

# ZÚME

## TRAINING

MULTIPLYING DISCIPLES

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**WILLIAM  
CAREY**  
PUBLISHING

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# SESSION 1

In this session, your group will get an overview of Zúme Training, learn two basic principles of disciple-making, and discover two simple tools for making disciples who multiply—S.O.A.P.S. Bible Study and Accountability Groups



Share a LINK to this lesson with friends or post it on social media!

SESSION

1-4

## S.O.A.P.S. Bible Reading

*Watch/Read and Discuss [15 min]*



Jesus said—“make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you.” (Matthew 28:19–20a)

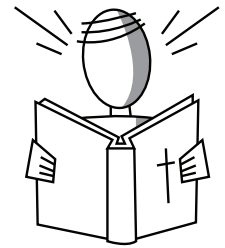
If every follower of Jesus is going to obey all that Jesus commanded, then they need to know what Jesus commands.

The Great Commandment and the Great Commission are a great summary of what God has to say to us, but if a follower is going to grow into the full measure of what God created them to be, then they need to know and obey even more.

**S.O.A.P.S.** stands for :

- **Scripture**
- **Observation**
- **Application**
- **Prayer**
- **Sharing**

It's a simple way to learn and remember an effective Bible study method that any follower of Jesus can use. Let's look at each section a little more.



WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

When you read or listen to the Bible:

- **Scripture:** Write out one or more verses that are particularly meaningful to you, today.
- **Observation:** Rewrite those verses or key points in your own words to better understand.
- **Application:** Think about what it means to obey these commands in your own life.
- **Prayer:** Write out a prayer telling God what you've learned and how you plan to obey.
- **Sharing:** Ask God who He wants you to share with about what you've learned or applied.

Now, let's put S.O.A.P.S. to work:

**S—Scripture**—*“For my thoughts are not your thoughts, neither are your ways My ways,” declares the LORD. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” (Isaiah 55:8–9)*

**O—Observation**—As a human, I'm limited in what I know and what I know how to do. God is not limited in any way. He sees and knows EVERYTHING. He can do ANYTHING.

**A—Application**—Since God knows everything and His ways are best, I'll have much more success in life if I follow Him instead of relying on my own way of doing things.

**P—Prayer**—Lord, I don't know how to live a good life that pleases You and helps others. My ways lead to mistakes. My thoughts lead to hurt. Please teach me Your ways and Your thoughts, instead. Let your Holy Spirit guide me as I follow You.

**S—Sharing**—I will share these verses and this application with my friend, Steve, who is going through a difficult time and needs direction for important decisions he's facing.

SESSION

1-5

## Accountability Groups

*Watch/Read and Discuss [15 min]*



Jesus said—“From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.” (Luke 12:48b)

Jesus shared many stories of accountability and told us many truths of how we will be held responsible for what we do and say. Jesus tells us these things now, so we can be ready for later. And because we will be accountable to Him one day, it's good to practice being accountable to one another now.

**Accountability Groups** are made up of two or three people of the same gender—men with men, women with women—who meet once a week to discuss a set of questions that help reveal areas where things are going right and other areas that need correction.

Every follower of Jesus will be held accountable, so every follower of Jesus should practice accountability with others.

**NOTE**—*Everyone in an accountability group needs to understand that what is shared is confidential.*



WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

## Accountability Questions

- How have your insights from last week's reading shaped the way you think and live?
- Who did you pass your insights from last week on to and how was it received?
- How have you seen God at work?
- Have you been a testimony this week to the greatness of Jesus Christ with your words and actions?
- Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts?
- Have you acknowledged God's ownership in your use of money?
- Have you coveted anything?
- Have you hurt someone's reputation or feelings by your words?
- Have you been dishonest in word or action or exaggerated?
- Have you given into an addictive [or lazy or undisciplined] behavior?
- Have you been a slave to clothing, friends, work, or possessions?
- Have you failed to forgive someone?
- What worries or anxieties are you facing?
- Have you complained or grumbled?
- Have you maintained a thankful heart?
- Have you been honoring, understanding and generous in your important relationships?
- What temptations in thought, word, or action have you faced and how did you respond?
- How have you taken opportunities to serve or bless others, especially believers?
- Have you seen specific answers to prayer?
- Did you complete the reading for the week?



# SESSION 2

In this session, your group will learn the difference between producers and consumers in God's Kingdom. You'll also learn and practice two more simple tools for multiplying disciples—the Prayer Cycle and List of 100.



SESSION

2-2

## The Prayer Cycle

*Read & Pray [65min]*



Jesus often taught His followers about the purpose, the practice, and the promises of prayer.

Jesus said—“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.” (Matthew 7:7–8)

Jesus taught His followers that prayer isn’t for public praise, a selfish wish list, or a rambling speech we repeat over and over again. Jesus showed us that prayer has power because it’s a direct and ongoing conversation with our Father in heaven who loves us.

Like any good conversation, a good prayer means both sides get to listen—and speak. But speaking to the God who created the universe can seem intimidating. And actually hearing something back—well for most people that can be downright scary.

The good news is that getting better at prayer—having better and deeper conversations with a God who loves us—is not only possible, it’s exactly what God wants. But when prayer feels like learning a new language—how do you get better? The answer is simple—you practice.

The **Prayer Cycle** is a simple tool for practicing prayer that you can use by yourself and share with any follower. In just twelve simple steps—five minutes each—the Prayer Cycle guides you through twelve ways the Bible teaches us to pray. At the end, you’ll have prayed for an hour.

The Bible tells us—pray without ceasing. Not many of us can say we do that. But after this hour of prayer—you’ll be a step closer.

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX



## The Prayer Cycle

**PRAISE:** Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family.

**WAIT:** Spend time waiting on the Lord. Be silent and let Him pull together reflections for you.

**CONFESS:** Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed.

**READ THE WORD:** Spend time reading in the Psalms, in the prophets, and passages on prayer located in the New Testament.

**ASK:** Make requests on behalf of yourself.

**INTERCESSION:** Make requests on behalf of others.

**PRAY THE WORD:** Pray specific passages. Scriptural prayers as well as a number of Psalms lend themselves well to this purpose.

**THANK:** Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church.

**SING:** Sing songs of praise or worship or another hymn or spiritual song.

**MEDITATE:** Ask the Lord to speak to you. Have a pen and paper ready to record impressions He gives you.

**LISTEN:** Spend time merging the things you have read, things you have prayed, and things you have sung and see how the Lord brings them all together to speak to you.

**PRAISE:** Praise the Lord for the time you have had to spend with Him and the impressions He has given you. Praise Him for His glorious attributes.



SESSION

2-3

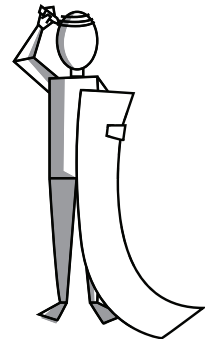
**List of 100***Read and Participate [5 min]*

Jesus said—**Go and make disciples**... And His followers did just that.

They went to their family. They went to their friends. They went to people they knew in town. They went to people they worked with. They went.

Jesus said “Go” and they obeyed. And God’s family grew.

God has already given us the relationships we need to “Go and make disciples.” These are our family, friends, neighbors, co-workers, and classmates—people we’ve known all our lives or people we’ve just met. Being faithful with the people God has already put in our lives is a great first step in multiplying disciples. And it can start with the simple step of **making a list**.



WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

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# SESSION 3

In this session, we'll learn how God's Spiritual Economy works, and how God invests more in those who are faithful with what they've already been given. We'll also learn two more tools for making disciples:

- God's Story from Creation to Judgment
- Baptism



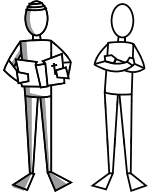
SESSION

3-3

## God's Story (Creation to Judgment)

*Read, Discuss and Practice [60 min]*

One way to share God's good news is by telling God's Story from Creation to Judgment—from the beginning of humankind all the way to the end of this age.



When we tell God's story in this way, we can make it long or short, detailed or just broad strokes but always connected to the culture of the one who hears.

To help tell His Story across different cultures and world views, you can also use hand motions that make it easier to learn and teach.

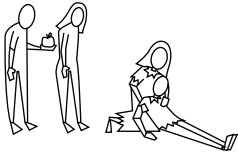


### Here is God's Story of Good News:

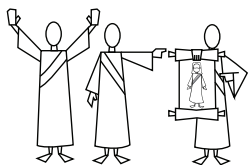
In the beginning, God made the whole world and everything in it. He created the first man and the first woman. He placed them in a beautiful garden. He made them part of His family and had a close relationship with them. He created them to live forever. There was no such thing as death.



Even in this perfect place, man rebelled against God and brought sin and suffering into the world. God banished man from the garden. The relationship between man and God was broken. Now man would have to face death.



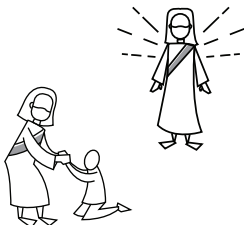
Over many hundreds of years, God kept sending messengers into the world. They reminded man of his sin but also told him of God's faithfulness and promise to send a Savior into the world. The Savior would restore the close relationship between God and man. The Savior would rescue man from death. The Savior would give eternal life and be with man forever.



God loves us so much that when the time was right, He sent His Son into the world to be that Savior.

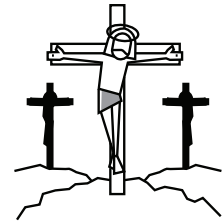


Jesus is God's Son. He was born into the world through a virgin. He lived a perfect life. He never sinned. Jesus taught people about God. He performed many miracles showing His great power. He cast out many demons. He healed many people. He made the blind see. He made the deaf hear. He made the lame walk. Jesus even raised the dead.



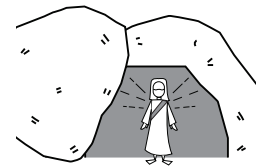


Many religious leaders were threatened and jealous of Jesus. They wanted Him killed. Since He never sinned, Jesus did not have to die. But He chose to die as a sacrifice for all of us. His painful death covered up the sins of mankind. After this, Jesus was buried in a tomb.



God saw the sacrifice Jesus made and accepted it. God showed His acceptance by raising Jesus from the dead on the third day.

**If we believe in our hearts that God raised Jesus from the dead, and acknowledge Him as our Lord—our ruler and King—we will be saved.**

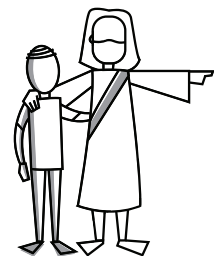


As believers we turn away from our sinful way of living and are baptized in Jesus' name, being "buried" in the water, dead to our old lives, and "raised" from the water as Jesus was raised from the dead, to live a new life following Him. God forgives us of all our sin and sends the Holy Spirit to live within us to enable us to follow God and to bring us back into His family again.



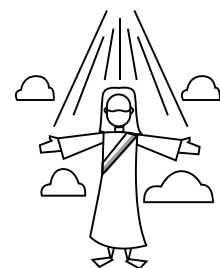
When Jesus rose from the dead, He spent forty days on earth. Jesus taught His followers to go everywhere and tell the good news of His salvation to everyone around the world.

Jesus said—*"Therefore, go and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit; and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."* (Matthew 28:19–20)



Jesus was then taken up before their eyes into heaven. One day, Jesus will come again in the same way He left. He will punish forever those who did not love and obey Him. He will receive and reward forever those who did love and obey Him. We will live forever with Him in a new heaven and on a new earth.

Because this story is true, I believed and received the sacrifice Jesus made for my sins. He has made me clean and restored me as part of God's family. He loves me, and I love Him and will live with Him forever in His Kingdom.



God loves you and wants you to receive this gift, as well.

*Would you like to do that right now?*

SESSION

3-4

## Baptism

*Read and Discuss [15min]*



Jesus said—*“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...”* (Matthew 28:19)

Baptism—or *Baptizo* in the original Greek language—means a drenching or submerging—like when you dye a cloth and it soaks in the color and comes out transformed.



Baptism is a picture of our new life, soaked in the image of Jesus, transformed in obedience to God. It is a picture of our death to sin, just as Jesus died for our sins; a burial of our old way of life, just as Jesus was buried; a rebirth to a new life in Christ, just as Jesus was resurrected and lives today.

If you have never baptized someone before, it may seem intimidating, but it shouldn't be. Here are some simple steps:

1. Find some standing water, deep enough to allow the new disciple to be submerged. This can be a pond, river, lake or ocean. It could be a bathtub or another way to gather water.
2. Let the disciple hold one of your hands with theirs and support their back with the other.
3. Ask two questions like these to make sure they understand their decision.
  - “Have you received Jesus Christ as your Lord and Savior?”*
  - “Will you obey and serve Him as your King for the rest of your life?”*
4. If they answer “Yes,” to both, then say something like this:
  - “Because you’ve professed your faith in the Lord Jesus, I now baptize you in the name of the Father, Son, and Holy Spirit.”*
5. Help them lower into the water, then submerge them completely and raise them back up.

Congratulations! You've baptized a new follower of Jesus—a new citizen of heaven—a new child of the Living God. It's time to celebrate!

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX



# SESSION 4

In this session, we'll learn how God's plan is for every follower to multiply! We'll discover how disciples multiply far and fast when they start to see where God's Kingdom "isn't." And, we'll learn that another great tool for inviting others into God's family is as simple as telling our story.

SESSION

4-1

## 3-Minute Testimony

Read [3 min]



Jesus told His followers—“*You are witnesses of these things.*” (Luke 24:48)

As followers of Jesus, we are “witnesses,” too—“testifying” about the impact Jesus has had on our lives. Your story of your relationship with God is called your **Testimony**. Everybody has a story. Sharing your Testimony is a chance to practice yours.



There are endless ways to shape your story, but here are some ways that seem to work well:

- **A Simple Statement**—You can share a simple statement about why you chose to follow Jesus. This works well for a brand new believer.
- **Before and After**—You can share your “before” and “after” story—what your life was like before you knew Jesus and what your life is like now. That’s simple and powerful!
- **With and Without**—You can share your “with” and “without” story—what your life is like “with Jesus” and what it would be like “without Him.” This version of your story works well if you came to faith at a young age.

When sharing your story, it’s helpful to think of it as part of a three-part process:

- **Their Story**—Ask the person you are talking with to share about their spiritual journey.
- **Your Story**—Then share your Testimony shaped around their experience.
- **God’s Story**—Finally share God’s story in a way that connects with their world-view, values, and priorities.

Your Testimony doesn’t have to be lengthy or share too many details to be impactful. In fact, keeping your story to around 3-minutes will leave time for questions and deeper conversation.

If you’re worried about how to get started—keep it simple. God can use your story to change lives, but remember—you’re the one who gets to tell it.

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX



SESSION

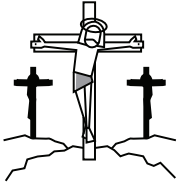
4-5

## The Lord's Supper

Read and Participate [10 min]

Jesus said—*"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."* (John 6:51)

Holy Communion or "The Lord's Supper" is a way to celebrate our intimate connection and ongoing relationship with Jesus. Here's a simple way to celebrate—



When you gather as followers of Jesus, spend time in quiet meditation, silently considering and confessing your sins. When you are ready, have someone read this passage from Scripture—

*"For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, 'This is my body, which is for you; do this in remembrance of me.'"*

(1 Corinthians 11:23–24, NASB1995)

Pass out bread you have set aside for your group, and eat. Continue the reading—

*"In the same way, He took the cup also after supper, saying, 'This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me.'"*

(1 Corinthians 11:25, NASB1995)

Share the juice or wine you have set aside for your group, and drink. Finish the reading—

*"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes."*

(1 Corinthians 11:26, NASB1995)

Celebrate in prayer or singing. You have shared in The Lord's Supper. You are His, and He is yours!



# SESSION 5

In this session, we'll learn how Prayer Walking is a powerful way to prepare a neighborhood for Jesus, and we'll learn a simple but powerful pattern for prayer that will help us to meet and make new disciples along the way.

SESSION

5-1

## Prayer Walking

Read [5 min]



God's Word says that we should petition, pray, intercede, and give "thanksgiving for all people, for kings and all those in authority—that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth." (1 Timothy 2:1–4)



**Prayer Walking** is a simple way to obey God's command to pray for others. And it's just what it sounds like—praying to God while walking around. Instead of closing our eyes and bowing our heads, we keep our eyes open to the needs we see around us and bow our hearts to ask humbly for God to intervene.

You can prayer walk in small groups of two or three or you can prayer walk by yourself. If you go in a group—try having everyone pray out loud, a conversation with God about what everyone is seeing and the needs that God brings to their hearts. If you go by yourself—try praying silently when alone and out loud when you pray with someone you meet along the way.

Here are *four* ways you can know what to pray for during your Prayer Walk:

**OBSERVATION**—What do you see? If you see a child's toy in a yard, you might be prompted to pray for the neighborhood's children, for families or for schools in the area.

**RESEARCH**—What do you know? If you've read up about the neighborhood, you might know something about the people who live there, or if the area suffers from crime or injustice. Pray about these things and ask God to act.

**REVELATION**—The Holy Spirit may nudge your heart or bring an idea to mind for a particular need or area of prayer. Listen—and pray!

**SCRIPTURE**—You may have read part of God's Word in preparation for your walk or, as you walk, the Holy Spirit may bring a Scripture to mind. Pray about that passage and how it might impact the people in that area.

WELCOME

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

SESSION 7

SESSION 8

SESSION 9

SESSION 10

APPENDIX

Here are *five* areas of influence that you can focus on during your prayer walk:

**GOVERNMENT**—Look for and pray over Government centers such as courthouses, commission buildings, or law enforcement offices. Pray for the area’s protection, for justice and for godly wisdom for its leaders.

**BUSINESS AND COMMERCE**—Look for and pray over Commercial centers such as financial districts or shopping areas. Pray for righteous investments and good stewardship of resources. Pray for economic justice and opportunity and for generous and godly givers who put people before profits.

**EDUCATION**—Look for and pray over Educational centers such as schools and administration buildings, vocational training centers, community colleges, and universities. Pray for righteous educators to teach God’s truth and protect the minds of their students. Pray that God would intervene in every effort to promote lies or confusion. Pray that these places would send out wise citizens who have a heart to serve and lead.

**COMMUNICATION**—Look for and pray over Communication centers such as radio stations, tv stations, and newspaper publishers. Pray for God’s Story and the testimony of His followers to be spread throughout the city and around the world. Pray that His message is delivered through His medium to His multitudes and that God’s people everywhere will see God’s work.

**SPIRITUALITY**—Look for and pray over Spiritual centers such as church buildings, mosques, or temples. Pray that every spiritual seeker would find peace and comfort in Jesus and not be distracted or confused by any false religion.





# SESSION 6

In this session, we'll learn how God uses faithful followers—even if they're brand new—much more than ones with years of knowledge and training who just won't obey. And we'll get a first look at a way to meet together that helps disciples multiply even faster.

## 1426 Worship

1 Corinthians 14:26 says, “Well, my brothers and sisters, let's summarize. When you meet together, one will sing, another will teach, another will tell some special revelation God has given, one will speak in tongues, and another will interpret what is said. But everything that is done must strengthen all of you.” Paul was expressing to the Corinthian church how they should conduct their services when they gathered together. The principle point was that everyone in the Church had a gift and also had an expectation to use that gift to build up and edify the Body. So we want to create a space in our Discipleship groups to practice this principle.

So, three times throughout this season of discipleship, your group will spend an evening using your gifts to strengthen one another. Now, how should this be done?

**Well, before you meet as a group, take time to pray and prepare whatever the Holy Spirit may want to do through you for the benefit of your group. Once you gather, start it off like any other week with a great meal. Afterward, move into a time of prayer. Lift one another up and ask the Holy Spirit to truly bless your time and strengthen one another. Then, allow for each person to present whatever gift the Spirit has moved them to share. Receive them and be blessed. After everyone has gone, finish your time by celebrating the Lord's supper together. And that's how you practice, what I call, 1426 worship.**

Now, if you're wondering how to use your individual gift, please refer to the gifting sheets that can be downloaded from [overlandpark.cc/week13](http://overlandpark.cc/week13). You can review the gifting video from season 1 as well to refresh your memory on that same page.

What are your gifts? \_\_\_\_\_

How can you use them for your group? \_\_\_\_\_

## Hospitality

**Once every other month, your group is going to plan a nice meal - I mean go big! This is a time of celebration and should be fun, whether you include games or the chiefs game, or whatever your group comes up with. Each individual or couple should try to invite a friend, a neighbor, co-worker, family member who doesn't really know the Lord to this feast.**

Your whole goal is to love these people and show them authentic Christian fellowship. This is not going to be a weird time where you sit everybody down and tell them how they aren't gonna make it to heaven unless they shape up. Please don't do that!

**At some point during your meal, have either the leader or anyone willing, share that the reason that you are throwing this party is because you are so thankful for Jesus, the friendship and family you now have, and your group just wants to share that with others! Just that simple. Obviously, if the Spirit leads you to add anything, please be obedient. Extend the invite to everyone who has shown up to join you the next week when you meet up for discipleship group again or invite them to OPCC.**

Start thinking through as a group how you might throw a hospitality party. What are some ideas you have?

\_\_\_\_\_

Who might you begin praying about to invite to your first party? Check the calendar to see the hospitality dates. \_\_\_\_\_



# SESSION 7

In this session, we'll learn a Training Cycle that helps disciples go from one to many and turns a mission into a movement. We'll also practice the 3/3 Group Format and learn how the way you meet can impact the way you multiply.

## THE THREE THIRDS OUTLINE

**\*Make sure everyone gets a chance to share for each question\***

**\*You are a facilitator; the Holy Spirit is the Teacher\***

### **(1/3rd) LOOK BACK** [30 minutes] (Do this 1/3rd during your meal)

- **Pray:** bless the meal and invite the Lord to lead, speak, build up, and protect the group from the enemy.
- **Ask:** “What are you thankful for that God did this week?”
- **Ask:** Based on the previous 3/3rds we did:
  - “How did you obey what God told you to do?”
  - “How did sharing the gospel, your testimony, or inviting go?”
- **Ask:** “What would you like prayer for?” (*Pray for the person on their right*)
- **Focus on the Gospel:**
  - **Ask:** someone to read (*Gospel Passage Provided*) out loud.
  - **Ask:** “What gospel truth do you really need to focus on and believe from this passage?”

### **(2/3rd) LOOK UP** [30 minutes]

- **Pray:** ask God to teach the group through the passage.
- **Ask:** someone read the passage out loud.
  - **Ask:** “What did you like about this passage?”
  - **Ask:** “What challenged you from the passage?”
- **Ask:** someone else read the passage again out loud.
  - **Ask:** “What does the passage teach us about people?”
  - **Ask:** “What does the passage teach us about God?”

### **(3/3rd) LOOK FORWARD** [30 minutes]

- **Focus on the Group’s Vision:**
  - **Say our group vision is to:** “Follow Jesus; Love Each Other; Share with the Lost; and Multiply into New Groups.”
- So let’s pray for 5 minutes by having everyone silently ask the Holy Spirit to tell them:
  - How they will specifically obey the passage. (*Obedience must come from the passage they read*)
  - Who will you share the gospel or your testimony with; or invite to OPCC or Discipleship Group? (*You are listening for one of these four options, though the Lord could give you multiple*)
- **Ask:** after the 5 minutes, have everyone share what the Holy Spirit told them for each question.
- **Practice:** in pairs/trios, work on memorizing the verse for that week’s chapter and past verses.
- **Pray:** have someone ask the Holy Spirit to help the group be faithful in obeying & sharing what God told them.

**THE END**