

Becoming a

# Compelling **Missional** Disciple



# Becoming a Compelling Missional Disciple.

As group of regular people that God has planted here at ALC **we seek to live out God's story the way Jesus showed.** We don't just believe in Jesus, we seek to practice His way of living. Jesus referred to those kinds of people as disciples – they were **compelling** because their lives had been transformed by their relationship with Jesus and were marked by His life-giving presence. They were **missional** because they understood that they were partners with Jesus in His shared mission. A mission where God is forming a new kind of humanity that's seeking to see His Kingdom come here on earth as it is in heaven.

God's desire, and our desire for you, is that you would become a Compelling Missional Disciple.

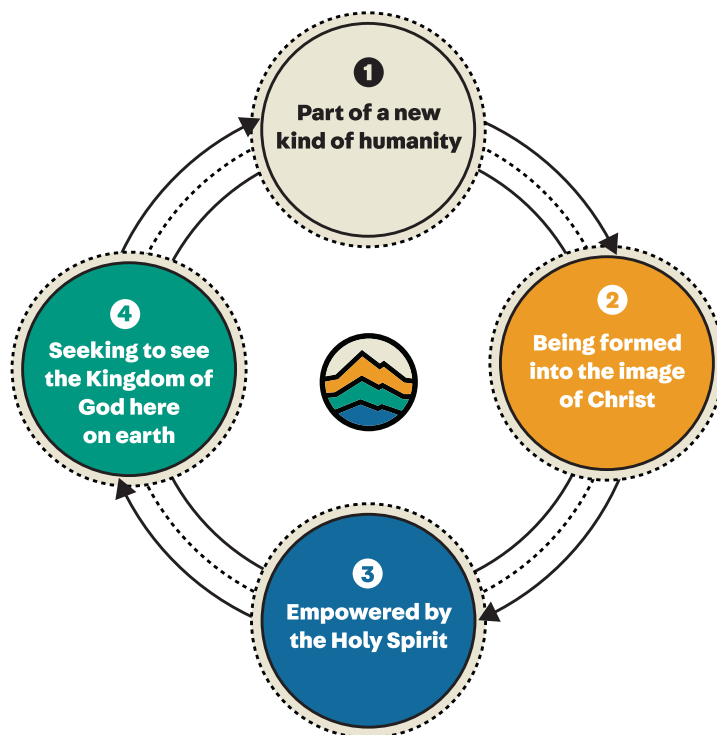
**Compelling Missional Disciples** are followers of Jesus who are marked by and seek after four things:

1. Because are identity is defined by being in Christ, we recognize **we're becoming a part of new kind of humanity.** One that reflects the character and nature of Jesus.
2. **We are being “counter-formed” into the image of Christ.** Not conformed to the patterns and ways of culture but transformed by God's Word and Spirit to become increasingly reflective of Jesus.
3. We can't do this by ourselves and recognize that **God has given us His Holy Spirit to help us** to become more like who God designed us to be.
4. As this is reflected in our relationships, finances, priorities, work etc **we're seeking to see the Kingdom of God – God's order and life - here on earth.**



# The Loop.

Here at ALC we call our journey of becoming a Compelling Missional Disciple of Jesus the Loop.



## Why the Loop?

Scripture teaches us that the work of transformation is a process, and a cyclical or spiraling process of continuous growth, that won't be fully completed in this life. Every day, God is continually molding us and taking us deeper. We believe understanding and living out the spiritual truths represented in these four areas helps us to become the kind of disciples Jesus intended.

## Welcome to the Journey.

Congratulations on your decision to embark on this journey. It will be life changing if you allow it to be. On the following pages you're going to dive into a six-week journey for each of the four areas on the Loop. Each one will lay a foundation, that will help you take steps that you'll find yourself being reminded of and walking out on this life-long journey of walking with Jesus and becoming more like Him.



## Curriculum 2

### Being formed into the image of Christ

This five-week study is all about learning to grow more like Jesus—step by step, day by day. Each week focuses on a key part of spiritual growth, with simple truths, practical steps, and real-life application. It's not about perfection; it's about progress. God began a good work in you, and He promises to finish it. Your job is to cooperate with what He's already doing in your heart.

**Weeks 1–3** help you build a strong foundation. In Week 1, *The Work of Sanctification*, you discover that God's goal for your life isn't just to make you happy—it's to make you holy. Holiness means becoming like Christ in the way you think, act, and love. Week 2, *Dealing with Sin*, reminds you that the Christian life isn't about following rules—it's about a relationship. The Holy Spirit gives you the power to say “no” to sin and “yes” to God, producing fruit like love, joy, and peace in your life. Week 3, *Renewing the Mind*, shows how lasting change begins in your thoughts. When you fill your mind with God's truth instead of the world's lies, you experience freedom, confidence, and peace.

**Weeks 4–5** show how spiritual growth happens best in community and through healthy habits. Week 4, *Accountability and the Role of Our Brothers and Sisters in Christ*, reminds us that we need each other. You can't become the person God made you to be by yourself. Real growth happens when you walk with others in honesty, encouragement, and love. Finally, Week 5, *Healthy Habits*, helps you see that the little choices you make everyday shape who you're becoming. When you build habits that honor God—through prayer, rest, Scripture, and fellowship—you'll grow stronger, healthier, and more like Jesus.

Every week ends with an “**I Will**” statement—a simple way to put your faith into action. Because the truth is, God changes your life when you take His Word seriously and do what it says. There also is the **Going Deeper** section for practices during the week.



# Week 1

## The Work of Sanctification

God's goal for your life is bigger than happiness — it's holiness. He wants you to look like Jesus, think like Jesus, act like Jesus, and love like Jesus. That process is called **sanctification** — being formed into the image of Christ.

Here's the good news: you don't do this on your own. God started the work, and He promises to finish it. But you *do* have a part to play — cooperating with what God is already doing in you. This is what Paul meant by “working out” your salvation — not working *for* it but working it *out* into every part of your life.

### Open in Prayer

---

#### Let's start with a question

What's one area of your life where you've seen God change you over time?

---

### Scripture Reading & Discussion

#### 1 Corinthians 6:11 (ESV)

*"And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God."*

God sees you as forgiven and holy. Find ways to allow this truth to guide your thoughts, choices, and how you relate to others every day.

#### Philippians 2:12-13 (ESV)

*"Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure."*

Take responsibility for your spiritual life: read Scripture, pray, serve, and make godly choices daily trusting that God is shaping your heart and actions.



## Philippians 1:6 (ESV)

*"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."*

Stop beating yourself up over mistakes. Research shows this actually makes you more likely to make the same mistake again. Instead, trust God's timing and continue taking steps of faith, knowing He is faithfully at work in your life.

## Ephesians 4:20-24 (ESV)

*"But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."*

Every day, ask God in prayer to help you think like Him, speak like Him, and act like Him. Small, intentional steps in thought and behavior add up to real change over time.

---

## Discussion Questions

1. In what ways do you see God using your current circumstances to build your character?
2. What's one area where you might be fighting against what God wants to change?
3. Do you tend to rely too much on your own effort or, on the flip side, do you tend to sit back and expect God to do all the work?
4. What's something difficult you've faced that helped you become stronger in your faith?
5. What's one way you can tell that God has already been changing your heart?
6. What's one simple thing you can do each day to keep your thoughts focused on Him?
7. What's one truth about God you need to remember when you start to feel stuck or discouraged?

## Make an "I Will" Statement

Encourage each group member to finish this sentence:

"This week, with God's help, **I will...**"

(e.g. "I will forgive someone who hurt me," "I will spend time each morning asking God to renew my mind," "I will stop complaining and start praying.")





## Prayer Requests & Closing Prayer

- Thank God that He is committed to finishing the work He started in us.
  - Ask the Holy Spirit to give strength to walk in obedience this week.
  - Pray specifically for one another's "I Will" commitments.
- 

## Going Deeper

**Journal.** Whether it's an old-fashioned pen and notebook or it's a digital memo app on your phone - taking time to slow down enough to write out our thoughts with God makes a big difference. Research even shows this makes a huge difference in our personal growth and wellness. Write down what God is bringing up in you. Go back at times and be reminded of God's faithfulness as the fruits of the Spirit grow in your life and praise Him for it.



## Week 2

### Dealing With Sin

Holiness is not about being perfect — **it's about being set apart for God**. It means living in a way that reflects His character. Holiness is not about rules, it's about relationships.

Romans 8:13 says we put sin to death **by the Spirit**. That means we don't try to "clean ourselves up" on our own — we cooperate with the Holy Spirit who gives us power to say no to sin and yes to God.

The Christian life isn't just about sinning less — it's about living more like the way Jesus showed us. And how do we know we are walking in holiness? Look for the fruit of the Spirit. These nine Christ-like qualities grow in us and are displayed from us when Jesus lives through you—love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control. When you walk by the Spirit, you don't just avoid sin, you become holy.

#### Opening Prayer

---

#### Let's start with a Question

When you hear the word "**holy**," what comes to mind — and why?

- Share a time when doing the right thing was hard but left you with peace or joy afterward.
- 

#### Scripture Reading

**Romans 8:13** (ESV)

*"For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live."*

**Galatians 5:16** (ESV)

*"But I say, walk by the Spirit, and you will not gratify the desires of the flesh."*

**Galatians 5:22-23** (ESV)

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."*





*"But as he who called you is holy, you also be holy in all your conduct, since it is written, 'You shall be holy, for I am holy.'"*

---

## Discussion Questions

1. Grab your phone, what is the definition of holiness?
  2. Why do you think it's easier to focus on avoiding sin than on living by the spirit?
  3. According to Romans 8:13, what is the key to putting sin to death? Why is that good news?
  4. Galatians 5:16 says walking by the Spirit keeps us from gratifying the flesh. What might that look like on a normal day (at work, home, or watching our kids' games)?
  5. Which of the nine fruits of the Spirit do you see growing in your life right now? Which one do you want God to grow more in you?
  6. How does pursuing the fruit of the Spirit help us deal with sin more effectively than just trying to "not do bad things"?
  7. How might living by the Spirit change the way we respond to cultural pressures today?
  8. What practical step could you take this week to "walk in the Spirit" more intentionally?
  9. In what ways can pursuing holiness strengthen our relationships with others?
- 

## Walking in the Flesh vs. Walking in the Spirit

**Read through both lists on the next page slowly. Then ask the following questions below.**

**Ask:** Which "works of the flesh" do you see most in our culture today?

**Ask:** Which fruit of the Spirit would be the most powerful witness to a watching world if we lived it out this week?

### Works of the Flesh (Galatians 5:19-21) Fruit of the Spirit (Galatians 5:22-23)

Sexual immorality	Love
Impurity	Joy
Debauchery	Peace
Idolatry	Patience
Selfishness	Kindness
Hatred	Goodness
Discord	Faithfulness
Jealousy	Gentleness
Anger/Rage	Self-control



## Make an “I Will” Statement

Invite everyone to make it specific:

“This week, with God’s help, **I will...**”

(e.g. “I will start each day with prayer, asking God to grow kindness in me,” “I will replace complaining (about my co-workers) with gratitude (for what God is providing),” “I will choose self-control by walking away from temptation instead of arguing with it.”

**Look back:** How did last week’s “I Will” statement go?

---

## Prayer Requests & Closing Prayer

- Thank God for calling you to holiness and giving you His Spirit to help you live it out.
- Ask Him to put to death specific sins and help you walk in His power this week.
- Pray that the fruit of the Spirit will grow in each person’s life and be seen by others.

## Going Deeper

**Word Study.** As you read your Bible over the next few weeks, mark or highlight the word “holy” any time you come across it in the scriptures.



## Week 3

### Renewing the Mind

Your life is always headed in the direction of your strongest thoughts. If your thoughts are negative, fearful, or self-centered, your life will reflect that. But if your thoughts are filled with God's truth, hope, faith and promises, your life will move toward peace and purpose. That's why Paul teaches us that transformation begins by renewing our minds. When you let God's Word reshape your thinking, it changes your feelings, your decisions, and ultimately your destiny.

#### Opening Prayer

---

#### Let's start with a Question

- Why do you think it's so easy to believe lies about ourselves, God, or the world around us?
- 

#### Scripture Reading & Discussion

Recognizing the lies we believe — about God, ourselves, and others.

##### **Ephesians 6:12** (ESV)

*"For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places."*

Replacing those lies with truth — through God's Word and the mind of Christ

##### **Ephesians 4:22 & 23** (ESV)

*"Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds."*

##### **Romans 12:2** (ESV)

*"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."*



**Repeating the truth until it reshapes our thinking** — taking every thought captive (2 Corinthians 10:5) and meditating on what is good, true, and pure (Philippians 4:8).

**2 Corinthians 10:5 (ESV)**

*"We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."*

**Philippians 4:8 (ESV)**

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."*

**This is a daily process.** 2 Corinthians 4:16 reminds us that our inner self is renewed day by day. As you fill your mind with Scripture, pray, worship and take thoughts captive, your mind is transformed, your attitudes change, and your life begins to look more like Jesus.

**2 Corinthians 4:16 (ESV)**

*"So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day."*

**Colossians 3:16 (ESV)**

*"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."*

**Psalms 119:11 (ESV)**

*"I have stored up your word in my heart, that I might not sin against you."*



## Discussion Questions

1. What's one lie you've caught yourself believing that kept you from living with confidence in God?
  2. How does remembering that we are in a spiritual battle (Ephesians 6:12) change the way you deal with negative thoughts?
  3. 2 Corinthians 10:5 tells us to "take every thought captive." What might that look like practically?
  4. When your mind starts drifting toward fear, worry, or discouragement, what's one thing you can do immediately to refocus on God?
  5. Romans 12:2 tells us not to be shaped by the world. Where do you feel the world's pressure the most — and how can God renew your mind in that area?
  6. Philippians 4:8 gives us a filter for our thoughts. Which of those qualities is the hardest for you to live out right now, and why?
  7. How have you noticed your attitude or perspective change when you've filled your mind with God's Word instead of media or social feeds?
  8. In what ways does renewing your mind affect how you treat people in your family, friendships, or workplace?
  9. What could this group do to help each other take our thoughts captive and replace lies with truth every day?
  10. What's one simple step you can take this week to plant God's Word deeper in your heart — and how will it make a difference?
- 

## Make an "I Will" Statement

Encourage each member to write out a personal commitment:

"This week, with God's help, **I will...**"

Examples:

- "I will start my mornings by reading God's Word before reading news or social media."

**Look back:** How did last week's "I Will" statement go?

---

## Prayer Requests & Closing Prayer

- Thank God that He is renewing your mind and shaping your thoughts to be like His.
- Ask Him to reveal lies that need to be replaced with truth.
- Pray for the group to grow in daily renewal and to take every thought captive this week.



## Going Deeper

Memorize 2 Corinthians 10:5 and speak it out loud when I feel anxious. Identify a lie, negative thought, or toxic belief that is taking up space in your thought life. “Take it captive” by writing it out - then cross it out! Find a scripture or simply write a grace-filled truth to replace the toxic belief with. “Make your thoughts obedient to Christ” by putting reminders in your phone, on notes around you and continue renewing your mind in this area as the toxic thought attempts to try and creep in.

### 2 Corinthians 10:5

*"We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."*



## Week 4

# Accountability and the role of our brothers and sisters in Christ

Accountability helps us stay faithful to God's Word, resist temptation, and align our actions with Christ's teachings. It's not about judgment or shame, but about mutual support, prayer, and honesty—walking together as the body of Christ. Through accountability, we are reminded that our faith is lived in community, and that God often works through others to convict, encourage, and strengthen us on our journey toward holiness so we can flourish together the way Jesus showed us.

### Opening Prayer

---

### Let's start with a Question

Has there been a time when someone's encouragement or accountability helped you make a better choice?

---

### Scripture Reading & Discussion

#### Personal Responsibility – Your Part

You are responsible for your own walk with God. You will give an account to Him (Romans 14:12). No one else can repent for you, read your Bible for you, and obey God for you.

**Romans 14:12** (ESV)

*"So then, each of us will give an account of ourselves to God."*

**2 Corinthians 5:10** (ESV)

*"For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil."*





### Community Support – Our Part

God also calls us to walk with others. We are to carry each other's burdens (Galatians 6:2), pray for one another (James 5:16), and sharpen one another (Proverbs 27:17). Spiritual growth is not meant to be a solo project — we grow best in the company of others.

#### Galatians 6:1-2 (ESV)

*"Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ."*

#### James 5:16 (ESV)

*"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."*

#### 1 Thessalonians 5:11 (ESV)

*"Therefore encourage one another and build one another up, just as you are doing."*

#### Proverbs 27:17 (ESV)

*"As iron sharpens iron, and one man sharpens another."*

### The Purpose of Community – God's Plan

The church is not just a meeting you attend — it's a family you belong to. Its purpose is to encourage, build up, and keep one another focused on Christ (Hebrews 10:24-25, Ephesians 4:29).

#### Hebrews 10:24-25 (ESV)

*"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."*

#### Ephesians 4:29 (ESV)

*"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."*

**Bottom Line:** You are responsible to God for your own choices, but you were never meant to make them alone.



## Discussion Questions

1. How do Romans 14:12 and 2 Corinthians 5:10 motivate you to take personal responsibility for your faith?
  2. What does it look like in real life to “carry each other’s burdens” without taking over someone else’s responsibility?
  3. What’s one practical way we can sharpen each other this week, like Proverbs 27:17 says?
  4. What is one way we can make this group a safe place for honesty and growth?
  5. Who do you need to encourage, pray for, or check in on this week?
  6. Why do you think God designed spiritual growth to happen in community instead of isolation?
  7. What’s the biggest difference between attending church as a “meeting” and belonging to church as a “family”?
- 

## Make an “I Will” Statement

Invite everyone to finish this sentence:

“This week, I will...”

- “I will confess an area I’m struggling in to a trusted friend.”
- “I will intentionally speak words that build others up.”
- “I will check on someone in the group who seems discouraged.”

**Look back:** How did last week’s “I Will” statement go?



## Prayer Requests & Closing Prayer

- Thank God for making us part of His family.
  - Pray for courage to take personal responsibility and humility to receive support.
  - Ask the Holy Spirit to make your group a place of grace, truth, and transformation.
- 

## Going Deeper

- Choose a trusted friend who loves Jesus and will speak truth with grace. Let them know one area you're struggling in and ask them to pray for you throughout the week.

*"I will be honest about my struggles because hiding them keeps me from experiencing God's grace. I will choose a friend I trust, share my specific struggle, and invite them to pray with me and hold me accountable. I know that confession brings freedom, and accountability brings growth."*



## Week 5

### Healthy Habits

Healthy habits are essential in the Christian walk because they shape the person you are becoming. Every choice you make — what you think about, what you eat, how you spend your time — is like planting a seed that will one day bear fruit. God calls us to honor Him with our bodies and to guard our hearts because everything flows from them. When we build habits of prayer, Bible reading, worship, fellowship, and even rest, we position ourselves to hear from God and walk in His strength instead of our own. Healthy habits are not about perfection — they are about direction. They help us live intentionally, glorify God in everyday life, and become more like Christ day by day.

#### Opening Prayer

---

#### Let's start with a Question

- What is one habit (good or bad) that shapes your daily life right now?
- 

#### Scripture Reading & Discussion

Your habits will either shape you into the image of Christ or slowly pull you away from Him. Spiritual growth is about cooperating with God by developing patterns that keep your heart, mind, and body healthy.

##### Care for Your Body – God's Temple

Your body belongs to God (1 Corinthians 6:19-20). Healthy eating, rest, exercise, and avoiding harmful choices are spiritual decisions.

##### 1 Corinthians 6:19-20 (ESV)

*“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”*

##### Guard Your Heart – Your Inner Life Matters

Proverbs 4:23 reminds us that our heart drives our choices. What you watch, read, and dwell on shapes who you become.

##### Proverbs 4:23 (ESV)

*“Keep your heart with all vigilance, for from it flow the springs of life.”*



### Feed Your Spirit – Hunger for God

Jesus said those who hunger and thirst for righteousness will be filled (Matthew 5:6). Build habits of Bible reading (Joshua 1:8), prayer, and worship to grow strong spiritually.

**Matthew 5:6** (ESV)

*“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”*

**Joshua 1:8** (ESV)

*“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”*

### Sow Good Seeds – Live Intentionally

Galatians 6:7-9 teaches that habits are seeds. If you plant good habits, you’ll reap a harvest of blessings in due season. Don’t give up!

**Galatians 6:7-9** (ESV)

*“Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”*

### Stay Connected – Community Strengthens You

Healthy habits include meeting regularly with other believers (Hebrews 10:25) for encouragement and accountability.

**Hebrews 10:25** (ESV)

*“Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”*

### Rely on God’s Power – Not my own power

You don’t build habits by sheer grit. God gave you a spirit of power, love, and self-control (2 Timothy 1:7). Ask Him daily to help you live for His glory (1 Corinthians 10:31).

**2 Timothy 1:7** (ESV)

*“For God gave us a spirit not of fear but of power and love and self-control.”*



## 1 Corinthians 6:19-20 (ESV)

*“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”*

---

### Discussion Questions

1. What’s one daily habit that’s shaping who you’re becoming — and is it helping you become more like Jesus?
2. When you think about your body as God’s temple, what changes does that truth inspire you to make?
3. What are some “small seeds” you’ve been planting lately — and what kind of fruit do you see growing from them?
4. How have your thoughts or social media habits been shaping your heart lately? Are they drawing you closer to Christ or distracting you?
5. What’s one area of your spiritual life (prayer, Bible reading, worship, rest) that could use a “healthy reset”?
6. When you get tired or discouraged in your habits, what helps you keep going instead of giving up?
7. What’s the difference between trying to change by willpower versus relying on God’s power?
8. If you were to look back a year from now, what healthy spiritual or physical habit do you hope will be a regular part of your life — and why?

### Make an “I Will” Statement

Invite each person to write one habit goal for this week:

“I will \_\_\_\_\_ so that I can honor God with my body, mind, and spirit.”

Examples:

- “I will spend 10 minutes reading the Bible each morning.”
- “I will get to bed earlier so I can wake up ready to meet with God.”
- “I will replace 10 minutes of scrolling with prayer or worship.”

**Look back:** How did last week’s “I Will” statement go?

---

### Prayer Requests & Closing Prayer

- Thank God for creating your body and mind with purpose.
- Ask Him to give strength to make healthy choices.
- Pray for one another’s habit goals and encourage each other to follow through.



## Going Deeper

Here at ALC, we hold to five keystone habits that help us be planted and flourishing in our walk with God and in community: **Devotions, Gathering, Tithing & Generosity, Groups, and Serving.**

Take a moment to look over these five practices below and honestly assess how you're doing in each area. This week, bring them to God in prayer and ask Him to show you where He may be inviting you to lean in a little more. Small, consistent steps in these habits can shape a strong, healthy, and vibrant faith.

Let God highlight where He wants to grow you—and trust that He'll meet you as you pursue these habits with intention and openness.

