MSSNL

PREMIUM FIELD GUIDE

Jesus & The Spirit
Field Guide

A guided fieldbook for knowing the Holy Spirit, walking in dependence, and keeping in step with Him.

Ryan Eldridge & Timothy Hall

Know the Spirit. Walk in dependence. Keep in step.

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Jesus & The Spirit Field Guide

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This field guide is written for discipleship, formation, and encouragement. It is intended to help readers know the Holy Spirit through Scripture, remain close to Jesus, walk in dependence on the Spirit, serve His people with humility, and live faithfully on mission.

Scripture references are provided for study, reflection, and application. Unless otherwise noted, references follow the English Standard Version (ESV). Readers are encouraged to study the Word of God prayerfully and in community, seeking wise pastoral, medical, counseling, legal, or professional care where needed.

This guide does not replace Scripture, local church community, pastoral care, professional counseling, medical care, legal advice, emergency support, or personal responsibility before God.

SAFETY AND WISDOM

Following Jesus never requires remaining in abuse, ignoring danger, refusing appropriate care, protecting harmful leadership, or staying silent when someone is being harmed. Seek safe and appropriate pastoral, professional, legal, medical, or emergency support where needed.

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FORMATION FOUNDATION

How This Field Guide Works

Jesus & The Spirit is the book. This Field Guide helps you work its message into daily life.

The book traces the biblical story of the Spirit from creation to the life of Jesus, Pentecost, the church, and mission. The Field Guide gives you a place to read Scripture, reflect honestly, write a few words, pray, talk with a trusted person, and choose one faithful response.

Use It This Way	What To Do
Read and Apply	Read the matching book chapter first. Then use the Guided Practice to reflect, respond, and take one faithful step.
Use It on Its Own	Each Guided Practice includes Scripture, guided choices, a practical tool, and a clear response.
Walk Through It with Others	Use the trusted conversation page with a friend, mentor, pastor, family member, small group, or church community. Listen, pray, and follow up.

The MSSNL Rhythm

Word	Wonder	Walk
Receive the truth of Scripture. Ask what it reveals about Jesus, people, and a life under Christ.	Slow down and reflect honestly. Notice where truth meets your story, identity, fear, hope, relationships, and choices.	Turn reflection into faithful response. Use the Action Blueprint, practical tool, next step, and trusted-person follow-through to put truth into practice.

Move Through the Guide This Way

- ☐ Read Scripture slowly.
- ☐ Write only what helps you name the present season.
- ☐ Talk with a trusted person where support would help.
- ☐ Check what is true.
- ☐ Pray honestly.
- ☐ Take one faithful step.

You do not need perfect answers. You need an honest beginning.

FORMATION PATHWAY

The Jesus & The Spirit Pathway

Movement	Guided Practices	What It Forms
Know the Spirit	01 - 03	A biblical view of the Holy Spirit as God, personal presence, giver of life, and the One who brings believers into Christ.
Look to Jesus	04 - 05	A Christ-centered understanding of the Spirit through the life of Jesus and the promise of the Helper.
Live in Dependence	06 - 08	Continuing filling, surrender, gifts for the common good, and prayer shaped by weakness, truth, and the Spirit's help.
Keep in Step	09 - 10	Christlike fruit, discernment, holiness, wisdom, and responsive obedience in ordinary decisions.
Gather and Go	11 - 13 + Thirty-Day Plan	Worship, shared life in the body of Christ, faithful witness, disciple-making, and mission with Jesus at the center.

Contents

01 **The Helper**
02 **The Spirit of God**
03 **Born of the Spirit**
04 **Jesus and the Spirit**
05 **The Promise of the Spirit**
06 **Filled With the Spirit**
07 **The Giver and His Gifts**
08 **Prayer in the Spirit**
09 **The Fruit of the Spirit**
10 **Led by the Spirit**
11 **Worship in Spirit and Truth**
12 **The Spirit and the Church**
13 **Sent by the Spirit**

GROUP USE

A Covenant for Truthful Community

Create a place where people can be known, prayed for, and invited toward faithful obedience under Christ.

Commitment	What It Looks Like
Presence	Phones away. Attention given. We remain engaged.
Confidentiality	Stories stay here. Only your own story leaves the room.
No Fixing	We listen to understand. We ask questions. We pray. We do not rush to diagnose or control.
No Comparison	We do not minimize another person's story or compete with it.
Courage and Grace	We tell the truth with humility and receive one another with care.
Faithful Follow-Through	We ask about the next step and encourage one another toward Jesus.

Questions That Help

- ☐ What feels most true right now?
- ☐ What are you carrying alone?
- ☐ What would a faithful response look like?
- ☐ What do you believe about God in this place?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

BEFORE YOU BEGIN

Baseline Assessment

Choose where to begin.

Think about the last thirty days. Give each Guided Practice one overall score from 1 to 4 based on what is present in your life today. This is an honest starting picture, not a verdict.

HOW TO SCORE

1 = Needs Attention Now. This area feels hidden, inconsistent, avoided, or under pressure. 2 = Needs Support. You can see the issue, but you need clearer practice, conversation, or help. 3 = Growing. This area is becoming healthier and more consistent. 4 = Strong and Steady. This area is clear, supported, and visible in daily life.

Guided Practice	Score 1-4	What Stands Out Most
01 The Helper	1 2 3 4	
02 The Spirit of God	1 2 3 4	
03 Born of the Spirit	1 2 3 4	
04 Jesus and the Spirit	1 2 3 4	
05 The Promise of the Spirit	1 2 3 4	
06 Filled With the Spirit	1 2 3 4	
07 The Giver and His Gifts	1 2 3 4	
08 Prayer in the Spirit	1 2 3 4	
09 The Fruit of the Spirit	1 2 3 4	
10 Led by the Spirit	1 2 3 4	
11 Worship in Spirit and Truth	1 2 3 4	
12 The Spirit and the Church	1 2 3 4	
13 Sent by the Spirit	1 2 3 4	

Overall baseline score: _____ / 52

13-25	26-38	39-52
Needs focused care. Choose one area and bring a trusted person into the next step.	Building a healthier rhythm. Strengthen one practice and protect a steady follow-through rhythm.	Strong and steady foundation. Guard the habits that are working and remain open to honest feedback.

Choose Your First Focus

- ☐ I will begin with my lowest score.
- ☐ I will begin with the area creating the most pressure.
- ☐ I will begin with the place I have been avoiding.
- ☐ I will begin with the place Jesus keeps bringing to mind.

The Guided Practice I will begin with:

One faithful response I will take this week:

OPENING PRAYER

Father, through Jesus, teach me to walk in step with Your Spirit. Show me what is true in this season, where I am relying on myself, and what one honest and faithful response You are inviting me to take.

What I Hope God Will Form in Me

GUIDED PRACTICE 01 / KNOW THE SPIRIT

The Helper

Jesus promised the Spirit as another Helper who would remain with His people and keep directing them toward truth and Christ.

Book Connection

Introduction

Primary Scripture

John chapter 14, verses 16 and 17

Why This Practice Matters

Begin with the Holy Spirit as the personal presence of God promised by Jesus, then name where dependence needs to replace self-reliance.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Another Helper	Receive the Holy Spirit as personal and fully God, not a force, atmosphere, or spiritual technique.
02	With You and In You	Rest in the promise that followers of Jesus are not abandoned or left to continue in their own strength.
03	Spirit of Truth	Let Scripture shape what you believe about the Spirit and how you test spiritual claims.
04	He Glorifies Jesus	Keep Jesus at the center of spiritual life, experience, discernment, and obedience.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 14, verses 16 and 17. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Holy Spirit is God, personally present with His people.	Jesus promised another Helper who would remain with His followers.
The Spirit of truth does not contradict the truth God has revealed.	The Spirit glorifies Jesus rather than drawing attention away from Him.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A place where the Holy Spirit feels unfamiliar to me.
- ☐ A place where I rely mainly on my own strength.
- ☐ A spiritual claim or impression I need to test carefully.
- ☐ An experience or concern that has shaped how I think about the Spirit.
- ☐ A desire to become more aware of God's presence in ordinary life.
- ☐ A place where I want Jesus to become more central.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I understand the Holy Spirit as personal and fully God, not a vague force.	1 2 3 4
I trust God's presence even when I do not feel something dramatic.	1 2 3 4
I test spiritual ideas and experiences beneath Scripture and the character of Jesus.	1 2 3 4
I can name one area where I need to depend on the Spirit rather than myself.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Presence and Dependence Map

Name a few ordinary places where self-reliance becomes strong. Return to what Jesus promised and identify one simple way to live with greater dependence.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Where I Default to Self	Truth to Receive	Dependence Practice
Scripture / prayer			
Decisions			
Relationships			
Work / responsibility			
Witness / service			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A place where I rely on myself.
- ☐ A truth from John 14-16 I need to receive.
- ☐ A place where I need greater awareness of God.
- ☐ A fear or concern about the Holy Spirit.
- ☐ An impression or spiritual idea I need to test.
- ☐ A desire to keep Jesus at the center.

2. Choose One Faithful Response

- ☐ Read John chapters 14 through 16 slowly this week.
- ☐ Name one area of self-reliance to a trusted believer.
- ☐ Test one spiritual impression beneath Scripture and wise counsel.
- ☐ Write one sentence describing who the Holy Spirit is from Scripture.
- ☐ Begin prayer by thanking the Father for the Helper Jesus promised.
- ☐ Ask the Spirit to bring one truth from Scripture to remembrance each day.
- ☐ Pause before one recurring decision and ask for the Spirit's help.
- ☐ End each day by naming one place you needed God's help.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, thank You for giving Your Spirit to Your people. Through Jesus, teach me to live with open dependence, receive Your truth, and become more attentive to Your presence in ordinary life.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 02 / KNOW THE SPIRIT

The Spirit of God

The Holy Spirit is present from creation onward, giving life, wisdom, strength, and promise throughout the biblical story.

Book Connection

Chapter One: The Spirit of God

Primary Scripture

Genesis chapter 1, verse 2

Why This Practice Matters

Trace the Spirit through the biblical story so that your understanding begins with Scripture rather than one experience, tradition, or moment.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Present from the Beginning	See the Spirit present in creation before Israel, the prophets, Pentecost, or the church.
02	Wisdom and Service	Recognize the Spirit giving wisdom, craftsmanship, leadership, and strength for God's purposes.
03	Promise and Hope	Notice the Old Testament longing for God to put His Spirit within and upon His people.
04	The Story Moves to Jesus	Receive the Spirit's work as part of the one unfolding story that reaches fulfillment in Christ.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Genesis chapter 1, verse 2. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit is present in the opening pages of Scripture.	God gives His Spirit for life, wisdom, service, leadership, and witness.
The Old Testament uses varied language for the Spirit's work among God's people.	The prophets point toward a day of wider outpouring and inward renewal.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A part of the Spirit's biblical story I have overlooked.
- ☐ A place where I need strength beyond my own ability.
- ☐ An assumption about the Spirit I need Scripture to reshape.
- ☐ A gift or ability I need to steward as something received.
- ☐ A longing for God to renew what feels dry or powerless.
- ☐ A desire to see the whole biblical story more clearly.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can see the Spirit's work throughout Scripture, not only in Acts.	1 2 3 4
I understand the Spirit as fully God and present in the work of God from the beginning.	1 2 3 4
I receive wisdom, ability, and service as areas where dependence on God matters.	1 2 3 4
I can name one Old Testament promise that prepares for the Spirit's work among God's people.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

The Spirit Through Scripture

Open the passages and trace what Scripture says. Let the whole biblical story widen your understanding of the Spirit's presence and work.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Passage	What the Spirit Does	What It Reveals	My Response
Genesis 1:2			
Exodus 31:3			
Numbers 11:25-29			
Ezekiel 36:26-27			
Joel 2:28-29			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A narrow view of the Spirit I need Scripture to widen.
- ☐ A place where I need God-given wisdom.
- ☐ A place where I feel dry or powerless.
- ☐ A gift or responsibility I need to steward faithfully.
- ☐ A promise I want to study more carefully.
- ☐ A desire to depend on God in ordinary service.

2. Choose One Faithful Response

- ☐ Read Genesis 1, Exodus 31, and Numbers 11 this week.
- ☐ Thank God for one ability or responsibility He has entrusted to you.
- ☐ Share one Old Testament insight with a trusted believer.
- ☐ Pray Zechariah chapter 4, verse 6 over one area of weakness.
- ☐ Read Ezekiel 36 and Joel 2 and write what God promises.
- ☐ Ask for the Spirit's wisdom before one act of service.
- ☐ Write a one-paragraph summary of the Spirit's work before Pentecost.
- ☐ Serve faithfully in one ordinary assignment without seeking recognition.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, thank You that Your Spirit has been present from the beginning. Give me humility to receive what Scripture says, wisdom for what You have entrusted to me, and strength by Your Spirit to serve Your purposes faithfully.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 03 / KNOW THE SPIRIT

Born of the Spirit

The Christian life begins with new birth from God and continues as the Spirit forms those who belong to Christ.

Book Connection

Chapter Two: Born of the Spirit

Primary Scripture

John chapter 3, verses 5 and 6

Why This Practice Matters

Receive the Christian life as new birth from God, then distinguish belonging to Christ from the slow process of growing into maturity.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	New Birth	Receive spiritual life as something God gives rather than something human effort can produce.
02	Conviction and Repentance	Let the Spirit tell the truth about sin and lead you toward Jesus rather than deeper hiding.
03	Belonging and Adoption	Rest in the truth that everyone who belongs to Christ has His Spirit and is welcomed into God's family.
04	Growth from New Life	Recognize that new birth is real while maturity continues through a lifetime of formation.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 3, verses 5 and 6. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus says we must be born of the Spirit.	The Spirit gives life and directs conviction toward repentance and Christ.
Everyone who belongs to Christ has His Spirit.	New birth and instant maturity are not the same thing.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A place where I am trying to change myself through willpower alone.
- ☐ A question about whether I truly belong to Christ.
- ☐ A sign of new life I can thank God for.
- ☐ Shame that makes me want to hide from God.
- ☐ A place where I need to receive adoption rather than perform for approval.
- ☐ An area where growth is slower than I want.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I understand salvation as new birth from God, not behavior improvement alone.	1 2 3 4
When conviction comes, I move toward repentance and Jesus rather than hiding.	1 2 3 4
I receive my belonging to Christ through grace rather than spiritual performance.	1 2 3 4
I can distinguish secure belonging from the ongoing process of spiritual maturity.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

New Life and Assurance Map

Name where old patterns still speak loudly, then return to what the gospel says is true and how the Spirit is forming a new response.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Old Pattern or Fear	Truth in Christ	New Response
Sin / conviction			
Identity			
Belonging			
Growth / maturity			
Future / fear			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A place where I am trying to earn new life.
- ☐ Shame I need to bring into grace.
- ☐ A place where I need patience with growth.
- ☐ Conviction I need to respond to honestly.
- ☐ A question about belonging to Christ.
- ☐ A truth about adoption or sealing I need to receive.

2. Choose One Faithful Response

- ☐ Read John chapter 3 slowly twice this week.
- ☐ Read Romans chapter 8 and underline belonging and adoption language.
- ☐ Tell a trusted believer where shame keeps pulling you into hiding.
- ☐ Read Titus chapter 3, verses 3 through 7.
- ☐ Confess one clear sin without defending or minimizing it.
- ☐ Write one sentence beginning, “Because I belong to Christ...”
- ☐ Thank God for one sign of new life you can already see.
- ☐ Choose one act of obedience that grows from a secure identity in Christ.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, thank You for the life I could never create for myself. By Your Spirit, bring what is hidden into the light, deepen my assurance in Christ, and form the new life You have given me.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 04 / LOOK TO JESUS

Jesus and the Spirit

The earthly life of Jesus reveals perfect fellowship with the Father and the Spirit, joining power to obedience, compassion, and mission.

Book Connection

Chapter Three: Jesus and the Spirit

Primary Scripture

Luke chapter 4, verse 18

Why This Practice Matters

Look to Jesus as the eternal Son whose earthly life reveals perfect fellowship with the Father and the Spirit, joining power with obedience, compassion, and mission.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	The Eternal Son Enters Our World	Keep Christology clear: Jesus does not begin to exist at conception, but the Spirit is present as the Son takes on our humanity.
02	Identity Before Ministry	Receive the Father's delight in the Son at baptism before the public works of ministry begin.
03	Led and Tested	See the Spirit leading Jesus into the wilderness where obedience remains faithful under real temptation.
04	Power for the Kingdom	Watch Spirit-empowered ministry remain joined to compassion, truth, humility, and the Father's purposes.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Luke chapter 4, verse 18. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus is the eternal Son, fully divine and truly human.	At His baptism, the Father identifies Jesus as His beloved Son as the Spirit descends upon Him.
Jesus is led by the Spirit through temptation and obedience.	The Spirit's power in Jesus serves the Father's Kingdom and moves toward people in need.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A place where my identity depends too much on what I accomplish.
- ☐ A desire for power or effectiveness that needs deeper surrender.
- ☐ A place where prayer and dependence need to deepen.
- ☐ A temptation where obedience feels costly.
- ☐ A person in need I may be tempted to overlook.
- ☐ A way Jesus reshapes my picture of Spirit-filled life.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I keep Jesus' eternal identity clear when I read about His earthly life and the Spirit.	1 2 3 4
I am learning to receive identity in Christ before measuring myself by ministry or achievement.	1 2 3 4
I understand that the Spirit's leading may include testing, restraint, and costly obedience.	1 2 3 4
I connect spiritual power with compassion, humility, truth, and the purposes of God.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Jesus-Shaped Spirit Life

Use the life of Jesus as the pattern for what Spirit-filled life should increasingly look like. Name one real situation in each row.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What Jesus Shows	Where I Need Formation	One Practice
Identity			
Temptation / obedience			
Power / service			
Compassion			
Prayer / fellowship			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ Achievement I am using to secure identity.
- ☐ A desire for influence that needs humility.
- ☐ A decision that needs prayer and dependence.
- ☐ A temptation that needs faithful resistance.
- ☐ A person I need to move toward with compassion.
- ☐ A place where Jesus needs to become the measure of spiritual maturity.

2. Choose One Faithful Response

- ☐ Read Luke chapters 3 and 4 slowly this week.
- ☐ Name one temptation and prepare one Scripture-shaped response.
- ☐ Ask, “Does this look like Jesus?” before one important response.
- ☐ Read Matthew chapter 12, verse 28 and notice the Kingdom connection.
- ☐ Begin one day by receiving your identity in Christ before doing anything productive.
- ☐ Serve one person in a way that cannot advance your reputation.
- ☐ Spend ten quiet minutes praying before a decision you usually rush.
- ☐ Thank Jesus for being both Savior and the One you follow.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Jesus, keep my attention on You. Form in me a life of obedience, compassion, humility, prayer, and courage, and teach me to depend on the Spirit without ever making spiritual power greater than Your character and mission.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 05 / LOOK TO JESUS

The Promise of the Spirit

Jesus promised the Helper who would remain with His people, teach truth, bear witness, convict, and glorify the Son.

Book Connection

Chapter Four: The Promise of the Spirit

Primary Scripture

John chapter 14, verses 16 and 17

Why This Practice Matters

Receive the Helper Jesus promised and learn to recognize His work through presence, truth, Scripture, witness, conviction, and the glory of Christ.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Presence	Receive Jesus' promise that His followers would not be left as orphans.
02	Teach and Remind	Honor the Spirit's work in the apostolic witness and remain rooted in the Scripture He inspired.
03	Witness and Conviction	Trust the Spirit to bear witness about Jesus and work in hearts beyond what human persuasion can accomplish.
04	He Glorifies Jesus	Use the glory of Christ as a steady center for discernment and spiritual life.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 14, verses 16 and 17. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Helper remains with the people of Jesus.	The apostolic promise to remember Jesus' teaching grounds the church in faithful witness.
The Spirit bears witness about Jesus and convicts concerning sin, righteousness, and judgment.	The Spirit glorifies Jesus.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A place where I fear being left alone.
- ☐ Someone I am trying too hard to change.
- ☐ A spiritual experience I need to evaluate by whether it glorifies Jesus.
- ☐ A Scripture truth I need the Spirit to bring close to my life.
- ☐ A place where conviction is inviting repentance.
- ☐ A decision where I need the Spirit of truth.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I trust the promised presence of the Helper beyond changing emotions.	1 2 3 4
I remain rooted in Scripture rather than treating personal impressions as higher authority.	1 2 3 4
I can witness faithfully without believing I must control another person's response.	1 2 3 4
I use the glory and character of Jesus as a center for spiritual discernment.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

The Helper in Ordinary Life

Bring five real areas beneath the promises of John 14-16. Name what you need and what faithful dependence could look like.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Need	What Jesus Promised	Faithful Response
Fear / loneliness			
Scripture / truth			
Witness			
Conviction			
Discernment			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ Fear that I am carrying alone.
- ☐ A person I need to stop trying to control.
- ☐ An impression I need to test.
- ☐ A truth I need to remember and obey.
- ☐ Conviction I need to receive without hiding.
- ☐ A desire for Jesus to become more central.

2. Choose One Faithful Response

- ☐ Read John chapters 14 through 16 over three days.
- ☐ Ask the Spirit to bring one teaching of Jesus to remembrance this week.
- ☐ Respond to one clear conviction within two days.
- ☐ Thank God for His presence in one emotionally quiet season.
- ☐ Write John chapter 16, verse 14 somewhere you will see it.
- ☐ Pray for one person without trying to force an outcome.
- ☐ Test one spiritual idea by Scripture, the character of Jesus, and wise counsel.
- ☐ Share one truth about the Helper with a trusted believer.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, thank You for the Helper Jesus promised. Root me in truth, bring the words of Jesus close, give me courage to witness without manipulation, and let the Spirit's work in me increasingly glorify Christ.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 06 / LIVE IN DEPENDENCE

Filled With the Spirit

The people of Jesus are called to continuing dependence on the Spirit for witness, courage, obedience, and ordinary faithfulness.

Book Connection

Chapter Five: Filled With the Spirit

Primary Scripture

Ephesians chapter 5, verse 18

Why This Practice Matters

Move from self-sufficiency toward continuing dependence on the Spirit for witness, obedience, courage, love, and the ordinary responsibilities of life.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Wait for the Promise	Receive the disciples' waiting as a picture of dependence rather than human readiness.
02	Power for Witness	See Pentecost as the fulfillment of Jesus' promise and the beginning of gospel witness moving outward.
03	Filled Again	Notice Acts repeatedly describing believers being filled and strengthened in ongoing ministry.
04	Continuing Dependence	Receive Ephesians 5 as a call for believers to keep living in active dependence upon the Spirit.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Ephesians chapter 5, verse 18. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

Jesus promised power so His followers could bear witness to Him.	At Pentecost, the disciples are filled with the Spirit, speak in other tongues, and bear witness to Jesus.
Acts describes believers being filled and later filled again.	Everyone who belongs to Christ has the Spirit, and believers still live in continuing dependence upon Him.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A place where I am relying on preparation more than God.
- ☐ A responsibility larger than my natural strength.
- ☐ A place where I want God to work but also need surrender.
- ☐ Fear that is making witness or obedience difficult.
- ☐ A relationship where I need the Spirit's help.
- ☐ A desire to ask God for fresh strength without chasing an experience.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I understand Spirit-filling as dependence and empowerment rather than spiritual status.	1 2 3 4
I regularly ask for the Spirit's help in witness and obedience.	1 2 3 4
I can name places where self-sufficiency is limiting faithfulness.	1 2 3 4
I remain open to God's work without demanding that my experience match someone else's.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Dependence and Filling Inventory

Identify where your own strength is reaching its limit. Ask what faithful surrender and dependence could look like in each area.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Where I Rely on Self	What I Need from God	One Surrender
Witness			
Obedience			
Relationships			
Work / calling			
Suffering / endurance			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A place where self-sufficiency is wearing me down.
- ☐ A responsibility that needs God's strength.
- ☐ A place where I am trying to force an experience.
- ☐ Fear that is silencing witness.
- ☐ A relationship where I need love or self-control.
- ☐ A desire to ask the Father for help with open hands.

2. Choose One Faithful Response

- ☐ Read Acts chapters 1, 2, and 4 this week.
- ☐ Name one place of self-reliance and surrender it in prayer.
- ☐ Read Ephesians chapter 5, verses 18 through 21.
- ☐ Take one act of obedience that feels larger than your natural confidence.
- ☐ Begin each morning by asking for the Spirit's help for the day.
- ☐ Ask for courage before one conversation about Jesus.
- ☐ Invite a trusted believer to pray with you for strength in one area.
- ☐ End the day by thanking God for one place He helped you.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, I need more than my own strength. Fill me with Your Spirit for the life and witness You have placed before me. Keep me humble, surrendered, open to Your work, and faithful in the ordinary places of obedience.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 07 / LIVE IN DEPENDENCE

The Giver and His Gifts

The Spirit gives varied grace for the common good, and every gift is meant to be carried in love, humility, discernment, and order.

Book Connection

Chapter Six: The Giver and His Gifts

Primary Scripture

First Corinthians chapter 12, verse 7

Why This Practice Matters

Receive spiritual gifts as grace from the Spirit for the common good, then practice humility, love, discernment, and faithful stewardship.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Same Spirit, Varied Grace	Receive diversity in gifts and service without comparison.
02	For the Common Good	Measure gifts by how they strengthen others rather than how visible they make us.
03	One Body	Recognize that God arranged the body so no one person carries everything the church needs.
04	Love and Order	Let love, edification, discernment, self-control, and order govern the way gifts are used.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: First Corinthians chapter 12, verse 7. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit gives different gifts according to His will.	Spiritual gifts are given for the common good.
The body needs different members because no one receives everything.	Love and edification govern the use of gifts in the church.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A gift in someone else that tempts me toward comparison.
- ☐ A place where visibility has become too important.
- ☐ A spiritual expression I need to approach with both openness and discernment.
- ☐ A way God may already be using me to strengthen others.
- ☐ A gift or ability I have neglected.
- ☐ A person or need I could serve this week.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I receive spiritual gifts as grace rather than proof of personal importance.	1 2 3 4
I can celebrate gifts in others without treating my own contribution as unnecessary.	1 2 3 4
I use what God has given me to strengthen other people.	1 2 3 4
I value love, discernment, accountability, self-control, and order in the use of gifts.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Serving Grace Inventory

Do not begin by trying to find the perfect label. Notice where grace seems to move through you, who is strengthened, and what faithful stewardship could look like.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Notice	Who Is Strengthened	Next Act of Service
Speaking / teaching			
Serving / mercy			
Leading / giving			
Prayer / discernment			
Other grace I notice			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ Comparison with someone else's gift.
- ☐ A gift or ability I have neglected.
- ☐ A place where love needs to govern how I serve.
- ☐ A way God may already be using me.
- ☐ A desire for visibility or recognition.
- ☐ A need in the body I can respond to.

2. Choose One Faithful Response

- ☐ Read First Corinthians chapters 12 through 14 this week.
- ☐ Serve one need without announcing it.
- ☐ Read First Peter chapter 4, verses 10 and 11.
- ☐ Ask, “Who will be strengthened?” before using a visible gift.
- ☐ Ask two trusted believers where they see God consistently using you.
- ☐ Encourage someone whose gift differs from yours.
- ☐ Take one concrete step to develop a gift you have neglected.
- ☐ Thank God for one gift in another person that your life needs.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, thank You for the varied grace Your Spirit gives. Free me from comparison and pride. Teach me to receive what You give humbly, pursue love, and serve others for the glory of Jesus.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 08 / LIVE IN DEPENDENCE

Prayer in the Spirit

The Spirit helps us in weakness and forms a life of prayer that is honest, surrendered, Scripture-shaped, and open to His work.

Book Connection

Chapter Seven: Prayer in the Spirit

Primary Scripture

Romans chapter 8, verse 26

Why This Practice Matters

Bring weakness, understanding, surrender, and spiritual openness into prayer while allowing each New Testament passage to speak within its own setting.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Help in Weakness	Receive Romans 8 as comfort when you do not know what to pray.
02	Abba, Father	Pray from adoption and honest relationship rather than performance.
03	Pray in the Spirit	Receive Ephesians 6 and Jude 20 as broad calls to dependent, Spirit-shaped prayer.
04	Spirit and Understanding	Receive First Corinthians 14's place for prayer in tongues, prayer with understanding, interpretation, edification, and order.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Romans chapter 8, verse 26. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit helps us in weakness when we do not know what to pray.	The Spirit of adoption turns our hearts toward God as Father.
Ephesians 6 and Jude 20 call believers to pray in the Spirit without defining one single form.	First Corinthians 14 explicitly includes prayer in tongues and prayer with understanding.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A burden I do not know how to pray about.
- ☐ A desire I need to surrender beneath God's wisdom.
- ☐ A question about prayer in the Spirit I need to bring honestly to Scripture.
- ☐ A place where prayer has become performance.
- ☐ A Scripture truth I want to carry into prayer.
- ☐ A person or situation I need to keep bringing before God.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can bring weakness and uncertainty into prayer without believing I have failed.	1 2 3 4
I pray from relationship with the Father rather than trying to impress God or people.	1 2 3 4
I understand that “praying in the Spirit” is broader than one expression while First Corinthians 14 explicitly includes prayer in tongues.	1 2 3 4
I value both spiritual openness and the biblical call to edification, interpretation, self-control, and order.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Prayer in the Spirit Guide

Use this page when prayer feels clear or when words are hard to find. Bring the real burden, receive truth, and remain open to the Spirit's help.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Prayer Movement	What I Bring	Truth to Receive	My Next Prayer
Gratitude			
Confession			
Weakness			
Intercession			
Surrender			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A burden I cannot solve.
- ☐ A request I need to surrender beneath God's wisdom.
- ☐ A question about prayer in the Spirit.
- ☐ A place where I need to confess honestly.
- ☐ A person I need to keep interceding for.
- ☐ A place where I need the Spirit's help more than better words.

2. Choose One Faithful Response

- ☐ Read Romans chapter 8 slowly this week.
- ☐ Write one burden you do not know how to pray about and bring it to God daily.
- ☐ Read Ephesians chapter 6, verse 18 and Jude verses 20 and 21 in context.
- ☐ Ask a trusted mature believer to pray with you about one difficult burden.
- ☐ Spend ten minutes praying without trying to sound impressive.
- ☐ Pray one Scripture back to the Father each day.
- ☐ Read First Corinthians chapter 14 without rushing past either tongues or order.
- ☐ End one prayer by saying, “Not my will, but Yours be done.”

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, thank You that I do not need perfect words. By Your Spirit, help me in weakness, teach me to pray honestly and with understanding, keep me open to what Scripture gives, and bring my desires beneath Your wisdom through Jesus.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 09 / KEEP IN STEP

The Fruit of the Spirit

The Spirit forms the character of Jesus in ordinary people through abiding, repentance, obedience, and slow transformation.

Book Connection

Chapter Eight: The Fruit of the Spirit

Primary Scripture

Galatians chapter 5, verses 22 and 23

Why This Practice Matters

Move from measuring spiritual life by visibility toward the slow formation of Jesus' character in ordinary relationships, pressure, temptation, and obedience.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Abide in Christ	Receive fruit as the result of life with Jesus rather than religious self-production.
02	Walk Against the Flesh	Name the patterns that resist the Spirit's direction and bring them into the light.
03	Christlike Fruit	Look for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
04	Slow Formation	Practice repentance, community, and repeated obedience while trusting the Spirit's long work.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Galatians chapter 5, verses 22 and 23. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit transforms believers into the image of Christ.	Walking by the Spirit includes putting sinful patterns to death.
The fruit of the Spirit describes Christlike character, not religious appearance.	Fruit often grows slowly through abiding, repentance, community, and repeated obedience.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A pressure that exposes what is really growing in me.
- ☐ A recurring flesh-pattern I need to bring into the light.
- ☐ A relationship where formation is becoming visible.
- ☐ A fruit of the Spirit that feels weak in this season.
- ☐ A sign of growth I can thank God for.
- ☐ A place where I need patience with the Spirit's slow work.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I measure maturity by Christlike character, not only knowledge, gifting, or visibility.	1 2 3 4
I can name a flesh-pattern I am actively bringing beneath the Spirit's work.	1 2 3 4
I practice repentance and concrete obedience rather than waiting passively for change.	1 2 3 4
I can name at least one sign of fruit that is becoming more visible over time.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Fruit Under Pressure

Pressure often reveals what is growing. Use real situations to notice your default response, the fruit you need, and one practice that creates room for obedience.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Situation	My Default Response	Fruit Needed	One Practice
Pressure			
Conflict			
Waiting			
Success / recognition			
Private desire			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A flesh-pattern I need to name.
- ☐ A relationship revealing impatience or pride.
- ☐ A sign of growth I need to thank God for.
- ☐ A fruit of the Spirit I want to see grow.
- ☐ A temptation that needs self-control.
- ☐ A place where I need to repent and return.

2. Choose One Faithful Response

- ☐ Read Galatians chapter 5 slowly twice this week.
- ☐ Tell a trusted believer one flesh-pattern you are confronting.
- ☐ Practice a slower response before speaking in conflict.
- ☐ Remove one access point that repeatedly feeds temptation.
- ☐ Choose one fruit of the Spirit to carry into a recurring situation.
- ☐ Make one apology where your response has wounded someone.
- ☐ Thank God for one sign of growth you usually overlook.
- ☐ Read John chapter 15 and connect fruit with abiding in Jesus.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, by Your Spirit, form the character of Jesus in me. Bring the works of the flesh into the light, strengthen real obedience, and grow love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in ordinary life.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 10 / KEEP IN STEP

Led by the Spirit

The Spirit leads God's people in truth, holiness, wisdom, mission, and the next faithful step.

Book Connection

Chapter Nine: Led by the Spirit

Primary Scripture

Romans chapter 8, verse 14

Why This Practice Matters

Practice biblical discernment that remains open to the Spirit's real leading while keeping Scripture, the character of Jesus, wisdom, community, and humility together.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Belonging and Holiness	Begin with Romans 8, where being led by the Spirit is tied to belonging to God and putting sin to death.
02	Scripture First	Obey what God has already made clear before demanding special direction about what remains unknown.
03	Listen and Test	Receive real guidance in Acts while remembering that personal impressions remain testable.
04	Take the Faithful Step	Use wisdom, community, circumstances, patience, and renewed thinking without turning any one factor into a formula.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Romans chapter 8, verse 14. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit leads people who belong to God toward holiness and obedience.	The Spirit will not contradict Scripture or the character of Jesus.
Acts gives real examples of direct guidance, redirection, and Spirit-led mission.	Personal impressions, prophecy, circumstances, and inner peace should be received with humility and discernment.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A decision where I want certainty more than wisdom.
- ☐ An impression I need to test.
- ☐ A place where wise counsel could help.
- ☐ A command I already know but have delayed.
- ☐ A closed or open door I may be interpreting too quickly.
- ☐ A next faithful step I may already know.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I return to Scripture before searching for special direction.	1 2 3 4
I remain open to the Spirit's leading without treating my impressions as unquestionable.	1 2 3 4
I seek wise counsel and remain correctable in significant decisions.	1 2 3 4
I can take a faithful step without requiring perfect certainty about everything ahead.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Spirit-Led Discernment Grid

Use this tool for one real decision, impression, opportunity, or delay. No single factor guarantees certainty. Bring the whole matter before God with humility.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

What I Am Considering	Scripture / Truth	Character + Counsel	Faithful Response
Decision			
Impression / desire			
Opportunity			
Delay / closed door			
Known obedience			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A decision I need to bring beneath Scripture.
- ☐ A closed door I may be reading as a formula.
- ☐ A fear of making the wrong decision.
- ☐ An impression I need to hold with humility.
- ☐ A place where I need wise counsel.
- ☐ A clear obedience I need to take.

2. Choose One Faithful Response

- ☐ Read Romans chapter 8 and Acts chapter 16 this week.
- ☐ List what Scripture already makes clear about the situation.
- ☐ Wait twenty-four hours before one non-urgent decision driven by anxiety.
- ☐ Take one clear act of obedience you have been delaying.
- ☐ Write the decision in one sentence before trying to solve it.
- ☐ Ask two trusted believers for counsel without telling them the answer you want.
- ☐ Test one impression by Scripture, Jesus' character, fruit, and community.
- ☐ Pray James chapter 1, verse 5 and ask God for wisdom.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, lead me by Your Spirit. Keep me rooted in Scripture, humble about my impressions, open to wise counsel, willing to wait, and ready to obey. Give me wisdom for the next faithful step and courage to take it.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 11 / GATHER AND GO

Worship in Spirit and Truth

Worship reaches beyond music or atmosphere into a whole life offered to the Father through Jesus and shaped by truth.

Book Connection

Chapter Ten: Worship in Spirit and Truth

Primary Scripture

John chapter 4, verses 23 and 24

Why This Practice Matters

Receive worship as a whole-life response to the Father through Jesus, shaped by truth and enlivened by the Spirit rather than reduced to music, emotion, or one preferred style.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	The Father Seeks Worshipers	Move beyond sacred geography and outward forms toward worship centered on God Himself.
02	Spirit and Truth	Receive Jesus' words broadly and let the wider New Testament deepen a Spirit-shaped life of worship.
03	Gathered Worship	Sing, pray, listen, participate, discern, bring grief honestly, rejoice, and build up the body under Christ.
04	Whole-Life Offering	Carry worship into body, work, relationships, money, obedience, gratitude, and service.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 4, verses 23 and 24. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Father seeks worshipers who worship in spirit and truth.	The Spirit glorifies Jesus rather than making an atmosphere or style the center.
Gathered worship strengthens the body through truth, participation, love, discernment, and order.	Romans 12 brings worship into the whole life offered to God.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A worship preference I may have made too important.
- ☐ A place where worship has become spectator-like for me.
- ☐ A part of ordinary life I keep separate from worship.
- ☐ An emotion I have confused with the presence or absence of God.
- ☐ A grief I need to bring honestly before God.
- ☐ A response of gratitude or obedience I need to make.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I understand worship as larger than music, mood, or one gathering style.	1 2 3 4
I can worship faithfully when emotion is strong and when it is quiet.	1 2 3 4
I participate in gathered worship with concern for God and the good of others, not only personal preference.	1 2 3 4
I can name ordinary areas of life that I am learning to offer to God as worship.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Whole-Life Worship Map

Bring worship into the places you live every day. Name what you are offering, where something feels disconnected, and one faithful response.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Offer God	Where I Feel Disconnected	One Response
Gathered worship			
Home / family			
Work / responsibility			
Body / time / resources			
Joy / grief			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A preference that has become too central.
- ☐ A grief I need to bring honestly to God.
- ☐ An ordinary area of life I need to offer to God.
- ☐ A quiet season where I need to trust God's presence.
- ☐ A place where I attend worship more than participate.
- ☐ A response of gratitude or obedience.

2. Choose One Faithful Response

- ☐ Read John chapter 4 and Romans chapter 12 this week.
- ☐ Write a prayer of grief using a Psalm as your guide.
- ☐ Offer one work responsibility to God as worship before beginning it.
- ☐ Spend five minutes in silence before God without trying to create an experience.
- ☐ Enter one gathering without evaluating the music during the first song.
- ☐ Thank God for three ordinary gifts before asking Him for anything.
- ☐ Serve one person during or after a church gathering.
- ☐ Read Ephesians chapter 5, verses 18 through 20.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Father, You are worthy in every season. Through Jesus and by Your Spirit, teach me to worship in truth, bring both joy and grief honestly, serve Your people, and offer the ordinary parts of my life back to You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 12 / GATHER AND GO

The Spirit and the Church

The Spirit forms one body in Christ where believers belong, serve, receive, grow, carry burdens, and live in truth and love.

Book Connection

Chapter Eleven: The Spirit and the Church

Primary Scripture

First Corinthians chapter 12, verse 13

Why This Practice Matters

Receive the church as one Spirit-formed body where believers belong to one another, use different gifts, speak truth in love, carry burdens, and grow under the headship of Jesus.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	One Body, One Spirit	Receive shared belonging in Christ before comparison, status, or difference.
02	Mutual Dependence	Learn to give and receive because no member possesses everything the body needs.
03	Unity in Truth and Love	Practice humility across differences without using unity to ignore truth, sin, or accountability.
04	Maturity and Care	Receive leaders, correction, burden-bearing, practical service, healthy boundaries, and restoration as parts of body life.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: First Corinthians chapter 12, verse 13. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit joins believers into one body under Christ.	God arranged the body so different members need one another.
Unity does not require sameness or silence about truth.	Biblical community includes burden-bearing, gentle restoration, practical care, accountability, and appropriate safety.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A place where I have become isolated.
- ☐ A burden I am carrying alone.
- ☐ A place where healthy boundaries or accountability matter.
- ☐ A gift in another person I need to receive.
- ☐ A relationship where truth and love are both needed.
- ☐ A person in the body I can strengthen this week.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I live as though I genuinely need other believers, not only private faith.	1 2 3 4
I can receive help as well as offer it.	1 2 3 4
I pursue unity without using it to excuse serious sin, harmful leadership, or unsafe situations.	1 2 3 4
I can name one way I am contributing to the health and maturity of the body.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Body Life Inventory

Notice where you are receiving, giving, withdrawing, carrying, or needing repair. Choose one next step toward healthy belonging under Jesus.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Current Reality	Person / Relationship	Next Faithful Step
Belonging			
Receiving			
Serving			
Truth / repair			
Burden-bearing			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ Isolation I need to interrupt.
- ☐ A gift in another person I need to receive.
- ☐ A relationship needing truth or repair.
- ☐ A burden I need to share safely.
- ☐ A place where I need to serve.
- ☐ A situation where wise boundaries or accountability are necessary.

2. Choose One Faithful Response

- ☐ Read First Corinthians chapter 12 and Ephesians chapter 4 this week.
- ☐ Ask for help in one place where you usually stay independent.
- ☐ Encourage someone whose contribution is often unseen.
- ☐ Ask a leader or trusted believer how you can strengthen the body.
- ☐ Tell one trusted believer what you are carrying.
- ☐ Serve one practical need in your church without seeking recognition.
- ☐ Make one repair where truth, humility, and safety allow it.
- ☐ Pray for unity without pretending real problems do not exist.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Jesus, You are the head of Your church. By Your Spirit, teach me to belong with humility, receive what I need from others, use what You give me in love, carry burdens faithfully, and walk in truth, wisdom, and healthy community.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

GUIDED PRACTICE 13 / GATHER AND GO

Sent by the Spirit

The Spirit empowers ordinary followers of Jesus to witness, serve, make disciples, cross boundaries, and remain faithful.

Book Connection

Chapter Twelve: Sent by the Spirit

Primary Scripture

Acts chapter 1, verse 8

Why This Practice Matters

Receive the Spirit's power for witness and learn to carry the name of Jesus through words, compassion, disciple-making, cross-cultural mission, and ordinary faithfulness.

Choose How You Are Using This Practice

- ☐ I read the matching book chapter first.
- ☐ I am using this Field Guide on its own.
- ☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Walk. Use the Action Blueprint to make the present condition visible.
4	Use the practical tool and choose one faithful response.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	You Will Be My Witnesses	Keep Jesus as the message and purpose of Spirit-empowered mission.
02	Word and Deed	Speak the gospel clearly while serving people with real compassion and practical love.
03	Cross Boundaries	Remain available when the Spirit sends the church toward unfamiliar people, places, and cultures.
04	Make Disciples and Stay Faithful	Walk with people toward maturity, send others, endure suffering, and leave visible results with God.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Acts chapter 1, verse 8. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, and a life under Christ.

The Spirit gives power so believers can bear witness to Jesus.	Mission includes clear proclamation, practical love, and disciple-making.
Acts shows the Spirit directing the church across boundaries and working beyond ordinary human ability.	Faithfulness is not measured only by visible results or ease.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

- ☐ A person I sense God asking me to notice.
- ☐ A practical need I can meet with love.
- ☐ Someone I could walk with more intentionally as a disciple.
- ☐ Fear that keeps me quiet about Jesus.
- ☐ A boundary of culture, comfort, or familiarity I may need to cross.
- ☐ A result I need to release back to God.

The one area I want to bring honestly before Jesus:

What do I believe about God, myself, or other people in this place?

What truth from Jesus do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I understand the Spirit's power as power to witness to Jesus, not spiritual status.	1 2 3 4
I am willing to speak about Jesus with gentleness and respect when opportunities come.	1 2 3 4
I practice mission through both words and concrete love.	1 2 3 4
I can remain faithful without making visible success the final measure of God's work.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

What to do next: Write one short next step. You do not need a complete plan.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Witness and Mission Map

Start with actual people and places. Pray, notice, serve, speak when appropriate, and choose one next step that points toward Jesus.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Person / Place	What I Notice	How I Can Serve	Witness / Next Step
Home / family			
Friend / coworker			
Neighbor / community			
Church / disciple			
Across a boundary			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

- ☐ A person I need to begin praying for.
- ☐ A practical need I can serve.
- ☐ A boundary I may need to cross.
- ☐ Fear that keeps me from speaking about Jesus.
- ☐ A relationship that could become intentional discipleship.
- ☐ A result or outcome I need to release to God.

2. Choose One Faithful Response

- ☐ Read Acts chapters 1 and 13 this week.
- ☐ Serve one practical need without making the service a transaction.
- ☐ Invite one person into Scripture, prayer, or a meaningful conversation.
- ☐ Encourage someone God may be sending into another place or role.
- ☐ Write the names of three people and pray for them daily.
- ☐ Prepare a simple two-minute answer for the hope you have in Jesus.
- ☐ Cross one small boundary of comfort to know someone different from you.
- ☐ Take one faithful step and leave the outcome with God.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

- ☐ I will begin today.
- ☐ I will begin this week.
- ☐ I will begin within two days.
- ☐ I will begin on this date: _____

The person who can help me:

_____

_____

4. Name What You Hope God Will Grow

- ☐ Honesty
- ☐ Courage
- ☐ Humility
- ☐ Repair
- ☐ Clarity
- ☐ Peace
- ☐ Trust
- ☐ Faithfulness
- ☐ A stronger rhythm
- ☐ Hope

MY PRAYER

Jesus, by Your Spirit, give me courage and love to bear witness to You. Open my eyes to the people in front of me, send me where You choose, help me serve and speak faithfully, and keep me steady when the results belong to God.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

- ☐ Someone to listen.
- ☐ Someone to ask honest questions.
- ☐ A follow-up conversation this week.
- ☐ Someone to pray with me.
- ☐ Help deciding what to do next.
- ☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, or place where dependence is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

- ☐ What feels most true right now?
- ☐ What do you believe about God in this place?
- ☐ What response would help you walk faithfully this week?
- ☐ What are you carrying alone?
- ☐ What truth from Jesus do you need to receive?
- ☐ How can I pray for you?

The one thing I will do next:

The person who will follow up with me:

- ☐ We will reconnect within two days.
- ☐ We will reconnect next week.
- ☐ We will reconnect this week.
- ☐ We will reconnect on this date: _____

Prayer / Notes

THIRTY-DAY PLAN

The Jesus & The Spirit Follow-Through Plan

Word, Wonder, and Walk continue through ordinary faithfulness. Choose what belongs in this season instead of trying to strengthen everything at once.

Week	Focus	My Practice
Week 1	Stay Near Jesus	Read John chapters 14 through 16. Begin each day by thanking the Father for the Helper Jesus promised and asking the Spirit to keep your attention on Christ and truth.
Week 2	Walk by the Spirit	Read Romans chapter 8 or Galatians chapter 5. Surrender one recurring pattern, ask for the Spirit's help, and take one clear act of obedience each day.
Week 3	Serve the Body	Read First Corinthians chapter 12 or First Peter chapter 4. Use what God has given you for the good of someone else and invite one trusted person to speak into your growth.
Week 4	Live Sent	Read Acts chapters 1 and 13. Pray for one person, listen carefully, serve where you can, and be ready to witness to who Jesus is or what He has done.

Simple Daily Rhythm

One Scripture. One honest prayer. One surrender. One act of obedience. One person to notice. The goal is not intensity. It is a life that keeps returning to Jesus and depending on the Spirit.

My one faithful action for the next thirty days:

The person who will follow up with me:

My thirty-day review date:

CLOSING ASSESSMENT

The Jesus & The Spirit Rhythm

Return to the scores you marked at the beginning. Do not look for perfection. Look for honesty and name one or two practices to carry into the next season.

Guided Practice	Current Score	Next Faithful Step
01 The Helper	1 2 3 4	_____
02 The Spirit of God	1 2 3 4	_____
03 Born of the Spirit	1 2 3 4	_____
04 Jesus and the Spirit	1 2 3 4	_____
05 The Promise of the Spirit	1 2 3 4	_____
06 Filled With the Spirit	1 2 3 4	_____
07 The Giver and His Gifts	1 2 3 4	_____
08 Prayer in the Spirit	1 2 3 4	_____
09 The Fruit of the Spirit	1 2 3 4	_____
10 Led by the Spirit	1 2 3 4	_____
11 Worship in Spirit and Truth	1 2 3 4	_____
12 The Spirit and the Church	1 2 3 4	_____
13 Sent by the Spirit	1 2 3 4	_____

Overall closing score: _____ / 52 Baseline score: _____ / 52 Change: _____

HOW TO READ THE CHANGE

A higher score may reflect stronger consistency. A lower score may reveal greater honesty or a demanding season. Neither number is a verdict. Let the score guide your attention, not define your worth.

REVIEW RHYTHMS

My Next Season

Carry forward what helps you remain close to Jesus, walk in dependence on the Spirit, stay connected to His people, and live sent.

The practice I will keep working on:

The place where I need deeper dependence:

The person or community I will stay connected to:

The person or place where I want to live sent:

Review Rhythm

- ☐ I will review this in two weeks.
- ☐ I will review this with a trusted person.
- ☐ I will review this in thirty days.
- ☐ I will return to the Baseline Assessment next season.

CLOSING PRAYER

Father, thank You for giving Your Spirit to Your people. Keep me close to Jesus, rooted in Your Word, open to conviction, humble with what You give, faithful among Your people, and available wherever You send. Teach me to live by the Spirit and keep in step with the Spirit.

ABOUT MSSNL

Clarity. Formation. Faithful Obedience.

MSSNL exists to help people follow Jesus with clarity, courage, and faithfulness. Our resources are created to help people return to Scripture, see Jesus clearly, grow in community, and take the next faithful step.

Learn more at mssnl.org