spiritual leadership within scriptural limits. (1 Peter 5:5-7, Hebrews 13:17)

DISCUSS Which of these Heart Attitudes do you think needs the most attention in your own life right now? Why?

YOUR PLACE IN THE CHURCH

While God calls all Christ-following churches to carry out the three purposes listed above, not every single person in the church will equally be involved in the ministry of all three.

Wayne Grudem says, "Because we are like a body with diverse spiritual gifts and abilities, it is right for us to place most of our emphasis on the fulfillment of that purpose of the church that is most closely related to the gifts and interests God has given to us. There is certainly no obligation for every believer to attempt to give exactly on third of his or her time in the church to worship, one-third to nurturing other believers, and one-third to evangelism or deeds of mercy. Someone with the gift of evangelism should of course spend some time in worship and caring for other believers, but may end up spending the vast majority of his or her time in evangelistic work. Someone who is a gifted worship leader may end up devoting 90 percent of his time in the church toward preparation for and leading of worship. This is only an appropriate response to the diversity of gifts that God has given us."

DISCUSS How do you think you can most intentionally be involved in the life of the church? With your time? Your gifts? Your priorities?

DISCUSS How do you think you can support other priorities and purposes of the church, even if they aren't in your own "ministry sweet spot"?

ROADBLOCKS

DISCUSS What keeps you from being involved in Christ's church to the fullest extent possible?

AFTER THE MEETING:

1. PRACTICE one core exercise related to the topic: CHURCH.

IDEAS:

- Find a way to make participation in the local church family a **priority** in your life (if it's not).
- Pick one of the seven Heart Attitudes that you need to focus on most in the weeks to come.
- Pray for our church every day for a week or two.
- If you've been burned by a church in the past, sit down with a friend or mentor (or your Trailhead partner), and have them help you move through your pain and bitterness by leaning in to prayer and forgiveness.
- Identify a way in which God wants you to use your Time, your Talent, or your Treasure to a greater extent, for His Church.
- Make friends with someone in our church you don't know well yet - as a way to celebrate the redeemed lives God has brought together, that would never have been in fellowship otherwise.
- **2.** Find a way to CHECK IN with your TrailHead partner sometime after this sixth session, to encourage each other, FOLLOW UP on your goals.
- **3.** Spend time identifying six "NEXT STEPS" for yourself, one from each of the six sessions.
- 4. PRAY for your TrailHead partner, and for the church.

NOTES:

RESOURCES

BOOKS

- Center Church Keller
- Deep & Wide Stanley
- Transformational Church: Creating a New Scorecard for Congregations Stetzer and Rainer
- The Safest Place on Earth Crabb
- Church Unique Mancini
- Side by Side Welch

WEB

 We Are by Kari Jobe https://www.youtube.com/watch?v=B07iK9uh9qY