

# THE WAY of JESUS



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**John 8:31-32**

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# Introduction

*... Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31-32*

Following Jesus is more than a one-time decision, it's a way of life. In this series, we will explore what it means to be a disciple of Jesus, moving beyond belief alone and into a life shaped by Him. Jesus invites us not simply to admire His teachings, but to follow Him closely and live as His apprentices.

Over the next four weeks, we will focus on one key spiritual rhythm each week including **Scripture, Prayer, Sabbath, and Service**. This guide is designed to help you learn about each rhythm, practice it, reflect on it, and process it in community.

We hope that it will not only deepen your understanding of discipleship but also invite lasting transformation as you walk more closely with Christ this year.



## Learn About It

Before we begin our first spiritual practice of reading Scripture, it is important to take a moment to learn what Scripture is—God’s Word to us through the Bible, including the Old Testament and the New Testament. The Bible was written over many centuries, by numerous authors, in a variety of languages and literary styles. It accurately records what did happen, not an idealized version of events. The pages are filled with imperfect people, just like us. Although it may feel overwhelming at times, the Bible ultimately tells one unified story: the story of redemption fulfilled in Jesus.

For some, this may be familiar; for others, it may be new. Either way, it reminds us of the significance God’s Word has in shaping our lives. When we read Scripture, it is not for information, but for transformation. To encounter Jesus, to be with Him and to be more like Him. Because of this, we read it differently than we would anything else. We slow down. We reflect.

As you are reading, consider asking these questions:

- *What does it say?*
- *What does it mean?*
- *Who wrote it, and to whom was it written?*
- *How does it apply to my life?*

Now, let’s begin our first spiritual practice by reading through the Gospel of John, together. Make sure to plan out some time in your day and find a quiet, distraction free place where you can focus.

## Practice It

Read the gospel of John in entirety this week. It is broken down into 7 parts with 2-4 chapters each day.

- Day 1: John 1–2
- Day 2: John 3–5
- Day 3: John 6–7
- Day 4: John 8–9
- Day 5: John 10–12
- Day 6: John 13–17
- Day 7: John 18–21

## Reflect On It

Each day as you read through the chapters, remember to ask yourself these questions: What does it say? What does it mean? Who wrote it, and to whom was it written? And how does it apply to my life?

Once you are finished reading, reflect on the days reading with these questions:

How did it feel as you were reading? Were you focused? Or distracted?

Did you hear God speak to you?

What did you learn?

Is there anything you want to do differently tomorrow? (maybe a different time of day or place)

## Process It

Take time this week to process what you have learned with your small group, as a family, with a friend, or with your One. When you gather, here are some questions you can process together:

Is this a new practice for you?

How did it go?

What stood out the most to you as you were reading? Did anything surprise you?

Is God prompting you to take a next step or do something different?

Were there any obstacles that got in your way this week? Parenting, work schedules, emotions, other distractions? Be honest and lovingly hold each other accountable for next week.

# Prayer

## Learn About It

This week our spiritual practice is prayer. Prayer is simply communicating with God, speaking with Him and listening for His voice. As you pray, your words don't have to be perfect or rehearsed, it is not a performance, but rather an invitation into relationship with Him.

Prayer has been practiced for thousands of years; Jesus Himself modeled it for us. Not only did He talk to the Father, He also listened for His response. Before He chose His disciples He spent time in prayer.

*<sup>12</sup> One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. <sup>13</sup> When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: <sup>14</sup> Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, <sup>15</sup> Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, <sup>16</sup> Judas son of James, and Judas Iscariot, who became a traitor. Luke 6:12-16*

For some, prayer may feel natural and familiar; for others, it may feel awkward, intimidating, or even discouraging when you aren't sure what to say or your mind starts to wander. Wherever you find yourself, the goal isn't to pray more, or pray better, it is to be more connected to your heavenly Father. As we continue to pray, we learn to trust Him, surrender control, and grow in relationship with Him. Because even when God seems silent, He is always there, always listening, and always working.

## Practice It

This week set aside some time each day to be intentionally in prayer. Much like taking time out of your day to read Scripture, it might be best to schedule a specific time and find a nice quiet place. If you aren't sure where to start, consider this prayer structure:

**PRAISE-** Praise and adore God for who He is and what He has done.

**REPENT-** Ask God to forgive your sins and then turn away from them.

**ASK-** Bring any needs you have before God.

**YIELD-** Pray for God's will to be done in your family, church, ministry, job, future, city, nation and the world.

Once you have finished, take some time to just be still and listen.

## Reflect On It

Once you are finished praying, reflect with these questions:

How did it feel as you were praying? Were you focused?  
Or distracted?

Did you hear God speak to you?

What did you learn?

Is there anything you want to do differently tomorrow?

## Process It

Take time this week to process what you have learned with your small group, as a family, with a friend, or with your One. When you gather, here are some questions you can process together:

Is this a new practice for you?

How did it go?

What stood out the most to you as you were praying? Did anything surprise you?

Is God prompting you to take a next step or do something different?

Were there any obstacles that got in your way this week? Parenting, work schedules, emotions, other distractions? Be honest and lovingly hold each other accountable for next week.

## Learn About It

Before practicing the spiritual rhythm of Sabbath, it is important to understand what Sabbath is. The meaning comes from the Hebrew word shabbat which means “to stop.” To sabbath is to stop, to cease, to be done. From the beginning of creation, God established a rhythm of work and rest to remind us that our value is not found in our productivity, but in our identity in Him.

Sabbath is more than a day off. It is a posture of the heart that resists hurry, control, and constant striving. By practicing Sabbath, we intentionally stop working, step away from what drains us, and make space to delight in God and the gifts He has given us. For many, rest feels difficult, even uncomfortable—because it requires trust. Sabbath teaches us to trust that God is at work even when we stop.

As you prepare for your Sabbath, reflect on these questions:

*What keeps me from resting?*

*What does rest look like not only for my body, but my soul?*

*Are there areas of my life where I need to trust God more?*

## Practice It

This week set aside a full day for Sabbath. If that feels too overwhelming for you, it's ok start with a few hours. It doesn't have to be a Sunday; it can be any day that works in your schedule. During this time, stop anything that is work related and draining to you. Rest—physically, emotionally, and spiritually. Delight in God, relationships, and things that are life-giving to you.

Here are some ideas to help you get started:

- Prepare the day before. Set things up so you can fully disconnect.
- Put away any screens or devices.
- Enjoy simple pleasures like slowly drinking your coffee, reading for fun, taking a long walk.
- Connect with others. Share a meal, tell stories, hang out with family and friends.
- Connect with creation. Go to a park, sit in nature, or have a picnic.



- Practice solitude and silence. Spend time alone or in quiet reflection.
- Feast. Prepare and enjoy a special Sabbath meal.

## Reflect On It

At the end of your Sabbath, reflect on your time with these questions:

How did it feel to stop and rest? Was it harder than expected?

Did you hear God speak to you? What did you learn?

Is there anything you want to do differently next week?

## Process It

Take time this week to process what you have learned with your small group, as a family, with a friend, or with your One. When you gather, here are some questions you can process together:

Is this a new practice for you?

How did it go?

What stood out the most? Did anything surprise you?

Is God prompting you to take a next step or do something different?

Were there any obstacles that got in your way this week? Parenting, work schedules, emotions, other distractions? Be honest and lovingly hold each other accountable for next week.

# Sabbath

# Service

## Learn About It

Serving is an important spiritual rhythm. Jesus did not come to be served, but to serve, and He calls His followers to do the same. Serving is an expression of love, humility, and obedience. It is not limited to large or public acts; often, the most meaningful opportunities to serve are found in small, ordinary moments.

God invites us to serve the people He has already placed in our lives like our family members, coworkers, neighbors, and friends. These acts of service may go unnoticed by others, but they are seen by God. Serving is not about recognition or approval; it is about quietly reflecting the love of Christ through our actions.

Serving also extends beyond our immediate circles. God calls us to serve within the church and throughout our community and world. Each of us has been gifted uniquely, and when we use those gifts to serve others, we participate in what God is already doing.

As you consider the spiritual rhythm of serving this week, reflect on these questions:

*What gifts has God given me?*

*Who has God placed in my life to serve?*

*What holds me back from serving?*

*What steps can I take to overcome those barriers?*

## Practice It

This week, intentionally look for opportunities to serve those around you. These opportunities may be simple or significant, planned or spontaneous. Choose to serve without seeking recognition or praise.

## Reflect On It

At the end of your week, reflect on your time with these questions:

How did it feel to serve? Was it harder than expected?

Where the opportunities obvious or did you have to be intentional?

Did you hear God speak to you? What did you learn?

Is there anything you want to do differently next week?

## Process It

You have spent the week serving those who are close to you, now take time this week to find a serving opportunity in community with others. You can do this with your small group, as a family, with a friend or with your One. When you gather, here are some questions you can process together:

Is this a new practice for you?

How did it go?

What stood out the most? Did anything surprise you?

Is God prompting you to take a next step or do something different?

Were there any obstacles that got in your way this week? Parenting, work schedules, emotions, other distractions? Be honest and lovingly hold each other accountable for next week.

