

2021

NEXTSTEP



SUMMIT

Feb 17 - April 13

NEXT STEP

REPLAY

SUMMIT



GREGG FARAH

Hello@LetsMakeDisciples.org

WELCOME

Following Jesus is the adventure of a lifetime—or at least it should be.

Feel like you're missing out? The Next Step Summit Replay is for you.

Another Christian leader has allegations against him. **Are you angry or frustrated?**

The Next Step Summit Replay is for you.

Feel like you're stuck or stalled in your faith? **Are you tired of running on a treadmill?**

The Next Step Summit Replay is for you.

You're a new believer and **wondering what's next?** Guess what?

The Next Step Summit Replay is for you.

I appreciate what my pastor emailed me today regarding some of the challenges of living for Jesus in the 21st century: "...even the best of us are still desperate sinners in need of God's grace. **People will disappoint us. Jesus never has and never will.**"

And that's why we're here. The Summit Replay is a chance to be reminded again and again and again: regardless of what is happening in our hearts, in our lives, or our world,

Jesus will never disappoint us. He never has, and he never will.

Welcome to the Summit Replay. **Let's follow Jesus and let's make disciples.**



DAY 1
Nicole Unice



DAY 2
Dylan Mortimer



DAY 3
Skit Guys
Stephen Newby



DAY 4
Summit Weekly Replay



DAY 5
Communion
Nancy Beach



DAY 6
Grace Nova
LOOKiT



DAY 7
Jared Wilkins



DAY 8
Doug Holliday



DAY 9
Ben Ward
Stephanie Osorio



DAY 10
Summit Weekly Replay



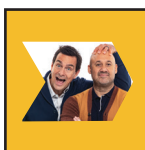
DAY 11
Communion
Heather Zempel



DAY 12
Donal Cogdell, Jr.



DAY 13
David Miller



DAY 14
Skit Guys
Phillip Ferrell



DAY 15
Summit Stories
Tim Foot



DAY 16
Summit Weekly Replay



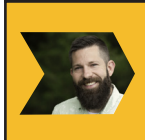
DAY 17
Communion
Bruxy Cavey



DAY 18
Corey Johnson
Serena Rae



DAY 19
Carol Doody
Brian Taylor



DAY 20
Nat Crawford
LOOKiT



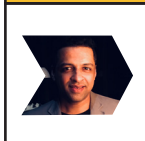
DAY 21
Summit Stories
Di Bellavotti



DAY 22
Summit Weekly Replay



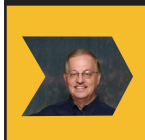
DAY 23
Communion
Drew Hyun



DAY 24
Bonny Andrews



DAY 25
Jenny Jeng
Stephen Newby



DAY 26
Dann Spader



DAY 27
Summit Stories
Stephanie Osorio



DAY 28
Summit Weekly Replay



DAY 29
Communion
Al Veillette
Di Bellavotti



DAY 30
David Putman



DAY 31
Steve Ruetschle



DAY 32
Keith Robinson



DAY 33
Summit Stories
Tim Foot



DAY 34
Summit Weekly Replay



DAY 35
Communion
Ken Shigematsu



DAY 36
Glenn Hall
Serena Rae



DAY 37
Tom Holladay



DAY 38
Summit Stories
Stephanie Osorio



DAY 39
Silent Message



DAY 40
Summit Weekly Replay

SUMMIT REPLAY SCHEDULE

Videos go live at
12 Noon (EST)
and last 24 hours.

Live chat from
8-9 PM (EST)
Monday to Friday.

Saturday REPLAY
from the week begins at
12 Noon (EST).

Sunday we rest.

	Psalms (Morning)	Psalms (Evening)	Old Testament	New Testament	Gospel
1	Psalms 32, 143	Psalms 102, 130	Jonah 3:1-4:11	Hebrews 12:1-14	Luke 18:9-14
2	Psalms 37:1-17	Psalms 37:18-40	Deuteronomy 7:6-11	Titus 1:1-16	John 1:29-34
3	Psalms 31	Psalms 35	Deuteronomy 7:12-16	Titus 2:1-15	John 1:35-42
4	Psalms 30, 32	Psalms 42, 43	Deuteronomy 7:17-26	Titus 3:1-15	John 1:43-51
	Psalms 63:1-8, 98	Psalms 103	Deuteronomy 8:1-10	1 Corinthians 1:17-31	Mark 2:18-22
5	Psalms 41, 52	Psalms 44	Deuteronomy 8:11-20	Hebrews 2:11-18	John 2:1-12
6	Psalms 45	Psalms 47, 48	Deuteronomy 9:4-12	Hebrews 3:1-11	John 2:13-22
7	Psalms 80, 1 Samuel 16:1-13, 1 John 2:18-25	Psalms 33, 1 Samuel 12:1-5, Acts 20:17-35			
8	Psalms 50	Psalms 19, 46	Deuteronomy 9:23-10:5	Hebrews 4:1-10	John 3:16-21
9	Psalms 40, 54	Psalms 51	Deuteronomy 10:12-22	Hebrews 4:11-16	John 3:22-36
10	Psalms 55	Psalms 138, 139:1-18	Deuteronomy 11:18-28	Hebrews 5:1-10	John 4:1-26
	Psalms 24, 29	Psalms 8, 84	Jeremiah 1:1-10	1 Corinthians 3:11-23	Mark 3:31-4:9
11	Psalms 56, 57	Psalms 64, 65	Jeremiah 1:11-19	Romans 1:1-15	John 4:27-42
12	Psalms 61, 62	Psalms 68:1-20, 24-35	Jeremiah 2:1-13	Romans 1:16-25	John 4:43-54
13	Psalms 72	Psalms 119:73-96	Jeremiah 3:6-18	Romans 1:28-2:11	John 5:1-18
14	Psalms 71	Psalms 74	Jeremiah 4:9-10, 19-28	Romans 2:12-24	John 5:19-29
15	Psalms 69:1-21, 29-36	Psalms 73	Jeremiah 5:1-9	Romans 2:25-3:18	John 5:30-47
16	Psalms 75, 76	Psalms 23, 27	Jeremiah 5:20-31	Romans 3:19-31	John 7:1-13
	Psalms 93, 96	Psalms 34	Jeremiah 6:9-15	1 Corinthians 6:12-20	Mark 5:1-20
17	Psalms 80	Psalms 77	Jeremiah 7:1-15	Romans 4:1-12	John 7:14-36
18	Psalms 78:1-39	Psalms 78:40-72	Jeremiah 7:21-34	Romans 4:13-25	John 7:37-52
19	Psalms 119:97-120	Psalms 81, 82	Jeremiah 8:18-9:6	Romans 5:1-11	John 8:12-20
20	Psalms 42, 43	Psalms 85, 86	Jeremiah 10:11-24	Romans 5:12-21	John 8:21-32
21	Psalms 88	Psalms 91, 92	Jeremiah 11:1-8, 14-20	Romans 6:1-11	John 8:33-47
22	Psalms 87, 90	Psalms 136	Jeremiah 13:1-11	Romans 6:12-23	John 8:47-59
	Psalms 66, 67	Psalms 19, 46	Jeremiah 14:1-9, 17-22	Galatians 4:21-5:1	Mark 8:11-21
23	Psalms 89:1-18	Psalms 89:19-52	Jeremiah 16:10-21	Romans 7:1-12	John 6:1-15
24	Psalms 97, 99	Psalms 94	Jeremiah 17:19-27	Romans 7:13-25	John 6:16-27
25	Psalms 101, 109:1-5, 21-31	Psalms 119:121-144	Jeremiah 18:1-11	Romans 8:1-11	John 6:27-40
26	Psalms 69:1-21, 29-36	Psalms 73	Jeremiah 22:13-23	Romans 8:12-27	John 6:40-51
27	Psalms 132		Isaiah 63:7-16	Matthew 1:18-25	
28	Psalms 107:33-43, 108:1-6	Psalms 33	Jeremiah 23:9-15	Romans 9:1-18	John 6:60-71
	Psalms 118	Psalms 145	Jeremiah 23:16-32	1 Corinthians 9:19-27	Mark 8:31-9:1
29	Psalms 31	Psalms 35	Jeremiah 24:1-10	Romans 9:19-23	John 9:1-17
30	Psalms 121-123	Psalms 124-126	Jeremiah 25:8-17	Romans 10:1-13	John 9:18-41
31	Psalms 119:145-176	Psalms 128-130	Jeremiah 25:30-38	Romans 10:14-21	John 10:1-18
32	Psalms 85, 87		Isaiah 52:7-12	Hebrews 2:5-10	
33	Psalms 22	Psalms 141, 143:1-11	Jeremiah 29:1, 4-13	Romans 11:13-24	John 11:1-27 or 12:1-10
34	Psalms 137:1-6, Psalms 144	Psalms 42, 43	Jeremiah 31:27-34	Romans 11:25-36	John 11:28-44 or 12:37-50
	Psalms 24, 29	Psalms 103	Zechariah 9:9-12	1 Timothy 6:12-16	Matthew 21:12-17
35	Psalms 51:1-17	Psalms 69:1-21	Jeremiah 12:1-16	Philippians 3:1-14	John 12:9-19
36	Psalms 6, 12	Psalms 94	Jeremiah 15:10-21	Philippians 3:15-21	John 12:20-26
37	Psalms 55	Psalms 74	Jeremiah 17:5-10, 14-17	Philippians 4:1-13	John 12:27-36
38	Psalms 102	Psalms 142, 143	Jeremiah 20:7-11	1 Corinthians 10:14-17, 11:27-32	John 17:1-11
39	Psalms 22	Psalms 40:1-13; Ps 54	Genesis 22:1-14	1 Peter 1:10-20	John 13:36-38
40	Psalms 95, 88	Psalms 27	Job 19:21-27a	Hebrews 4:1-16	Romans 8:1-11
	Psalms 148-150	Psalms 113, 114 or Psalms 118	Exodus 12:1-14		John 1:1-18



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Gregg Farah is a
New York and the creator of
Next Step Summer.
He's the founder of
LetsMakeDisciples
and works with Sling

HOPE FOR DOUBTERS

I remember not wanting to get out of bed, but I had promised my kids I would play a game with them. I remember not wanting to get out of bed, but Janine had been waiting for more than an hour to leave with me. I remember not wanting to get out of bed, but our church service would be starting soon, and I was the pastor.

Depression is not predictable. I can shift from feeling full of life and energy one day to wanting to roll over in bed and avoid people the next.

But even in my dark moments, I have hope. Some days I choose to ignore it, but I can never deny it. I remember staring out my New York City apartment bedroom window years ago, asking God where he was, and why I felt like I did. He impressed upon my heart that he was there with me—that he would never leave me nor forsake me. Hope.

I often think of that moment when reading the words that precede Jesus' Great Commission.

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go.

¹⁷ When they saw him, they worshiped him; but some doubted. Matthew 28:16-17 (NIV)

There's speculation regarding who was doubting and why, but there is also clarity: some in Jesus' midst doubted. Despite Jesus' promise to meet them, despite being trustworthy and reliable, despite rising from the dead, Jesus looked upon worshippers and doubters.

That may not seem significant except for what he said next: "Go and make disciples of all nations..."

In Jesus' final words to his followers, he commissioned both worshippers and doubters. He didn't separate the "haves and have-nots," the obedient from the disobedient, or the faithful from the faithless. He looked at his followers and handed them

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his keys to the kingdom. Regardless of their spiritual health at the moment, Jesus passed his baton of hope for the world and in doing so, communicated several messages:

“I trust you.”
“I believe in you.”
“You can do this.”

- Ever feel less-than?
- Ever feel hopeless?
- Ever feel ill-equipped?
- Ever feel not quite ready?
- Ever feel like Jesus is talking to the wrong person?
- Ever feel depressed?

Jesus is calling you—me—us—to make disciples.



***When you don't
feel worthy,
remember that
Jesus has made
you worthy.***

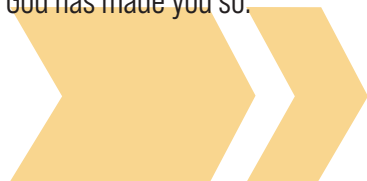


So when you don't feel worthy, remember that Jesus has made you worthy.

When you feel ill-equipped and not quite ready, remember that Jesus will be with you and will speak through you.

When you feel hopeless or depressed, remember that Jesus is not caught off-guard. He knows who you are and your current state of mind, yet he will continue to cast vision for your life and remind you that you are part of his team.

Don't stress. And don't feel obligated. Instead, rest in the knowledge of God's love and presence. Be empowered, comforted, and encouraged that you are his child and part of his family. You may not feel worthy, but God has made you so.





**David Putman is
Gospel, a non-pr
catalyzing gosp
movements.**

Learn more at p

TAKING THE **WHOLE** GOSPEL TO THE W

The challenge we face when it comes to the gospel is we often have a partial view or understanding of it. For many of us, we confuse the gospel with salvation. For me, this meant as a young boy hearing the gospel preached, being convicted of my sins, and praying a prayer of salvation. While this is an essential part of the gospel, it's not the entire gospel. The whole gospel is much more robust and complete.

Because my view of the gospel was so narrow and incomplete, I spent years trapped in the life-draining hold of religion. My religion could be summed up in this statement, "God you did your part (salvation), now it's up to me to do my part (works)." It was a kind of half grace and half works religion that left me drained and lifeless.

I believe the remedy for this kind of life is a fuller understanding of the gospel. This fuller understanding of the gospel can be summed up in three parts that make up what I call the whole

gospel; the gospel as an announcement, act and answer.

This fuller understanding of the gospel is essential because what we believe about the gospel will determine how we follow Jesus.

Announcement

First, the gospel is an announcement. The word gospel comes from the Greek word we translate into our English word "evangelist." In the Roman world, it was associated with the installing of a new king. An evangelist would run from city to city, making an announcement of good news or bringing good tidings.

is the founder of Planting the
profit ministry committed to
rel-centered disciple-making

plantingthegospel.com

WHOLE WORLD

With an announcement, the benefactors were simply the recipients of the good news. They didn't add or take away from the announcement. It was good news they were receiving at the good graces of the new king. There was nothing they could do to add or take away from this good news.

Similarly, the gospel is a good news announcement that a new and kinder king has come replacing the old, making all things better. The old kingdom of sin, death, and hell has been defeated. A new life is now available for all!

Act

Secondly, the gospel is an act. Jesus died a terrifying death for our sins, was buried, and on the third day, he arose, defeating death, sin, and hell.

Here we see the gospel as an act or action. It was a moment in history when God came to be with us and ultimately died for our sins. Without this moment in history, we would be desperate, and without hope.

The Apostle Paul defined the gospel in this manner in I Corinthians 15,

“Now, brothers and sisters, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. By this gospel you are saved if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures...” (verses 1-5).

Answer

Finally, the gospel is an answer. It is an answer to all of our lives. It's an answer in that God in Christ did for us what we could not do for ourselves in that Jesus redeemed us, He is renewing us, and ultimately He will restore us. In other words, Jesus is the answer to our past, present, and future sins.

He redeemed us. Jesus paid the ultimate price for our sins. All of our past, present, and future sins have been forgiven or atoned. There is now “no condemnation” to those of us in Christ, and absolutely “nothing can separate” us from God (Romans 8).

He is renewing us. Not only has Jesus saved us from our sins, but He is also renewing us from our sins moment by moment. We are saved by grace, and we grow by grace. Jesus told the following parable.

He also said,

“This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know-how. All by itself the soil produces grain—first the stalk, then the head, then the full kernel in the head (Mark 4:25-28).

In this passage, we see the work of the gospel in us, freely at work void of our effects. The seed sprouts and grows without the farmer knowing how and even a night while he sleeps.

He will ultimately restore us, but it doesn't end there. What God started, He will bring to completion. We see this in the final chapter of the Bible.

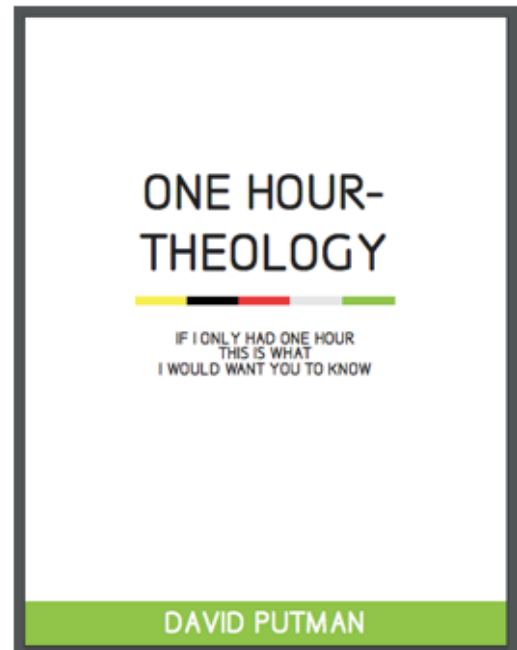
Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. ‘He will wipe every tear from their eyes. There will be no more death’] or mourning or crying or pain, for the old order of things has passed away” (Revelation 21: 1-4).

In this passage, we see God doesn't only respond by restoring us, but He is the restorer of all things. What Jesus began in Creation, He brings to a perfect and complete finality. Here we see that the gospel is the answer to our broken world, setting everything right.

Conclusion

In summation, “What is the gospel?” The gospel is the good news (announcement) that in Christ, God did for us what we could not do for ourselves (act), in that He has redeemed us, He is renewing us, and he will ultimately restore all things (answer).

If you only had one hour to disciple a new follower of Jesus, what would you want them to know?



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PLANTING THE GOSPEL





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Dann Spader is a pastor and the author of several books, including 4 Chairs.

The organization he founded has trained more than 100,000 people in 90-plus countries.

ARE YOU UNDERESTIMATING WHAT GOD WANTS TO DO THROUGH YOU?

Most believers underestimate what God can do through them. He wants to use you in tremendous ways to move His Kingdom forward.

Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. — Jesus' words from John 14:12

Many people read John 14:12 and wonder how they would be able to do greater things than Jesus did. Many think of Christ's miracles or simply confess, I can't because He was God and I am not.

The truth is that He was fully God, but He was also fully human, just like us.

But what if Jesus wasn't just talking about the miracles he did, but your ability to share the Gospel with others. You equipping new believers and reproducing disciples. And what if these new disciples went out and reproduced the life of Christ in others and this happened over and over again?

Jesus had 3 1/2 years of ministry on earth. By God's grace, you may have 10, 20, 30 years to share about Christ and disciple others, pouring out your life into them and equipping them to continue making disciples.

In 1858, Edward Kimball was an ordinary Sunday School teacher that led a young man working at a shoe store to Christ while shopping in Boston. Little did Kimball know that youngster was D.L. Moody who God greatly used to reach many for Christ. Moody would become an international speaker, evangelist, and start a seminary.

a disciple-maker
of many books,
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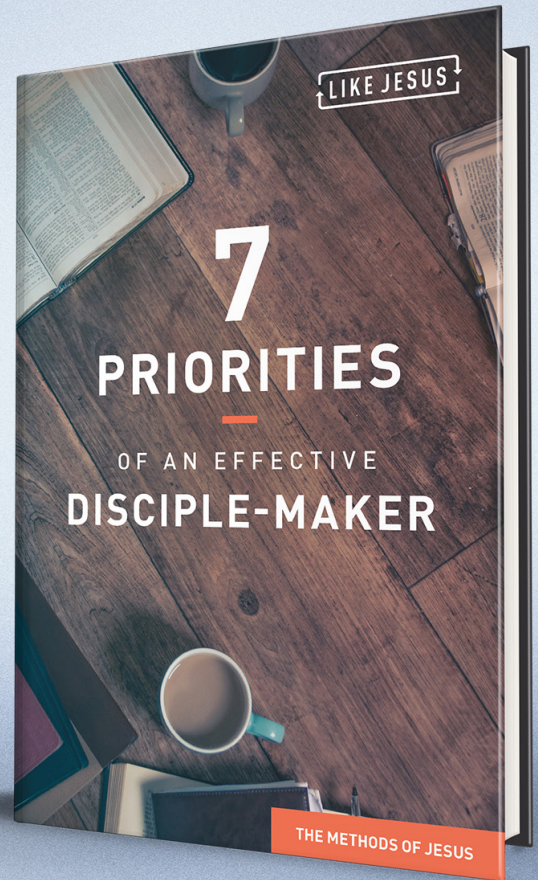
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God wants to do great things, even greater things, through you. But how can this happen?

It's key to understand that we (as believers) have access to the same things that Jesus had access to while He lived on the earth. When you begin to dig deeper into Christ's humanity (the incarnate Christ, see Hebrews 2), you realize that Jesus became human, He was like us in every way scripture says.

Jesus relied on God's Word, prayer, and the Holy Spirit. Every believer today has access to these same things!

We can be like Jesus... we have what He had on earth. We have the potential to do greater things than He did through the Holy Spirit's power. Are you encouraged? Live with that mindset that God wants to make disciples through you.



Jesus relied on God's Word, prayer, and the Holy Spirit. Every believer today has access to these same things!



NEXT STEP **SUMMIT** **REPLAY** ALL-ACCESS PASS

ALL-ACCESS PASS

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\$60

but the price increases to

\$75 midway through

the Summit Replay.

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four

Lifetime access to the **Take the Jesus Challenge Digital Course** -- \$97

five

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six

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seven

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eight

Reproducible booklet: **10 Steps to Take In Your New Relationship With God** -- \$20

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eBook: **52 Ways to Grow Your Faith** (Connect With God In a Busy, Noisy World) -- \$10

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Ben Ward EP: The Sound and the Stirring – \$10

eleven

eBook: **52 Reasons to Believe** (Concise Thoughts of the Christian Faith) -- \$10

twelve

45-Day **“Get Unstuck Devotional”** – \$10



Article From:

LetsMake

By: Gregg Farah

JOIN JESUS AND MAKE

What if I told you that you had been chosen as an essential worker to help fulfill a masterplan that would bring peace, hope, love, and purpose to the world?

Let's assume you roll your eyes and shake your head in disbelief. But what if I repeat the invitation, promising that I wasn't messing around?

You'd at least be curious, wouldn't you?

This masterplan isn't a board game, or an interactive escape room, or an in-depth discussion over a nice meal. It's an open invitation with real-time learning, and you are invited.



**The King of Kings, Jesus Christ,
invites you on his team to
MAKE DISCIPLES.**



Before you decide, here are the facts:

- » **you won't be alone**
- » **you'll be given everything you need**
- » **you'll experience incredible highs and lows (I never said it would be easy.)**

You'll probably want answers to three questions:

- 1. What is it?**
- 2. What if I can't do it?**
- 3. Why me?**

Reasonable questions...so here's an overview...

Disciples.org

DISCIPLES

What is it?

The King of Kings, Jesus Christ, invites you on his team to **MAKE DISCIPLES.**

¹⁸Then Jesus came to them and said, "All authority in heaven and on earth has been given to me.

¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,²⁰ 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 28:18-20

Those verses can appear daunting, except there's only one command: make disciples.

Not sure what a disciple is? A disciple is not just someone who attends church or reads their Bible. It's much more — a disciple seeks life transformation. I love Jim Putman's definition:

"A disciple follows Jesus, is being changed by Jesus, and does the work of Jesus."

So, what is Jesus calling you to do? He wants you to follow him, and as you do, invest in the lives of others. The best way to invest in others is to teach them what you are learning so they can grow and learn alongside you.

Not sure you can do it? That's why we ask the next question.

What if I can't do it?

If you've ever asked this question, you're not alone.

Even **BEFORE** Jesus commanded his disciples to "make disciples," some of them had already checked out and given up.

¹⁶Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go.

¹⁷When they saw him, they worshiped him; but some doubted. - Matthew 28:16-17

Some doubted. What do you think Jesus did with the doubters?

Logic says he pushed them to the side and focused on the worshippers. That's the American way. Thankfully, Jesus wasn't an American.

Instead, he commanded the entire group to make disciples. Jesus wanted their obedience, and he committed to help each person accomplish the goal.

That's good news. If you feel like you can't do it, get in line with the rest of us. And if you prefer to go to the line that says "I can't do it," feel free. But it winds around to the feet of Jesus.

Forget the doubt and jump in. Jesus is the one with all authority in heaven and on earth, and if he's got room for doubters, we're in good shape.

But wait! You've got one more question.

Why me?

Jesus' masterplan includes you because disciple-making is a team sport. Everyone has value, and everyone plays a part.

If that's hard for you to believe, you may be attending an unhealthy church. There is no perfect church, but you want to be at a church striving towards health. What does that look like?

A healthy, disciple-making church

- » **relies on the body of Christ because no one person (or small group of gifted ministers) can accomplish God's mission on their own**
- » **sends a "God can use me" message**
- » **equips people to believe "I can do that"**
- » **views ministry as a marathon and trains its church members to run the race**
- » **focuses on building relationships**

Say **YES** to Jesus and a life of making disciples and experience the adventure of a lifetime.

Don't be content being a cultural Christian, going to church, and going through the motions. Instead, join Jesus and make disciples.

There was a day when the words Christian and disciple were synonymous. But that is no longer true in many of our churches. Don't let that happen to you. Join Jesus and embrace your identity as a disciple. This is your calling -- be a disciple and make disciples.

It's never too late to start. I've been a pastor for more than 25 years, and I spent a lot of it doing ministry by addition. I was reaching out to people, striving to fill a church service, trying to grow a group or a ministry. My intentions were good, and God has done great things over the years. But in the last few years, I have been laser-focused on what matters most: making disciples.

LET'S MAKE DISCIPLES

In the last three years I've been in two disciple-making groups with three other men each—six men I've invested in and who have invested in me. I started the groups, but the Holy Spirit led them. I learned just as much from these men as they learned from me.

Three guys are cops, one is an accountant, another the director of logistics, and one a health insurance agent. We are everyday people crazy enough to trust Jesus and join him on an adventure that is greater than any we could imagine.

Don't settle for going to church and being a Christian. Commit to join Jesus and make disciples.



Say **YES** to Jesus and a life of making disciples and experience the adventure of a lifetime.





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Ken Shigematsu
Vancouver and a

This article is ad
book Survival Gu

SURVIVAL HABITS OF THE SOUL

Even though I've been out of school for many years, I still have nightmares where I am a student completely unprepared for a French or math exam. I feel the pressure to perform, like when I played competitive basketball and I had teammates depending on me. That pressure to achieve and succeed was there when I worked for Sony in Tokyo, too.

And it has followed me in my work as a pastor.

Even though some think of ministry as a less competitive, more spiritual vocation, I found the transition from the business world to the Church didn't free me from feeling I needed to make something exceptional of my life and ministry.



One of the most powerful spiritual practices that helps me awaken to GOD'S LOVE is MEDITATION.



I feel a burden to achieve – to overcome my feeling of not enoughness through what I do.

Many of us understand intellectually we are loved by God, but in our day-to-day experience we continue to measure our value by our success, our outward appearance, and how others view us.

Truly knowing we are deeply loved by our Creator frees us to pursue a life of significant, enduring achievement and contribution – a life not driven by fear and anxiety, but one that springs from a deep well of joy and gratitude for the love and grace God has shown us.

Spiritual practices attune us to God's loving presence, acting as sticky note reminders that God is with us all the time. They open the ear of our spirit to hear the sacred voice that calls us, the beloved.

is pastor of Tenth Church in
n author.

apted from his awarding-winning
ide for the Soul.

One of the most powerful spiritual practices that helps me awaken to God's love is meditation. When I wake up in the morning, I make a conscious choice not to check my email, text messages or the internet. Are these things bad or wrong? No. But I know these things will get my mind racing in different directions, and my thinking will quickly become dominated by my to-do list. So I avoid this.

Instead, I begin each morning by sitting and breathing deeply for 15 or 20 minutes. This practice helps to still my busy brain. After a couple of deep breaths, I start to wonder how much time has gone by. So I will set a timer on my phone for 15 or 20 minutes using an app called Centering Prayer. I breathe deeply, but soon start to think of all the things I need to do that day. To still my mind I grab my Bible and take a single word to help me focus – like wait as in “wait on God” from Isaiah 40, or the phrase from the blind beggar in the Gospel of John, “Jesus, have mercy on me, a sinner.”

When I am really distracted, which is often, I find it helpful to count. Japanese Zen monks (I am open to learning from anyone who helps me focus on Christ) encourage meditators to breathe in and out deeply through the nose. They advised that when we feel distracted, we should focus on our breathing and start counting breaths from one to ten.

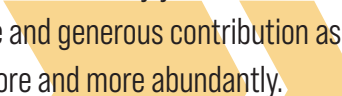
“When inhaling,” they explain, “count an odd number and when exhaling count an even number. Count only to ten and then repeat the sequence.”

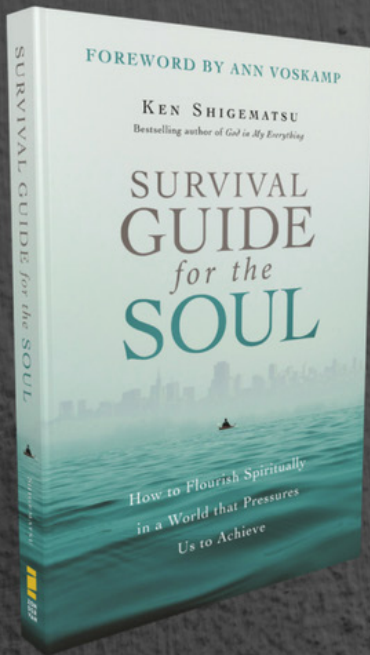
This pattern of inhaling while counting one, and exhaling while counting two, inhaling and counting three, and exhaling and counting four really helps settle my busy mind and makes me more aware of God's presence. We Christians who engage in deep-breathing meditation believe we not only experience neurological changes in our brain, but we are actually encountering the Spirit of God. Our breath may actually become a gateway through which we experience the breath of God. Some theologians contend the personal name of God, Yahweh, is not so much a name, but an attempt to describe the act of breathing: Yah (breathe in), weh (breathe out). In the Scriptures another Hebrew word – ruach – can be translated breath or spirit. This word also points to how our breathing can be a means by which we more fully inhale the very breath or Spirit of God.

When I finish my morning meditation, I feel more aware of God's loving presence that upholds me and the whole world. God is with us all the time. In prayer we don't invoke God's presence, we simply awaken to the God of love who is always present with us.

Thanks largely to the spiritual practices such as silent prayer (gratitude exercises, Sabbath keeping, Simplicity, and Spiritual Friendship) which I describe in Survival Guide for the Soul, I've become much more aware of God's love for me. I feel far less anxious about needing to do something to earn God's approval because I know I am a beloved son. Yet I also want to do my best for God out of a deep sense of love, reverence and gratitude. This is my hope and prayer for you as well.

May you live more fully in the knowledge the Creator of the universe cherishes you as a daughter or son. May you live a life of daring courageousness, deep peace and generous contribution as you come to be loved and to love more and more abundantly.





“Ken gently instructs us in life-changing ways to stay intimately connected to God’s love, grace and peace. I will keep this beautiful and important book on my bedside table forever.”

Suzy Welch, New York Times bestselling author of "10-10-10" and CNBC correspondent

¹⁶Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷When they saw him, they worshiped him; but some doubted. ¹⁸Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. ¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” [Matthew 28:16–20]

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Article From:

[LetsMakeDi](#)

By: Gregg Farah

STOP READING YOUR BIBLE AND START ENGAGING IT

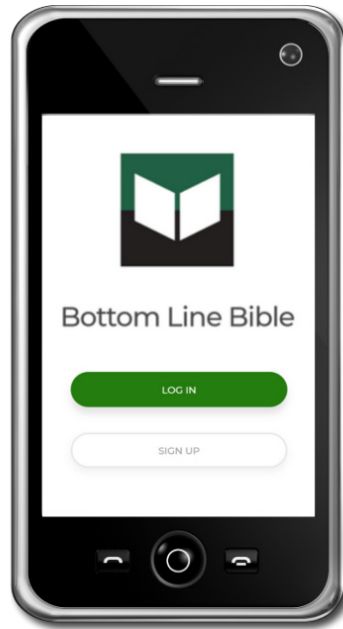
Now that the summit is here, I want you to think beyond goals and resolutions and focus on breaking a bad habit. **Stop reading the Bible. It's a dangerous habit** and could be a waste of time.

Bible reading is not unhealthy or unwise in the way some claim. Those who find no truth or merit in the Bible think it's a waste of time or believe readers can make it say whatever they want and, thus, use it as a weapon. It's not true that you can make the Bible say whatever you want if you read it through a biblical lens. Healthy Bible interaction considers the biblical context of the writing, including the genre of literature and its cultural setting. I know what the naysayers mean, and many are guilty of manipulating the text for their benefit. **But reading the Bible can be a dangerous habit when consumption alone is the goal.**

Too many of us—myself included—read it, set it aside, and forget it. When we do, we are blind to the power of God's word and the miracle of God speaking to us through the prophets and writers. Don't miss that last statement: God speaking to us. That alone is a humbling thought that the God of the universe would want to communicate with us. And the danger is that we often casually read God's word, and then get on with our day. **There must be something for us in the Bible.**

There is.

Stop reading the Bible and start engaging it. In Arnie Cole and Michael Ross' excellent book *Unstuck*, they describe what it means to engage with God's word: "It's essential that we **receive, reflect on, and respond** to God's Word consistently."



Check out the **Bottom Line Bible app.** It's designed to emphasize the **"PAUSE."** It helps you reflect on what you read in the Bible with the goal of staying engaged with God throughout the day.

What's it mean to **RECEIVE**?

We receive God's Word by reading it or listening to it. We receive on our own—what many Christians call a "quiet time" or "devotions"—or through a Bible study group or Bible teacher. That part of the equation makes sense, but what about the rest?

What's it mean to **"REFLECT ON"**?

Reflection is tough work, and it's not sexy. It takes time, and no one will congratulate you. But people notice a changed life.

Reflection **builds character** and helps you choose joy when you're angry, or bite your tongue when you want to lash out. **Reflection is the pause** that allows God's Spirit to engage your heart, soul, and mind and gives you the perspective you routinely miss.

Reflection is similar to a teacher who gets up early to tweak a lesson plan or an artist who stays up late to re-write a chorus or an athlete who finds a way into the gym before it opens. Reflection is the parent who is frustrated by a child's actions yet continues to build into him, speaking words of hope and belief. Those who reflect know there is power in the pause. Those skilled in reflection have learned the discipline of waiting and listening.

So how do you reflect on God's word?

Don't just read your Bible today. **Read it and pause...**and then pause some more. Read it and question what you've read. Read it and ask God what it has to do with your life. Read it and listen. It will extend the time you set aside to read, but it will also be the vehicle to change your life. **Don't just read your Bible. Read it and then reflect on what you read.**

Three easy ways to reflect

1. Be still

After you read, sit quietly and allow God to speak to you. Ask God to reveal your next step or emphasize what it is he wants you to know, do, or how he wants you to live. When your mind wanders, say something like, “Here I am, Lord. I’m listening.” Set a timer for two minutes; otherwise, you’ll give up as soon as your mind wanders. You may never hear an audible voice, but pay attention to internal nudges or proddings. If two minutes fly by, increase the amount of time. Similarly, if it seems like an eternity, start with thirty-seconds and increase the amount over time.

2. Identify and meditate

After reading, look for the word or phrase or verse that impacted you the most. Or perhaps God’s Holy Spirit spoke to you from the reading to think about or do something. Write that down—usually a sentence or even a phrase. Then take two minutes (or another predetermined time) to focus on that. This practice is a form of biblical meditation. It’s similar to chewing your food over and over to savor and enjoy it thoroughly. Meditate on the word, phrase, verse, or action, and ask God to give you the strength to follow through or the ability to help you live it out.

3. Write it out

Similar to writing a short response from the example above, this is more of an extended response. Think of it as “reflection through writing.” If you enjoy writing, this will be natural. If you don’t, give it a shot but focus on writing a paragraph instead of a page. My Bottom Line Bible app provides prompts every third day to develop the habit of reviewing your reading. It also offers several reflection questions to think about or write.

What’s it mean to **RESPOND**?

Responding to God’s word is living it out. As you reflect on your reading throughout the day, God will provide opportunities to think differently or to take action. It’s one thing to think, “I should do that,” and it’s another to do it. There are plenty of Bible experts in the world. The world needs more Bible practitioners. Bible knowledge has value, but only if used to fulfill God’s commands. The Bible is meant to be lived. The goal is not to know it but to show it.

One Final Caution

It would be easy to say you don’t have time to read and reflect. Actually you do, but it might mean reading less so you can reflect (and apply) more. Some people get overwhelmed by reading plans that require them to read multiple chapters every day. Reading through the Bible is not only a worthy goal but something every Jesus should do numerous times throughout their lives. But you don’t have to complete the task in a year. If you read one chapter a day, you’ll accomplish the same goal in 3.5 years. There’s no race to read, but there is a race to run.

‘Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ²We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

- Hebrews 12:1-2a (NLT)





CHECK OUT THE

Bottom Line Bible App

It helps you reflect on what you read in the Bible with the goal of staying engaged with God throughout the day.

LetsMakeDisciples.org/BLB



Heather Zempke
discipleship of
National Comm
Washington, DC

She's the author
books, including
Small Groups

BEST PRACTICES FOR SMALL GROUPS

Lead Small

When Jesus showed up on the stage of human history, he did not call a press conference, organize a world tour, or advertise 5 nights of revival at the Colosseum in Rome.

In fact, he never even went to the places of influence or power. Instead, he settled around the fishing villages of 1st century Galilee, gathered 12 men around him, and he did life with them. He said, "Follow me." Do what I do, and do it the way I do it.

He led a small group.

That was his strategy for changing the world, and it's still the strategy for advancing his Kingdom, making disciples, and passing faith to the next generation today.

There are lots of different kinds of small groups because there are lots of different kinds of churches, group models, and leaders. Some are sermon-aligned while others are Bible or book studies. Some are interest-based or demographic based. Many meet in homes, some look a little like Sunday School and a few meet online.

Regardless of the kind of group you lead, great small groups are built on great leaders. That doesn't mean you have to be the smartest person in the room. Or the most spiritual person in the room. You don't have to be the most prayerful, the most Biblically literate, the most compassionate, or the most charismatic.

Being a great leader begins by taking Jesus' command to "make disciples" personally, intentionally, and practically.

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Big Change, Small Groups

Four ideas to help you lead adult small groups.

Heather Zempel

We probably all recognize the value of choosing a good curriculum, fostering a healthy prayer rhythm, and practicing hospitality. But here are a few more best practices for leading great groups.

Set the Tone

As the small group leader, you will set the tone for everything that happens in the group. That begins by simply showing up. While it may seem elementary, showing up predictably week in and week out sets a tone of expectation, and it communicates “this space is predictable and safe.”

In addition to showing up predictably, great small group leaders also show up mentally, authentically, and randomly.

Showing up mentally means you are prayerfully prepared and fully present.

Showing up authentically means you will set a tone for the appropriate level of openness, transparency, and vulnerability.

Showing up randomly means that you check in, connect with people and demonstrate care outside the regular group meeting.

Showing up over time sets a tone of safety, authenticity, and care.



Being a great leader begins by taking Jesus’ command to “MAKE DISCIPLES” personally, intentionally, and practically.



Share Stories

Great small group leaders recognize the value of shared stories. Utilize ice breakers to foster story sharing. Here are a few favorites:

Share a hero, highlight, and hardship from your childhood.

- » **If you could go to any concert in the history of the world, what would it be?**
- » **What accomplishment, before the 6th grade, are you most proud of?**
- » **What three people have been most influential in your life?**
- » **What 3-5 words would your friends use to describe you?**
- » **What are your family's Christmas/Thanksgiving/Easter/4th of July traditions?**
- » **What was your favorite family vacation and why?**
- » **What's the best/worst job you've ever had?**
- » **What is a personal rule you refuse to break?**
- » **Stories over time build community.**
- » **Build Trust**

Community is developed through conversation, and talking comprises the largest amount of time of your group experience. But there are so many different kinds of communicators.

There are fast talkers, long talkers, rabbit chasers, hikackers, complainers, and gossipers. Digging deeper, there are introverts and extraverts, thinkers and feelers, Republicans and Democrats, optimists and pessimists, and maybe some Calvinists and Arminians.

Establishing a framework for what's in-bounds and what's out will help you navigate the mine field of talking challenges and will build trust in your group. Create a written Rules of Engagement that defines how you will talk to one another and with one another. Some examples of rules of engagement could include:

- » **What is said in group stays in group.**
- » **Everyone participates.**
- » **We will ask clarifying questions.**
- » **We will validate the experiences and opinions of others.**
- » **We will lean in to listen.**

HEATHER ZEMPEL

- » **We will not interrupt.**
- » **We will not ramble.**
- » **We will not gossip.**
- » **We will commit to ask anything, listen well, disagree freely, but love regardless.**
- » **There are no right or wrong rules of engagement; rather, the goal is to have a shared approach to conversation.**
- » **The conversation in your group will enhance or erode trust. A shared Rules of Engagement will help establish and protect trust.**

Move Them Out

Good group leaders are concerned about how many people will show up to group, but great group leaders care just as much about moving them out of the group. There is a level of community that is developed face to face, but there is another level of community that is enhanced shoulder to shoulder.

Move outside the four walls of your climate-controlled meeting space and do a community service project together, serve on a church ministry team together, or go on a mission trip together.

While it may not sound very spiritual, find moments to play together, as well. Find excuses to celebrate—birthdays, anniversaries, graduations, new jobs, new babies, empty nesters, etc. Find opportunities to play—go to the park, go to a game, paint some pottery or brave a ropes course together.

When we are face to face, we can share stories. When we engage shoulder to shoulder, we create shared stories.

Serving together and playing together over time creates shared memories and builds spiritual markers.

As you engage your small group in the next season, the goal isn't to be a perfect leader. Rather, the goal is to be a prepared, intentional, and practical leader. Set the tone, share stories, build trust, and move them out.



LAUGH MORE with **theskitguys** TOMMY & EDDIE



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The Skit Guys are Tommy Woodard and Eddie James, who have been best friends since high school. They fell in love with acting through their involvement in the school's theater productions, and discovered they had a knack for making people laugh. When Tommy invited Eddie to church, everything changed. With encouragement and guidance from their youth pastor, the guys started to write and perform skits for their youth group. No longer was it just about making people laugh--their skits now had a bigger purpose. Since their high-school days, they've been writing and performing hilarious and poignant skits live and on camera.



SKIT GUYS

Using Your Creative

It's obvious that our God is a creative God. Just look at mountains and rainbows and an Emperor Tamarin (Google it...they're hilarious looking!). But sometimes we forget that He created each of us with our own unique gifts and abilities. Every single one of us can do something creative, and when we use our creative best to bless God and others, God can do amazing things with our simple offering.

Now, before you say, "I'm not creative, I can't draw or play an instrument or write a story," we'd like to challenge you. Because when you were a little kid, you probably created games using stuffed animals or sticks and rocks. Or, you used your imagination to create make-believe worlds for you and your friends to play in. When we're kids, we aren't afraid to throw out crazy ideas to our friends, because we haven't experienced much rejection yet. But as we get older, the world around us doesn't always feel as welcoming

to our wide-eyed imagination and out-there ideas. Unless you end up in a career that requires creativity, you may start to believe that you're just not a creative person.

We were teenagers when our youth pastor first challenged us to use our creative best. He asked us to create skits for youth group that went along with his messages. As two theater geeks who loved Saturday Night Live, we jumped at the chance to create knock-off bits based on SNL characters, but with a churchy twist. While we really believed it was our creative best, we gotta say, sometimes it was only funny to us! But, cultivating the gifts of comedy and acting we both had, we eventually ended up performing original skits at youth camps, church events, and national conferences. What we thought would be a fun thing to do on Wednesday nights turned into a dream career for us, and God has used it as a ministry.

Today, as a result of getting creative during Covid, we do an online social media video series called Bedtime Bible Stories.



Not only has it allowed us to use our creative best to bring laughter and hope into homes during these bizarre days, but we've been able to encourage others to use their creative best, too. People from 8 to 80 have taken up the challenge to bless others and God with their creativity. We get photos and videos sent to us from all over the world of people demonstrating what they can do. And, while not everyone will grow up to do hilarious online Bible stories when they're adults, they are able to impact lives around them with the gifts and talents they have been given by God.

For example, in the early days of Covid quarantine, a girl and her mom decorated their front door and windows to encourage others who may be passing by. Creating paper flowers, coloring pictures, and using Bible passages, they were able to bring joy to anyone who saw it. Another woman and her daughter used their gifts to sew masks for first responders in their area. And a young girl in Australia decorated and colored rocks, which she then sold

so she could donate money to our ministry. [It's no wonder Jesus loves childlike faith!] We never expected that a couple goofballs who were best friends in high school would one day be inspiring people all over the globe to bless others with their creative gifts and talents.

Think back to your early days, when you let your imagination run wild and created all kinds of things. What did you love doing? Were you a budding artist? A storyteller? A singer? A baker? Someone who wrote meaningful notes to friends? Reach deep down into who God created you to be, and rediscover what gifts He gave you. How can you use those gifts to bless God and others? We promise, when you use your creative best, not only will it bless those around you, but your heart will also be filled and overjoyed.





Article From:

LetsMake

By: Gregg Farah

SURRENDER YOUR WI

“That’s it – I quit!”

“I can’t take it anymore. I give up.”

“I’m tired of running. I surrender.”

Surrender has a negative connotation in our western world. It conjures images of broken people, handcuffed criminals, and failed entrepreneurs. Surrender is a sign of weakness.

Or is it a wise and powerful decision?

Surrendering our desires to embrace the improved plan and goal of another could be shrewd. And surrendering to the prudent purposes of an all-knowing, all-powerful, and loving God is both wise and life-giving.

Surrendering to God is easy, yet it is the most difficult decision we will ever make. And it’s not something Jesus followers do once—at salvation—but tens of thousands of times throughout our lives and dozens (if not hundreds) of times a day.

Salvation is surrender.

Salvation is telling Jesus, “I trust you with my life.” It’s proclaiming, “You are good, and I am not God. I can’t save myself. I can’t pay the penalty for my sins. I trust you.”

But our salvation moment can’t be our only time of surrender.



**But our salvation moment can’t be
our only TIME OF SURRENDER.**



Our salvation moment of surrender determines our eternity, but our daily and moment-by-moment surrender impacts our legacy.

- » Each time you face temptation...you have an opportunity to surrender.
- » Each time you fear or worry...you have an opportunity to surrender.
- » Each time you are ready to say or do the wrong thing... you have an opportunity to surrender.
- » If you're married, each time you're enticed to take "the second look" at an attractive person who caught your eye...you have an opportunity to surrender.
- » If you're single and tempted to go further physically than God instructs...you have an opportunity to surrender.

I love what Gary Thomas writes on this topic.

"Surrender has never come easily to me. I'm amazed at how confident I am in pitting my lifetime of experience against God's eternal wisdom."

In our moments of temptation, we need to exchange our will for God's: **surrender our craving for God's caring**. That's not easy—and I don't want to minimize the challenge in doing so—but it's also possible.

Imagine holding a TV remote, flipping back and forth to channels offering unhealthy content. Seated next to you is Jesus, inviting you to hand him the remote so he can find an acceptable program or suggest an alternative activity. Placing the remote in Jesus' hand is surrendering control. Jesus now determines what you watch.

Our challenge is that we take the remote back multiple times a day and watch what we want. And each time, Jesus invites us to return it to him. When we do, it's an act of surrender. Picture yourself giving Jesus the remote or your car key or your laptop to say, "Jesus, at this moment, I am giving you control in this area of my life." Do that every time you face temptation.

Surrender can be a weakness, or it can be the wisest, most powerful, life-changing decision you make—hundreds of times a day.

That mindset was critical for Bill and Gail Kupec.



**In our moments of temptation,
we need to exchange our will
for God's: surrender our
craving for God's**



LETSMAKEDISCIPLS

This is Bill Kupec about 7-8 years ago. He was in his late 50's but strong, active, serving God, committed to being a disciple and making disciples. He grew up the oldest of 5 boys in an athletic, competitive family. They all played sports. Bill played college baseball and basketball. Two of his brothers played in the NFL. One brother played in the NBA. Fierce competitors.

About the time this picture was taken, Bill's body started acting peculiar. He went to several doctors before being diagnosed with ALS, or Lou Gherig's disease. It's a disease that prevents your brain from sending messages to your muscles.

In 18 months, he went from weighing 200 pounds to 130 pounds. Bill could no longer play sports, he could no longer lead Bible studies, he could no longer talk, and he could no longer breathe on his own. He required a ventilator, feeding tube, and 24-hour nursing care.

Bill passed away about five years ago, but I had the privilege of getting to know Bill and his wife, Gail. Bill couldn't speak, but he could form words using a device where he would blink to indicate which letter he wanted.

It was a painstakingly long process, but he loved ministering to others. On one of my visits, I asked how he was doing. Bill said he had grown closer to God in the previous six months than in all his years together. And then he said something so meaningful to my wife and me, that Janine wrote it on a card and its been beside our kitchen sink for the last seven years.

He said, "This is my prayer every day: God is God. I am not. Blessed be the name of The Lord."

Bill Kupec surrendered his will. He didn't understand why his body withered away and why he had to leave earth earlier than anyone imagined, but he trusted his heavenly father because he knew he's a good God. Today, Bill has a new body in heaven and is whole and healed, and he's doing what he always enjoyed—he's loving Jesus.

Surrender your will.

This is not an easy life, but it can be a fulfilling one. Say 'NO' to a boring life. Say 'YES' to a faith that matters.

Bill Kupec about 7-8 years ago.



18 months after diagnosis.

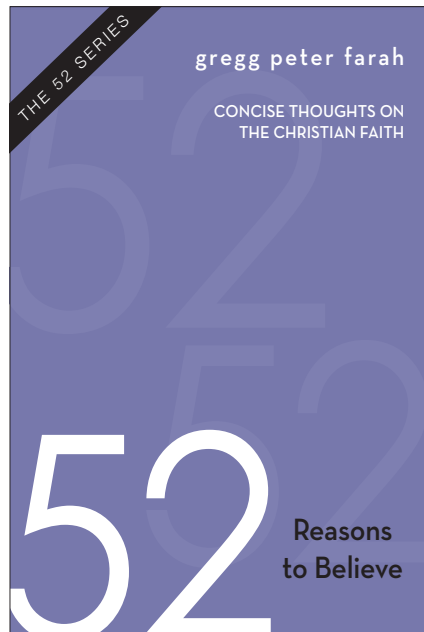


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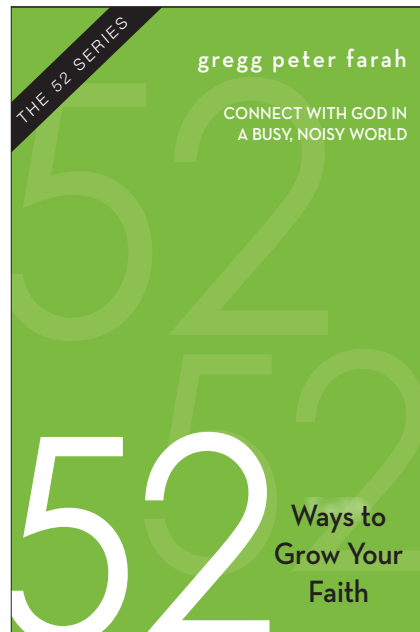
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Author of *Move*

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- **Doug Fields,**
Author, *Purpose Driven Youth Ministry & Refuel*

A photograph of a man with a shaved head and a goatee, wearing a dark long-sleeved shirt, playing an acoustic guitar. He is sitting outdoors in a wooded area with trees and foliage in the background. The lighting is soft, suggesting a morning or late afternoon setting. The overall mood is peaceful and contemplative.

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A weekly podcast of prayer, worship, music, devotion,
& readings from The Book of Common Prayer Daily Office

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David Miller is
of Coaching at
and lives in Sou
He's the author

BECOME A PROFESSIONAL QUESTION ASKER

Let me ask you a question ... how well do you know your team
(the staff and/or volunteers you lead)?

Here's a quick test?

1. Do they have any kids?
2. If so, what are their names?
3. What are they most proud of?
4. Do they believe they are in their sweet spot?
5. Who is their best friend?

So, how do you think you scored?



Let's become professional question askers today.



It's important that our understand that your team wants us to know them. As leaders, we need to allow our team's stories to influence the way that we lead them.

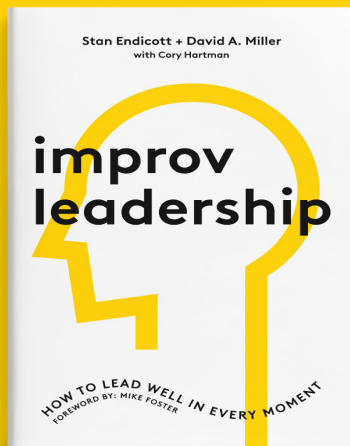
All throughout the gospels Jesus uses a person's story to break down walls and connect with them.

A great example of this is his interaction with the woman at the well in John 4. Their conversation starts pretty normally, even a bit contentious, if you remember - "How can you, a Jew, ask me, a Samaritan, for a drink?". But their interaction takes an interesting turn toward life changing as he begins to call out her story.

It's after this interaction that she goes (leaving her jar) and tells everyone to "come see a man who told me everything I ever did".

the Vice President
Slingshot Group
Southern California.
of IMPROV Leadership.

QUESTION ASKER



It's time to improvise.

*Improv Leadership:
How to Lead Well in Every Moment*

The founder of Slingshot Group, Stan Endicott, has always said that the best coaches are professional question askers. I'd take that a bit further.

The best leaders are professional question askers.

That word – professional – is so important. It's the difference between naturally good at something and developing it into a skill that you can draw on at any moment.

It's up to you as the leader to draw the best out of your team and the most effective way to do that is by mining out their story through questions.

Our team at Slingshot Group strives to become connoisseurs of questions. We compile list of questions to keep in our back pocket.

Here are some of our favorites to help start yours ...

- » **When you were a child, for what did you receive applause?**
- » **What was the most important year of your education, from first grade through high school graduation? Why?**
- » **Does your spouse think you are in the "sweet-spot" of your career?**
- » **Who is your best friend? What does that friendship bring to your life?**
- » **What's happening in this ministry that is only happening because you're here?**

Let's become professional question askers today.

We should never underestimate the power of a person's story!

This is why we developed our Story Mining competency as a part of our IMPROVleadership coaching strategy and book.

Story Mining is Thoughtfully uncovering a person's story and allowing it to shape the way you lead.

Another way to think of it is that Story Mining is the act of drawing a person's story out of them. It's about getting below the "layers" of who they are.

This is active, not passive.

We all know that if we are around someone long enough we will learn much of their story. But in the relationships that we have with our teams, we rarely have the luxury of time. At best, we get small bursts of time with our team in one on one meetings or hallway conversations. Unless we decide to be more intentional with that time, it will never be enough to get below the surface.





Nat Crawford
coach and se
Teacher & Pre
to the Bible D

THE SECRET TO COMPLETE HEALTH

We tend to separate the sacred from the secular. We tend to divorce the physical from the spiritual. But what if we understood that everything is spiritual. Our mental health is spiritual. Our physical health is spiritual. Our financial resiliency is spiritual.

That's why if you desire physical, mental, or financial health, you must start with your spiritual health.

Paul wrote to the Corinthian church,

“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds” (2 Corinthians 10:4).

Everything we do, whether stewarding our bodies, our resources, our emotions, our minds, or simply how we live, is a spiritual matter. Paul also said,

“So, whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31).

Everything we do is spiritual and for God's glory.

So, if we're going for complete health, begin by becoming spiritually fit.

Learn more at backtothebible.org and natecrawford.com.

is a speaker, leader,
serves as the Bible
President of Back
Division.

HEALTH

According to the Center for Bible Engagement (CBE), people who engage in the Bible four or more times per week are:

- » **228% more likely to share their faith with others**
- » **231% more likely to be a Christian mentor helping someone else grow into a servant of Jesus**
- » **60% less likely to feel spiritually stagnant**
- » **59% less likely to view pornography**
- » **31% less likely to struggle with forgiving others**
- » **30% less likely to struggle with loneliness**



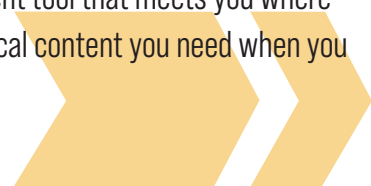
**If you desire complete health,
the secret is to FOCUS ON
SPIRITUAL FITNESS.
And spiritual fitness can only
be found in a steady diet of
God's Word.**



Spiritual fitness results in spiritual health which results in complete health. Spiritual fitness involves Bible engagement. And that's the secret to complete health.

But if you're like most, you don't know where to start. You need a strategy built for you.

That's why I'm thankful that many online and in-hand tools exist. goTandem is a free Bible engagement tool that meets you where you're at and provides you the biblical content you need when you need it.



go tandem

**YOUR LIFE.
GOD'S DESIGN.
REAL CHANGE.**

**TIME TO GET UNSTUCK
AND MOVE FORWARD.**

Unstuck



Your Life. God's Design. Real Change.

Arnie Cole + Michael Ross

FREE BOOK

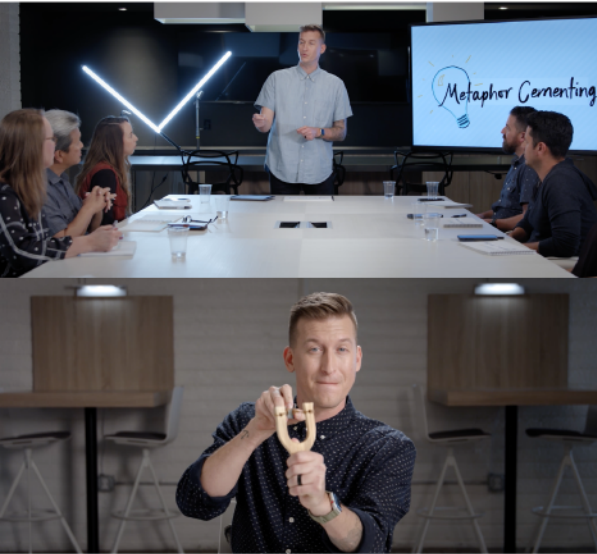
UNSTUCK

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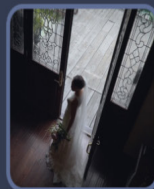
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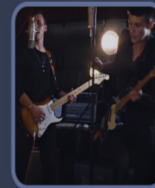
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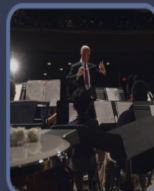
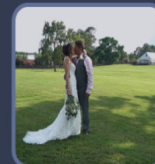
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Day 1

Big Idea —

Next Step —

Day 3

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Next Step —



BIG IDEAS
NEXT STEPS

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Day 2

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Day 4

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Day 6

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Day 8

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Day 10

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BIG IDEAS
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BIG IDEAS
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BIG IDEAS
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BIG IDEAS
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BIG IDEAS
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BIG IDEAS
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BIG IDEAS
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Day 37

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Day 39

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NEXTSTEP



SUMMIT

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