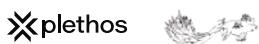




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Before we dive in...

Who are your Top 5?

Top 5s



Create a shortlist of the Top 5 people in your circle of influence that you'd like to build a discipling relationship with. As you unpack The Big Three, ask the Lord to prepare their hearts and minds for the life-altering good news of Christ through the Gospel. Over the next several weeks, begin looking for opportunities to build a bridge.

1

2

3

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5

The Big Three

Three Keystone Habits for Disciplemaking



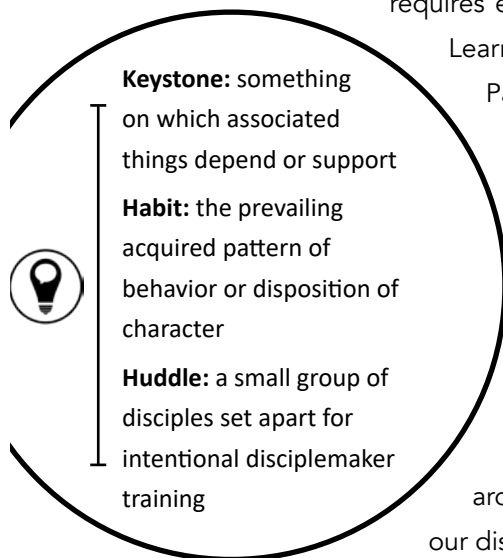
The Big Three keystone habits are simple, repeatable, spiritual habits that, when adopted into our daily rhythm, create a domino effect in other areas of life. We believe that becoming more and more like Jesus requires each of us to make it a habit to

Learn It (Bible), Live It (Gospel), and Pass It On (Multiply). And we

believe these habits are best learned, lived out, and passed on in all of the spaces in our lives, from our homes to our local churches, to our communities. We're




convinced that God is always at work in and through and around us as we grow in Him and

our disciplemaking habits.



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DEBRIEF

- Q.** What habits have you created/adopted in your spiritual life?
- Q.** When you hear "disciplemaker," what or who do you think of? What is a disciplemaker?



DIG

We work hard to find our identity, where we fit in among our families and peers, and what our role is supposed to be in this world. As disciples of Jesus, this identity adventure is ultimately designed to glorify God by growing us in the way and truth of Christ.

With that in mind, isn't it interesting how some of us are willing to try something totally new in our spiritual habits as long as it's comfortable? On the other hand, some of us deliberately try new things outside of our comfort zones simply to challenge the unknown. And of course, some of us will stick with our daily habits and rituals even if we don't like them, believe in them, or are bored to tears with them simply because it's all

that we've known—what our family, local church or church networks have done.

There are all sorts of things we tell ourselves as Christians that can trip us up or stall us out on the journey.

"I'm not skilled enough to become a disciplemaker."

"That's too much work. Too many habits. Too big of a commitment."

The reality is, we've been there. We've bought into these simple, often quiet, lies. We're aware of how busy and crazy life can become and how success in other areas of life (vocation, social media, academics, physical appearance, etc.) can temporarily fill this spiritual gap. We also understand that failure and depression can cloud out this spiritual calling.

But we're also aware of another way, another group of believers on a different journey. These disciples are eager and ready for a shift. A new way of engaging Jesus' call. A refreshed insight into the DNA of the Christian life.

How about you? What path are you currently on? Comfortable? Bored? Eager?

After all, what we focus on, we move toward. And looking beyond the lies, we know there are just as many good things in our lives that can keep us from getting to experience the greater things in life (John 10:10). When you said yes to Jesus, did you imagine yourself withering on the vine or getting trampled on the path (Mark 4:3-7)? Of course not. You imagined yourself growing healthy and strong with excitement and courage. You pictured a faith-filled lifestyle that would produce great

friendships and lasting fruit. (Mark 4:8) Wherever you're at in your walk with Christ, we believe that when you're infused with the DNA of a disciplemaker, you'll not only develop disciplemaking habits that grow and encourage and challenge you, but you'll be able to help others do the same with clarity, confidence, and courage.

When King Cyrus ruled the Persian Empire, he found himself in the middle of God's journey with His chosen people. In 539 BCE, the Israelites had been in exile for 70 years after being horrifically swept away by the Babylonians under King Nebuchadnezzar.

But Cyrus, having swallowed up the Babylonians, was willing to engage people from all nations and gods from all tribes. He came to acknowledge the blessings of the God of the Israelites, even permitting them to return to their home country with plans to rebuild the temple of the Lord. After Cyrus granted them safe travel, loading them up with all the resources they would need, and returning the articles for temple worship, they returned.

After several generations of rebuilding, oppression, losing knowledge of God's ways, and waning worship, Ezra arrives on the scene with the weight of the new King Artaxerxes behind him. But, Ezra isn't interested in political power, tribal kingship, or making a name for himself. Ezra arrives in Jerusalem with the principled mindset of reuniting the people of God with God. "For Ezra had devoted himself to the study of the Law of the Lord, to fulfilling the Law of the Lord in his lifestyle and to teaching the Lord's decrees and laws in Israel" (Ezra 7:10). The Ezra Principle was born.

Catch that?

The people had great intentions, motivation, and support in rebuilding their faith and rhythm of worship. Yet:

- their time away from God's Word,
- their waning interest in living according to God's ancient Law,
- and their lack of generational and cultural discipleship,

left them broken and discouraged.

And then Ezra arrived on the scene with the DNA of a disciplemaker having Learned It, Lived It, and ready to Pass It On. And you know what? Everything began to change.

Around 500 years later, Jesus arrived in the flesh. Calling out the 12 to follow Him, He began to teach, heal, perform miracles and challenge the religious leaders' current understanding of the DNA of a disciple.

After rising from the dead, Jesus proclaimed the most direct call to disciplemaking in His ministry. "Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age" (Matthew 28:19-20).

Do you see The Big Three oozing out? Teach, obey, go. Learn It in order to teach it. Be transformed in obedience to Christ in order to Live It. Go and Pass It On. Jesus rose from the dead and, in doing so, He solidified the DNA of a disciplemaker.

Of course, it didn't end there either.

The Apostles, through the Holy Spirit, actively engaged this DNA with a deepening knowledge of the Gospel (Philippians 2:1-11), an expanding experience of the dramatic power of the Gospel in their lives (Acts 4:32-35; 16:25-26), and the ongoing and ever-widening spread of the Gospel throughout the world (Acts 6:7; 9:31; 12:24).

Paul summed it up well when he said, "What you have heard from me in the presence of many witnesses, commit to faithful men who will be able to teach others also" (2 Timothy 2:2). No doubt he had in mind Moses' call to Learn It, Live It and Pass It On in the home (Deuteronomy 6:4-9). And this call to discipling is for every believer. In his letter to Titus, chapter two, Paul challenged men and women of each generation to learn, live and pass on the way, life, and truth of Jesus.

You see, The Big Three are the DNA of the discipling built on top of this Ezra Principle and fleshed out in the commands and commission of Jesus to the Church. As you, students in Christ, develop these habits, no doubt you'll honor God, grow in Christlikeness and impact the world around you for the Kingdom.

Ready?

(See **The Big Three** diagram on the next page.)

The Big Three Diagram

Three Keystone Habits for Disciplemaking



Keystone Habit #1: Learn It

THE WHAT: Systematic Bible Reading and having a way to hold ourselves accountable to practice what we learn.

Q. What is God teaching you?

BIBLE: This one habit will change our life. We have been given the words of life. Let's crave it and practice it with God's power (Joshua 1:7-8; 2 Timothy 3:16-17).



Keystone Habit #3: Pass It On

THE WHY: Passing on what you're learning in your home and / or circle of influence.



MULTIPLY: Passing on Gospel truths is a key way for us to help people meet, know, and follow Jesus (Matthew 28:19-20; 2 Timothy 2:1-2).

Q. Who are you going to share it with?

Keystone Habit #2: Live It

THE HOW: Learning and applying Galatians 2:20 (G220).



GOSPEL: This is what we call Gospel centered living. When we know the truth of Galatians 2:20 and practice it, then we will begin to live a Gospel centered lifestyle.

Q. How are you going to respond?

Investing in a Learn It, Live It, and Pass It On lifestyle connects us with a more fulfilling practice of the Christian life. We get to grasp this disciplemaking DNA through The Big Three allowing the Holy Spirit to begin transforming our attitudes, families, friendships immediately, and circles of influence. Refreshing and intimidating, isn't it?

Let's take a minute and throw out a word or two of caution here. First, we're not claiming The Big Three offers an overnight overhaul of your current attitude or habits. Habits take time to develop before solidifying into our daily rhythm of life. Give yourself the same grace in growth the Lord offers you.

Second, The Big Three aren't intended to come down like a hammer on those around us. While we're confident these three habits will bring about life change, we desire to see you engage the Holy Spirit in pursuit of the healthiest disciplemaking journey imaginable. Simply put, be careful not to heap burden, guilt, and division on yourself, your family, or your community as you learn, live and share. Be patient.

Many tools are available to help you build up your Learn It habit. Different resources are available for developing a Live It lifestyle. And any number of ways you and I can Pass It On. That said, here in The Big Three, we're offering three tools we've found beneficial for breathing life into this disciplemaking lifestyle. No doubt you'll add to, learn from, and replace these tools as you grow.

If you're reading this, then you know the stakes are high. Like the people of Israel prior to Ezra's arrival, so many students and their families today are broken, hurting, stuck in their sin, and walking away from the Lord.

And yet the people of God continue to cry out for help. We long for an infusion of this divine DNA with purpose and power.

Is it worth it? Yeah, we're sold.

Imagine the humble confidence you'll experience with daily time in the Word and a fresh understanding of the Gospel.

Or envision that moment when the lightbulb goes off in your mind and heart as the truth of Christ takes root.

"If you love me, you will obey what I command" (John 14:15).

There's something about finding new language for ancient truths that catches our imagination and motivation for walking in obedience alongside the Holy Spirit. Yeah, obedience is a harsh-sounding word in today's world. But in reality, we obey all the time: we obediently work hard at learning an instrument; we obediently schedule time for gaming, sports, or presenting ourselves on social media; we obediently follow the social mob even when our spirit says otherwise. It's not about whether obedience sounds challenging; it's just that the reward of obedience to Christ is actually eternally worth the work.

Remember, being infused with the DNA of a disciplemaker doesn't happen alone. A key part of bringing The Big Three to life is trusting in Jesus' promise to send the Counselor. Through faith, we invite the Holy Spirit to clean house, clarify truth and connect us to God the Father on mission. It's also partnering with our families, Christ-centered friends, and trusted spiritual leaders. And it's looking around at who we'll be impacting as we mature in the Gospel.

Yes, we can Learn It.

And, yes, we are totally capable of Living It.

And, without a doubt, we can Pass It On within our homes and circles of influence during that ongoing search for identity, values, and purpose. We're confident the DNA of a disciplemaker—The Big Three—will help bring both peace and clarity to that journey.

The question is, are you willing? Spend some time in prayer. Along with whatever's on your heart and stirring in your mind, ask God to:

- bring excitement and humility on this journey of discovery in The Big Three.
- make note of the Top 5 people you'd like to begin to Pass It On to over the next three months.

Are you ready to invest in three life-changing habits for a refreshed disciplemaking way of life?



DISCUSS

1. Which Keystone Habit is currently a strength of yours? Which do you want to grow in? (Learn It, Live It, Pass It On)
2. How are you applying what you learn from Scripture in your life each day? Where is it easy? Where is it difficult?
3. What does Pass It On look like in your home, church and community?

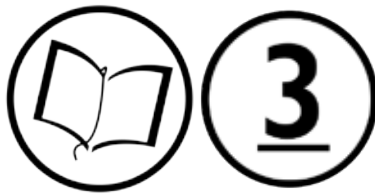


DO

What is the ONE THING you are going to DO as a result of this session?

“...be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.”

2 Timothy 2:1-2



Keystone Habit #1 / **Learn It**

Keystone Habit #1 / Learn It

Session 2



DEBRIEF

Q. Have you filled out your Top 5 list and begun to pray for each person on it?

Q. Share one personal thing the group can join you in praying about this week. Take some time to pray for one another.

For the next nine weeks pray for each other and your Top 5 lists.



DIG / Read the following Learn It intro and discuss.

You've heard of the 10,000-hour rule, right? The idea is that copious amounts of time dedicated to learning a particular field of study will inevitably develop the insight, skill, and fruit of a professional. It may sound like a lot of time, but by investing just 30 minutes a day into studying Scriptures, you will amass 10,000 hours over 55 years.

Of course, we know from experience that time is only one aspect of growth and insight, but it's reasonable to assume that the sooner we get started and the more we invest, the more we benefit.

Think about your interests, your commitments. How much time and what path have you taken to develop those skills and that knowledge base? There's a willingness to pour our resources into what we believe in. To invest in what brings joy and fosters growth.

The same holds with Keystone Habit #1: Learn It.

The Bible

The Bible is an amazing compilation of God's interaction and communication with His chosen people throughout history. His divine Word is the culmination of men who "spoke from God as they were carried along by the Holy Spirit (2 Peter 1:21). We know that "all scripture is God-breathed" (2 Timothy 3:16), and that spending time in His Word to learn it is key to growing not only as a disciple but as a disciplemaker.

After all, the Bible is the only "living and active" book where 100% of its content is authoritative and true. The 66 books were written over 1,500 years by nearly 40 different authors. It is the most accurate historical documentation we have today, with more than 300 prophecies revealed and proven true.

The scope and reliability of Scripture impact our emotional responses. It challenges our thought life and calls us to adjust our attitude and physical lifestyle to represent Christ in all we think, say, and do. And truth ought to impact our lives. After all, the way we think shapes the way we live.

And this takes time and energy.

Imagine the impact on our hearts and minds if this 10,000-hour concept were applied to our time and study in the Word. Imagine the gracious, truth-filled impact in our homes, churches, and communities with this sort of dedication.

“For I find my delight in your commandments, which I love. I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes” (Psalm 119:47-48).

That’s the question. Do you find joy in the Word? Are you satisfied with your time spent in the Scriptures? Do you delight in your time with God, meditating on His Word each and every day? Do you find yourself loving Jesus more and more as you dig into His Word?

Some of us wake up and spend time in the Word because we *have* to. And for some of us, that’s a reasonable starting point. Yet others wake up eager to spend time in the Word simply because they *get* to.

Keep in mind that when we forget how dangerous, destructive, and confusing sin is, we lose our desire and joy in Christ and His Word.

After all, time in the word is intended to be a delight, not a duty.

Time with God should make us better, not bitter.

There’s a significant shift in perspective here, isn’t there? You and I get to own a copy of the Bible. We get to read it, study it, memorize it, and put it into practice here and now. We get to spend time in the very Word that sources this life-changing Keystone Habit #1.

The What

But it's not really about becoming a professional reader of the Scriptures. It's not about racking up 10,000 hours in the Word and piling them sky high for all to see our devotion. No, the habit of spending time in the Word merely *results* in piling up these hours over a lifetime. The goal of Keystone Habit #1 is infinitely more worthwhile and is designed to:

- Help us create a lifelong, life-changing habit of spending time with God in His Word every day.
- Draw us closer to the Lord in genuine worship, knowledge, and understanding.
- Show us how to hold ourselves accountable to practice what we learn.

This doesn't happen overnight, does it?

Well, we could block out time in our daily schedule starting tomorrow (we should). And prepare our hearts and minds for the Holy Spirit to reveal biblical insights (He will). And then make sure to put that teaching, truth, or principle into practice throughout the day and beyond (which we're equipped to do).

But as simple as this process is, the very nature of a keystone habit requires time and repetition. Weeks and months of choosing to Learn It until this habit is lived without hesitation and woven into our DNA.

Keystone habits are less about a quick overhaul, though we all want this, and more about incremental and habitual changes that develop new patterns for practical success over a lifetime. No doubt this is why it's

called the 10,000-Hour Rule and not the *one-hour edict* or the *flippant pursuit*. The goal is transformation, not more information.

Listen, we don't need to acquire accredited master's degrees in theology to understand the Word, but we also don't need to waste our time feeling helpless and incompetent. Truth is, spending time in the Word each day, discerning key principles, and putting them into practice are signs of a mature and maturing disciple. And you know what? Do this every day, and the sheer amount of time spent in the Word, practice relying on the Holy Spirit, and pursuit of living like Christ in real life will squash even the most debilitating negative self-talk.

We can learn how to observe, interpret and apply the truth of Scripture right here and right now.

The Question

One practice in developing the Learn It Keystone Habit #1 is to ask ourselves, "What is God teaching me?" And to ask it each day.

Questions—genuinely curious questions offering the greatest rewards—spark a fire of intrigue, concern, and even hunger for an answer. We can personalize our study by waking up each day and asking ourselves, "God, who do you want me to be, and what can I do with that knowledge?" These honest questions challenge us to create a lifelong accountable response.

Scripture reveals who I am in Christ and how I'm called to live as a disciple. The more time we spend time in His Word, learning it,

understanding it, and holding ourselves accountable to living it every day, the more we become like Him.



DISCUSS

1. Can you imagine spending 10,000 hours reading the Bible? Do you know someone who has? Describe their life.
2. What has been your practice of Bible reading so far in your life? To what degree are you satisfied with it? Explain.
3. Which aspect of Learn It are you most looking forward to growing in and why?
 - Knowing God better through the Scriptures.
 - Developing a Scripture reading and study plan.
 - Practicing ways to hold yourself accountable to live out what you learn each day.
4. What is the value of daily systematic Bible reading in your life? How can journaling some thoughts and insights from your daily reading help you grow as a disciple?
5. What do you think of the quote, "If you fail to plan, then you plan to fail"? Do you agree? Does it motivate you? Share.



Pick at least one action step below and dive in today.

- Begin a reading plan that systematically carries you through the Scriptures. Check out the Story Line Reading Plan (Session 3) as one way to get started. What does your local church offer?
- Ask yourself, "What is God teaching me?" Write it down and share it with your circle of influence.
- What is one thing you'll begin to change in your life as a result of this session? Share it with family, friends, and the leaders you trust.

In the following sessions, you'll unpack and begin to practice How to Study the Bible. This is an excellent Learn It resource. Of course, any number of Bible study resources and tools which foster the Learn It Keystone Habit #1 can be helpful. We encourage you to grab what works in your family, small group, or church and build on it. But through time and practice, we believe the following tool, unpacked in sessions three and four, is a great foundational resource designed to foster productive time in the Word.

Spend time with your huddle or small group digging into the essential elements of a healthy daily study habit. As you grasp each aspect, begin to put them into practice. There's no better time than now to develop a Learn It habit for the long haul.

And remember, at the end of the day, what truly matters is developing a rhythm of systematically spending time with God and His Word and then holding ourselves accountable to living His truth here and now.

“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Joshua 1:7-8

Keystone Habit #1 / Learn It

Session 3 / How to Study the Bible: Part I



DEBRIEF

Q. Have you started Keystone Habit #1? If so, what are you doing to Learn It?

Q. Share what God is teaching you.

Q. How are you holding yourself accountable to doing what God is telling you to do?



DIG

Do you know that our relationship with Jesus impacts our ability to study and understand the Word? When we're spiritually born again in Christ, the Holy Spirit begins to teach us God's thoughts (1 Corinthians 2:12-14; Ephesians 1:13-14). Remember, it's not just investing 10,000 hours in studying the Word that matters, but time intentionally powered by the Spirit that makes a difference.

That said, each time we open our Bibles, we should confess our sins and ask God to guide us (Psalm 66:18; 119:33-40).

Let's dig into the key elements that set us up for a Spirit-filled study.

Our Motivation to Study

- Knowing a G220 kind of love spurs us on to know the source of that love. (G220: The Galatians 2:20 Principle will be unpacked in Live It, sessions 5-7.)
- Knowing that sin is the greatest danger helps spur us toward life and truth in Christ through the Scriptures.



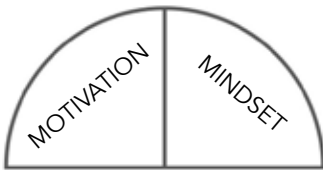
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Q. What's your motivation for reading the Bible and digging deeper in study? Is it love, sin, or _____?

.....

Begin With a Proper Mindset

- **Believe that the Bible is God's Word.** Scripture is inspired by God and without error; it never contradicts itself (2 Timothy 3:16-17). In it, God reveals Himself, His works, and His requirements. Through it, the Holy Spirit guides, convicts, comforts, and



strengthens us so that we will experience the fullness of God that comes from quick and diligent obedience (John 14:26).

- **Understand your position in Christ.** You should study the Bible, not to be accepted by God, but to get to know Him and His will for you. If you're in Christ, you're already entirely accepted and loved by God; He will not reject you because you miss a day of Bible reading.
- **Embrace the value of Bible study.** Intently looking into the Word of God and obeying it brings blessing, guards against sin, protects your life, guides you in God's will, and builds you up so that you will be thoroughly equipped for every good work (James 1:22-25; Psalms 119:1,2,9,11,72; Psalms 105; 2 Timothy 3:16; Psalms 1:1-3; Matthew 4:4; John 6:68).

A steady rhythm of Bible study will help each of us experience life transformation that will conform us to God's good (gratifying), pleasing (satisfying), and perfect (completing) will (Romans 12:2). God's Word also restores and keeps us from the corruption of sin (2 Peter 1:3-4; Ephesians 4:20-24). His Word helps us live life to the full both here and after we die (John 6:68; 10:10b). It teaches us prudence, which means knowing the future results of our present actions (Proverbs 22:3).

- **Recognize the difficulty.** Searching Scripture is like hunting for hidden treasure (Proverbs 2:1-5). It's hard work. You'll face fatigue, opposition

from the enemy, and frustration, but the treasure of knowing God is worth the effort.

- **Long to know and glorify God.** Crave God’s Word and guard against a “ho-hum” callousness toward spiritual things (1 Peter 2:2-3; Hebrews 5:11).

Q. How do you view the holiness of Scripture and the role of the Holy Spirit in obedience?

Q. How does our position in Christ impact our time in the Word?

Q. What catches your attention about the value of Bible study?

Use a System for Reading

Strive to gain the whole counsel of God (Acts 20:27) by organizing your Bible reading with the following suggestions:

- **Specify a place for studying the Bible.** Being physically settled with available study tools on hand keeps us focused and prepared to dig into the Word.
- **Specify a time for studying the Bible.** A regularly scheduled time for digging deeper into the text fosters great



personal accountability and greater fruitfulness in our studies.

- **Read systematically. Begin by reading through Genesis 1-11 and the New Testament.** Skip the rest of the Old Testament for now. Do this three times at a healthy pace. (See the **Story Line Reading Plan** at the end of this session.) Afterward, read through the entire Bible chronologically.
- **Read a single book several times in a row.** For example, when you get to a short book like Philippians, try reading it several times in one sitting. Repetition will help you get the big picture to understand the details better. Write down your observations. Look for themes. Construct an outline. Figure out what it means and apply it to your life.
- **Don't let other studies** (such as word studies, character studies, devotional guides, etc.) replace your systematic reading of the Bible.

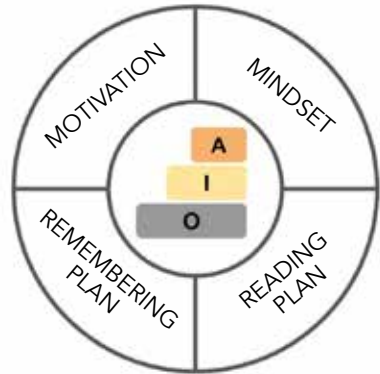
Q. So, what's your current system for reading the Word? How successful is it in helping you grasp and live by what the Word teaches?

Q. What can you add or alter in your reading habits for greater understanding and joy?

Use a System for Remembering

Have you ever read your Bible, closed it, and within fifteen minutes forgotten what you read? Well, you're not alone. Using a system for remembering what you read will help you live a Christlike life each day. Here are some thoughts:

- Keep a spiritual journal. Write down the day's date, Scripture references, and any insight God gave you. Review what you wrote at the end of the week and ask how you're living it out?
- Write the passage or point on a notecard and carry it with you throughout the day.



Collectively, these four elements (Motivation, Mindset, Reading Plan, and Remembering Plan) help us develop a healthy Bible study rhythm of observation, interpretation, and application.



DISCUSS

1. Is it difficult to understand what you're reading when you read the Bible?
2. Is it easier to read other books about the Bible instead of the Bible itself? Why?
3. Have you been taught how to read and study the Bible? If so, share. If not, what was most helpful from this session?
4. What is your current reality in this area? Share your Bible reading rhythms and routines.
5. What are some best practices you have found helpful?



DO

What is the ONE THING you are going to DO as a result of this session?

Check out the *Story Line Reading Plan* on the next page. If you haven't already, dive into a daily time in the Word.

Storyline // Bible Reading Plan

- Genesis 1**
- 2-3
- 4-5
- 6-7
- 8-9
- 10-11
- Matthew 1-2**
- 3-4
- 5
- 6-7
- 8
- 9
- 10-11
- 12
- 13-14
- 15-16
- 17-18
- 19-20
- 21-22
- 23-24
- 25
- 26-27
- 28
- Mark 1-2**
- 3-4
- 5
- 6
- 7-8
- 9-10
- 11-12
- 13-14
- 15-16
- Luke 1-2**
- 3-4
- 5
- 6
- 7-8
- 9-10
- 11
- 12
- 13-14
- 15-16
- 17-18
- 19-20
- 21-22
- 23-24
- John 1**
- 2-3
- 4-5
- 6

- 7-8
- 9-10
- 11-12
- 13-14
- 15-16
- 17-18
- 19-20
- 21
- Acts 1-2**
- 3-4
- 5-6
- 7-8
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- 15-16
- 17-18
- 19-20
- 21-22
- 23-24
- 25-26
- 27-28
- Romans 1-2**
- 3-4
- 5-6
- 7-8
- 9-10
- 11-12
- 13-14
- 15-16
- 1 Corinthians 1-2**
- 3-4
- 5-6
- 7-8
- 9-10
- 11-12
- 13-14
- 15-16
- 2 Corinthians 1-2**
- 3-4
- 5-6
- 7-8
- 9-10
- 11-12
- 13
- Galatians 1**
- 2-3
- 4-5
- 6
- Ephesians 1**

- 2-3
- 4-5
- 6
- Philippians 1**
- 2-3
- 4 - **Colossians 1**
- 2-3
- 4
- 1 Thessalonians 1**
- 2-3
- 4-5
- 2 Thessalonians 1-2**
- 3
- 1 Timothy 1**
- 2-3
- 4-5
- 6 - **2 Timothy 1**
- 2-3
- 4 - **Titus 1**
- 2-3
- Philemon - Hebrews 1**
- 2-3
- 4-5
- 6-7
- 8-9
- 10-11
- 12-13
- James 1-2**
- 3-4
- 5 - **1 Peter 1**
- 2-3
- 4-5
- 2 Peter 1-2**
- 3
- 1 John 1**
- 2-3
- 4-5
- 2 John - 3 John**
- Jude**
- Revelation 1-2**
- 3-4
- 5-6
- 7-8
- 9-10
- 11-12
- 13-14
- 15-16
- 17-18
- 19-20
- 21-22

Keystone Habit #1 / Learn It

Session 4 / How to Study the Bible: Part 2



DEBRIEF

- Q.** What are you discovering about your motivation and mindset in studying the Word?

- Q.** How are you holding yourself accountable for taking action on what God is teaching you and instructing you to do in your life?

- Q.** Let's take some time to share what God is teaching us through His Word?



DIG / The O.I.A. Method

Before we can appropriately understand how the Scriptures apply to our lives, we need to understand what the divinely-inspired biblical authors intended to communicate to the people who first received God's Word.

We're convinced that his lifelong journey of understanding is most successful when memorable habits are adopted into our daily time in the

Word. The key tool we're unpacking here involves the O.I.A. method. So, as we dive into O.I.A. (Observation, Interpretation, Application), let's imagine ourselves as spiritual detectives.

OBSERVATION

Observation, simply put, is the process of gathering information. Like detectives, we must first gather

the facts before drawing any conclusions.

Dive in by asking yourself, "What do I see?"

Observation Guidelines:

- Read carefully, thoughtfully, and prayerfully.
- Ask questions. Who? What? When? Where? Why? How?
- Look for historical clues.
- Watch for keywords. These words stand out because of repetition, position, or other forms of emphasis.
- Notice things that are alike and unlike. Ideas, cultures, words, actions, commands, and many other things will have similarities or differences.
- Look for relationships between people, places, ideas, and words.

- **Use resources** such as a Bible dictionary, handbook, or atlas to find information on the culture, geography, and historical context of the passage of Scripture.
- **Summarize your observations** by writing them in a spiritual journal.

.....

Q. Which Observation guidelines are you already practicing, and how have they impacted your understanding and helped grow your faith?

.....

INTERPRETATION

Facts on their own don't mean much. Remember that facts on their own are information. They are

important for sure, but facts must be woven into a bigger, unifying picture. This is where interpretation enters our journey. Interpretation is when the detective "puts the pieces together" and comes up with an explanation of how everything happened.

Ask yourself, "What did this mean back then?"

Interpretation Guidelines:

- **Understand the historical context.**

- **Pay attention to the literary context.**
 - **Give priority to paragraphs.** Words need sentences, and sentences need paragraphs to give them meaning. You, therefore, should pay careful attention to paragraphs, the basic unit of thought. Of course, paragraphs link together to paint the big picture, so read the paragraphs before and after the core text you are studying to interpret it properly.
 - **Identify the genre and figures of speech.** Even though the Bible is one book, it contains many different types (or genres) of literature, such as poetry, narrative (or stories), letters, prophecies, and proverbs. The Bible also contains many figures of speech. Jesus, for instance, used a metaphor to talk about himself in John 6:53-58 and used hyperbole (exaggeration) in Matthew 5:29. If we don't recognize literary genres and figures of speech, we could end up confused or, worse, in pain.
 - **Notice grammatical details.** In Galatians 2:20, Apostle Paul used a verb in the perfect tense: "... I have been crucified." This meant Paul did not have to crucify himself again and again to live God's way. He had already been crucified in Christ. Instead, Paul lived every moment by faith. "Live" is a present tense verb in the text.
- **Understand the theological context.** Over a long period of time, God has progressively revealed more and more about himself and his redemptive plan. When you read the Old Testament, remember that

the original audience did not know all the details about God’s plan that we know now. The Gospel is a “mystery that has been kept hidden for ages and generations, but is now disclosed to the saints” (Colossians 1:25-27).

- **Keep asking and answering questions.** If necessary, consult a commentary or ask a respected student of the Bible for their perspective on the passage.

Q. What’s your current process for Interpretation? Which aspects do you apply to your study, and which ones are you missing?

APPLICATION

Finally, we arrive at the part that transforms our lifestyle, habits, and daily rhythms. After all the detective work, we begin to reach conclusions about how we should think and live. At Plethos, we believe that applying God’s Word to ourselves first and then to our world (family, church, school, government, etc.) will foster ongoing growth, practical change, and powerful faith.

Ask yourself, “How does this apply today?”

Application Guidelines:

- **Know the text!** While the original authors wrote with one interpretation in mind, there are many correct applications.
- **Keep Christ at the center.** Always look through the lens of Christ's life, death, and resurrection when you apply Scripture. As Christians, we are "in Christ." In him, we're free from sin and made righteous in God's sight (2 Corinthians 5:21). In him, we can live holy lives in obedience to God's commands (2 Peter 1:3-4; Titus 2:11-14).
- **Find the principle** that lies beneath the meaning communicated to the original recipients. How? Look for similarities between "us" and "them" and how it applies to the original recipients and us today.
 - **Try it:** Read 1 Corinthians 8:10-13 and find the principle which applies today. What did it mean in 57 A.D? That is the "interpretation" step.

Answer: Don't eat what was sacrificed to idols if it will cause a former idolater to sin by eating such food against his conscience because he thinks it is wrong, even though it isn't.

What principle can we apply? This is the "application" step. For instance, we might conclude: don't drink alcohol in front of an alcoholic because it might encourage him to drink something that may cause him to fall into sin.

- **Ask and answer questions.** How should I respond to God? What does the Scripture say about who God is? How does Scripture say I should live? What responsibilities do I have? What examples are given for me to follow? Is there a sin to avoid?
- **Meditate.** This is one of the most neglected areas of the Christian life and yet one of the most rewarding. This involves prayerful, focused reflection on the meaning and significance of the text. For the most impact, be sure to meditate on small portions at a time, such as a single paragraph, sentence, phrase, or word.
- **Make changes.** Immediately put into practice what God teaches you (James 1:25). Make a plan of action and follow through on it. Always ask God to help you obey.

Invested in collectively, this Learn It journey into a deeper Bible study matures us spiritually in heart, mind, and body. Learn It is both a lifelong and a life-changing adventure.

.....

Q. How are you applying the Word in your daily life? Give a recent example?

.....

Resources for Further Bible Study

R. A. Torrey, *How to Study the Bible* (New Kensington, PA: Whitaker House, 1985).
 Howard G. Hendricks and William D. Hendricks, *Living By the Book* (Chicago: Moody Press, 1991).
 Robert H. Stein, *A Basic Guide to Interpreting the Bible* (Grand Rapids: Baker Books, 1994).



DISCUSS

1. How have you attempted to study God's Word in the past?
2. What do you want your quiet time in the Word to look like this time next year? What steps can you take to make that happen?
3. The O.I.A. method is a bit more in-depth than simply asking, "What is God teaching me? How am I going to respond? Who am I going to share this with?" Sure, developing this method requires more intentional study time, but we believe it's worth the work. What do you think?
4. What are some best practices you have found helpful?
5. Bible reading and study are great habits, but we would also encourage you to add prayer, journaling, and Scripture memorization as your journey unfolds. Do you already engage these in your daily life? How so?



DO

What is the ONE THING you will DO as a result of this session?

How to Study the Bible: O.I.A.



WHAT: After all the detective work, we reach conclusions about how we should think and live.

ASK: How does this apply today?

Practical Tool: Three Key Qs

1. What is God teaching me?
2. How am I going to respond?
3. Who am I going to share this with?

APPLICATION

3



WHAT: This is when the detective “puts the pieces together” and comes up with an explanation of how the facts fit within the bigger picture.

ASK: What did this mean then?

Practical Tools: Commentaries, Study Bibles, Trusted Pastors and Scholars, etc.

INTERPRETATION

2



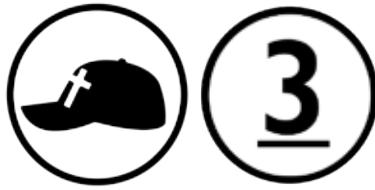
WHAT: Imagine yourself as a spiritual detective. You must first gather the facts before drawing any conclusions.

WHAT: What do I see? Who, what, when, where, why & how?

Practical Tools: Bible Dictionaries, Historical Texts, Ancient Maps, Hebrew / Greek Lexicons, etc.

OBSERVATION

1



Keystone Habit #2 / **Live It**

Keystone Habit #2 / Live It

Session 5



DEBRIEF

Keystone Habit #1 laid the foundation for a Learn It mindset. Asking, “What is God teaching me?” gives us a sense of direction. And making it a habit to read the Word through the lens of observation, interpretation, and application sets us up each day for a deepening relationship with God. So...

Q. What are some takeaways from the Learn It Keystone Habit?

Q. How has the How to Study the Bible tool impacted your daily reading in the Word so far?

Pray.



DIG / Read the following Live It Intro and discuss.

So, we’ve laid the foundation for Learn It and have unpacked one particularly sweet tool. Let’s switch gears and unpack Keystone Habit #2: Live It.

Live It is a lifestyle of waking up each day and putting on the “new self” while simultaneously taking off the “old self.” It’s choosing to practice being “imitators of God” in all we say and do, regardless of circumstance. And our circumstances are all across the board, aren’t they?

Some of us are working through the wreckage of a marriage and looking for an anchor of truth. Some of us have great adventures with our kids but are looking for spiritual habits to replicate. Others are diving into a personal disciplinemaking mission for the first time and looking for guidance.

Whatever your context, Live It is a rhythm of imitating God in our minds and bodies.

It’s important to remember that it’s not the number of hours spent reading His Word that leads us from information to transformation. Instead, if we let it, our time in the Word will feed a growing relationship with Jesus by allowing us to learn His heart for us and letting Him transform our lives.

He is the one who gives us faith to believe who He says He is. Jesus is the one who gives us the power to do what He tells us to do. He’s the one who gives us eyes to see who we really are as true disciples.

Think of Jesus’ response to the criminal hanging next to Him, “Today, within moments of your repentance, genuine belief and proclamation of your new faith, you will be with me in paradise” (Luke 23:43 paraphrase). Time isn’t the issue. God moves through time and space as He pleases.

Like Peter said, “To the Lord, a day is like a thousand years and a thousand years is like a day” (2 Peter 3:8). That said, our days on this

disciplemaking mission are limited. We are called to make “the best use of the time, because the days are evil” (Ephesians 5:16).

While God was at work well before our time and will be afterward, let’s live out our faith in a way that fosters a deeper connection with Christ here and now with a Live It lifestyle offering a greater impact on others’ lives. After all, even though the criminal hanging on the cross had moments left, he wanted to spend his last breath immersed in the truth.

How do you want to spend your daily moments? Let’s keep praying for those Top 5 we wrote down at the start of this journey! Living the way of Jesus puts this Learn It habit into practice in such a way that our lives begin to impact others with Gospel truth.

The Question

To live Jesus’ way for a lifetime leads to another question. Like we said, genuinely curious questions with honest and active replies offer great rewards. So, what do we ask ourselves in the process of learning to Live It?

“How are you going to respond?”

When building on the knowledge of who God wants us to be and do, we follow up with a question focusing on how we live this new reality. Through our daily habit of spending time with God in His Word, we begin to hold ourselves accountable to practice His truth. It stands to reason that as truth collides with our messy, daily lives, we’ll start to ask deeper questions.

“Lord, I’m in your Word, and I’m holding myself accountable as I attempt to obey you every single day, but how do I do this with so many struggles, unknowns, wounds, decisions, and opportunities? How do I practically believe and become who You say I am? How do I act on what you want me to be and do in everyday life?”

Those questions are a little grittier, right? They make it personal.

Live It challenges us to invest in Gospel-centered resources to respond to life’s messiness with the clarity, confidence, and courage God offers us. There isn’t a single circumstance in our daily lives beyond God’s ability to fill us with His divine knowledge and power. And the Live It Keystone Habit comes charging in with hope whenever His truth is infused into our minds, hearts, homes, and communities.

How do we become the person we are designed to be and act on what God wants us to do? We live out a Gospel-centered life.

The Gospel

Paul wrote to the church in Philippi that our “mindset [our attitude] should be the same as that of Christ Jesus” (Philippians 2:5). Read from the top of that chapter, and you’ll see that Paul is connecting our internal attitude to Jesus Christ, the Holy Spirit, and one another. But, Paul is also revealing Christ’s mindset in action. Christ’s mind was set on glorifying God the Father by living out His role as the Messiah here on earth. This is a gospel mindset, a mind set on living out, here and now, the good news birthed on the cross.

In Galatians 2:20, we see this mindset come to life. This verse describes so well a Live It rhythm of life that it's become the key passage at the heart of G220, our Live It tool.

Paul is writing to the church in Galatia to make clear that a life of faith is not the result of birth or heritage or hours spent reading the Bible, for that matter, but instead is born in the living Word of God and fulfilled through the power of God.

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Galatians 2:20).

Not only is that good news for salvation, but it's good news for modern-day disciples. You and I, through Jesus, can boldly live out the mindset and power of Christ in our homes and circles of influence.

The How

Broken down into its four parts, Galatians 2:20 conveys a Live It lifestyle that invites us to put our Learn It habits into practice. We'll unpack the G220 tool in depth in sessions six and seven.

What are the four parts of Galatians 2:20? Let's take a quick look at our Victory, Resource, Access, and Motivation:



Our Victory is in Christ: "I have been crucified with Christ."



Our Resource (Christ) empowers us: "It is no longer I who live, but Christ who lives in me."



Our Access to this resource is through faith in Christ: "and the life I now live in the flesh I live by faith in the Son of God,"



Our Motivation to grow and multiply is through Christ: "who loved me and gave Himself for me."

Apart from the Gospel, we'll live frustrated lives, never actually doing what it says or becoming who He has designed us to be. So, how do we believe who we truly are and act on what God wants us to BE and DO? We begin living the life of Christ here and now.



DISCUSS

1. Have you asked yourself, "How am I going to respond?" How would you restate this question to be a little grittier so it fits your journey?

Example: "Rich, you know what God wants you to be and do, so how are you becoming that dad, that husband, that faithful employee, and that disciple? How are you holding yourself accountable, Rich, to be in the Word and act on the truth every day?"

2. Have you ever said, "I can't overcome this _____ (obstacle, challenge, sin, choice, etc.)?" Share a scenario and how you eventually overcame it.
3. What current assignment from God are you struggling to complete? How are you responding to the struggle? How do you want to respond?
4. Share some Live It habits you're winning at right now.



In the following sessions, you'll unpack and begin to put into practice G220, a practical resource for a Live It lifestyle.

Of course, there are many Bible study resources capable of fostering this Live It Keystone Habit, but through experience, we believe the following tool is a foundational resource unpacked from Scripture, memorable and practical in our daily lives.

As you dig into Galatians 2:20 in the coming weeks, grab ahold of each element in the tool and be sure to put it into practice, talk about it, share it, and keep asking the Lord how to become and act on what it is He wants you to be and do.

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

John 15:5

Keystone Habit #2 / **Live It**

Session 6 / G220: Part I



DEBRIEF

Q. Share something you feel God has asked you to BE or DO during your Bible reading.

Q. Share a Bible passage you cling to in hard times. How did this come about, and why is it important?



DIG

In this session, we want to begin breaking down G220, a Live It tool centered on Galatians 2:20: "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

The acrostic **V.R.A.M.** captures the four parts of G220 in a simple way:



Part One / Our Victory: “I have been crucified with Christ.”



Part Two / Our Resource: “It is no longer I who live, but Christ who lives in me.”



Part Three / Our Access: “And the life I now live in the flesh I live by faith in the Son of God,”



Part Four / Our Motivation: “who loved me and gave himself for me.”

Let’s start by digging into Part One / Victory.



PART I / Our Victory

“I have been crucified with Christ.”

Q. What does it mean to be crucified with Christ?

The original Greek verb for “I have been crucified” (συνεσταύρωμαι) is written in the indicative mood (a factual statement); perfect tense (completed in the past and remaining complete in the present); passive voice (subject is acted on by an outside force, in this case, God); first-person singular.

So, why is grasping the Greek so important?

The grammar reveals that we were crucified with Christ and will remain crucified for the rest of our lives. What's more, the passive voice states that we didn't achieve this by our own power. God accomplished this for us. This is our victory in Christ. This *is* the good news of the Gospel!

Now let's unpack the reality of Our Victory with four key points, which we refer to as the Four Ps.

Penalty of Sin

The first P represents our freedom from the Penalty of sin. Check out Romans 5:10, "For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life."

When we repent of our sin and believe the Gospel, we are no longer condemned by our past, present, or future sin. What's more, we're reconciled to God, saved by Christ, and entirely accepted by Him as we stand.

Q. Are you still trying to earn your way out this penalty, or have you accepted Jesus' offer?

Power of Sin

The second P is all about being free from the Power of sin in our daily walk. In Romans 6:6-7, Paul said, "We know that our old self was crucified

with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin."

In Christ, we are set apart to live holy and pleasing lives to God. We no longer have to choose the way of sin. Why? Because of our victory in Christ, we have the power not to sin. We are disciples capable of pleasing God in every thought, word, and action.

Q. Why do you think it's so difficult for us to use the power God already gave us in Christ?

Presence of Sin

The third P represents our future experience of being free from the Presence of sin. See what John says in John 14:1-3: "Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."

In Christ, our hearts are freed from trouble through the certainty we have in hope. When we are crucified in Christ, we're not only free from our fear of sin, but we anticipate Jesus' return and our promised eternal life in perfect unity with Him.

Q. John 14:1-3 begins with, "Do not let your hearts be troubled...." How does this encourage you? Are you afraid of sin? Share.

Power of Satan

The final P represents the divine truth of being free from the Power of Satan. In Hebrews 2:14-15, the author wrote, "Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery."

Catch that? Satan can persecute us and even destroy our physical bodies if God allows. However, Satan cannot touch our salvation (Ephesians 1:3; 1 Peter 5:6-11). We have victory over Satan because Jesus defeated sin and death once and for all through His death and resurrection.

While disciples don't have to fear death, spiritual warfare is real. James 4:7 says, "Submit to God. Resist the devil, and he will flee from you." Submit means to obey. When we obey God, we experience victory in Christ over the power of Satan in this world and the one to come.

Q. How do you resist temptation?

Think about our victory like this:

Imagine a young unbeliever named George. When he runs into obstacles and oppression, his natural response is to say, "I can't." I can't overcome that sin. I can't overcome that barrier to a new life. I can't mend that relationship.

But, the moment George believes and professes the Gospel, becoming crucified with Christ, he has the power to say, "God can." With God, I can overcome my sin in Christ. I can overcome that barrier to a new life in Christ. I can mend that relationship to the best of my abilities in Christ.

Now, as a disciple of Jesus, when George runs into an obstacle and chooses to shrink back, he no longer has the excuse of, "I can't," but instead, he must say, "I won't!"

See the difference? George isn't powerless. He's disobedient.

Without Christ, we really can't overcome the power of Satan and the sin in our lives. But, when we are crucified in Christ, we get to change our *I can't* to *God can*. Why? Because we have the power to overcome any circumstance in Christ. Isn't this amazing news?

Big Idea: Anyone who repents of their sins and believes the Gospel has been freed from the penalty, power, and, one day, the presence of sin; and freed from the power of Satan.



DISCUSS

1. Describe what happens to an unbeliever who repents of their sins, believes the Gospel, and puts their faith in Christ.
2. Which of the four Ps did you need to hear today? Why did this P stand out in particular?
3. Do you feel like you have victory over sin and Satan in your life? If so, how? If not, share.
4. How does knowing the victory you have in Christ encourage and empower you to live out today and tomorrow?
5. What is God teaching you through this discussion today?
6. Who would you like to share the truth of G220 with in your family or circle of influence?



DO

What is the ONE THING you are going to DO as a result of this session?



“I have been crucified with Christ”



“It is no longer I who live, but Christ who lives in me”

We Are Free From The 4 Ps:

- Penalty** of sin (Romans 5:10)
- Power** of sin (Romans 6:6-7)
- Presence** of sin (John 14:1-3)
- Power** of Satan (Hebrews 2:14-15)

1. The Trinity is One God who **lives in** each believer (Ex. Romans 8:9-11)
2. Our **Resource**, Father, Son & Spirit, are One God (Matthew 28:19-20, singular noun)
3. God is our **Resource** who can accomplish the impossible (Luke 1:37)



Motivated to Grow & Multiply Because:

- Love Did:** Christ's sacrifice for us. (Romans 5:8)
- Love Does:** Christ's model for us. (John 15:12-13)
- Love Is:** Christ's character in us. (1 Corinthians 13:4-8a)

1. Power **through faith** (2 Thessalonians 1:11)
2. Resurrection Power **through belief** (Ephesians 1:19-20)
3. Unimaginable Power **at work** within us (Ephesians 3:20)



“Who loved me and gave Himself for me.”



“And the life I now live in the flesh I live by faith in the Son of God”



DEBRIEF

Q. How has repentance from your most entangling sins affected your relationship with Christ?

Q. What new habits have you created to Live It daily?



DIG

In this second session of G220, we want to break down and discuss the remaining three parts of Galatians 2:20: “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

The acronym **V.R.A.M.** captures the four parts of G220 in a simple way:



Part One / Our Victory: "I have been crucified with Christ."



Part Two / Our Resource: "It is no longer I who live, but Christ who lives in me."



Part Three / Our Access: "And the life I now live in the flesh I live by faith in the Son of God,"



Part Four / Our Motivation: "who loved me and gave himself for me."

Let's get started.



PART 2 / Our Resource

"It is no longer I who live, but Christ who lives in me."

Q. So, what does it mean to have Christ living in you?

The answer to this question, if believed and acted on, is transformative. Let's unpack it in three points.

The Trinity is One God who lives in each believer.

"You, however, are not in the flesh but in the Spirit, in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead

because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you" (Romans 8:9-11).

Did you catch that? God the Father, God the Son, and God the Holy Spirit live within us. This reality should alter the way we think about life and faith. After all, the way we think shapes the way we live, which means that as we Learn It (what it means to have Christ living within us), we'll be able to Live It (an empowered Christlike lifestyle).

Our Resource: Father, Son, and Spirit are One God.

"Go therefore and make disciples of all nations, baptizing them in the name (singular noun) of the Father and of the Son and of the Holy Spirit teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age" (Matthew 28:19-20).

Wild, isn't it? The triune God revealed once again. Note that Father, Son, and Spirit are referred to in the singular "name" as One Being. And not only that, but Jesus promises to be with us on mission. Always!

God is our resource who can accomplish the impossible.

If God the Father, Son, and Spirit are with us, then we can lean into the reality that "nothing is impossible with God" (Luke 1:37).

Big Idea: Nothing God commands a believer to do is impossible for that believer to do.

Q. What do you need to change about the way you live with the discovery of this resource?



PART 3 / Our Access

“And the life I now live in the flesh I live by faith in the Son of God”

Here’s the deal, now that Christ lives within us right here in our flesh, we gain access to all of God’s divine resources intended for our benefit and His glory.

Q. So, how do we live by faith?

Power through faith.

“To this end we always pray for you, that our God may make you worthy of his calling and may fulfill every resolve for good and every work of faith by his power” (2 Thessalonians 1:11).

By faith in Jesus, we have access to God, who brings clarity, confidence, and courage in the work we do on His behalf.

Resurrection power through belief.

“and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places” (Ephesians 1:19-20).

Disciples have access to the same power that raised Jesus from the dead since we have been “crucified with Christ.”

Unimaginable power at work within us.

This might be a good place to point out the obvious, that no matter how faithful, obedient, worthy, and prayerful we are, it is God empowering and fulfilling our attempts.

Check out Paul’s commendation in Ephesians 3:20, “Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us,” is an encouraging reminder that, yes, God can do more than we can dream up, and, yes, it’s God doing it.

Big Idea: We can access all the resources of Christ by faith in Him. Faith is attempting to obey the Lord, expecting Him to fulfill our attempt with His power.

Q. How does the reality of your access to the unimaginable power of God at work, within, and through you, impact your view of the Christian life?



PART 4 / Our Motivation

“who loved me and gave himself for me.”

Q. So, how great is the love of Jesus?

Let’s take a look at the love of God through three simple statements:

Love Did: “but God shows his love for us in that while we were still sinners, Christ died for us” (Romans 5:8).

God loves us as we are, not how we should be. He loved us when we were unlovable. There is nothing you can do to make God love you less or love you more.

Love Does: “My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.” (John 15:12-13).

Jesus Christ already displayed the greatest act of love we could ever imagine. *Love Did* pay the highest price for you and me, and John the

Apostle calls us to follow in Jesus' footsteps—to be living sacrifices who serve those around us, speak and teach the Gospel, and worship God in spirit, truth, and action. This is what love does.

Love Is: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" (1 Corinthians 13:4-8a).

There are 16 verbs listed in the passage above. Love is action-oriented because *Love Does*. Now, replace the word *love* and the pronoun *it* with Jesus, and read it again. He is the perfect embodiment of love, and His divine love motivates us to draw closer to Him, honor our own lives, and share in His love with those around us.

Now replace "love" and "it" with your name and read that passage aloud. What jumped out at you?

Love is a great motivator. It's stronger than fear. It's more potent than ambition. And it's more captivating than money.

Big Idea: Jesus loves us with the greatest love of all, and His love never fails.

.....

Q. How does the love of God motivate you to live a Christlike lifestyle?

.....



DISCUSS

1. Which part of Galatians 2:20 do you feel you need to apply to your life right now? Share.
2. What areas of life are you obedient to Christ in right now? Which are you knowingly disobedient in? Share.
3. How are you living a victorious life in Christ? What sin-traps do you continue to fall into?
4. How will you use G220 to build up your home? When? Where?
5. Who are you going to share the power of V.R.A.M. with this week?



DO

What is the ONE THING you are going to DO as a result of this session?



“I have been crucified with Christ”

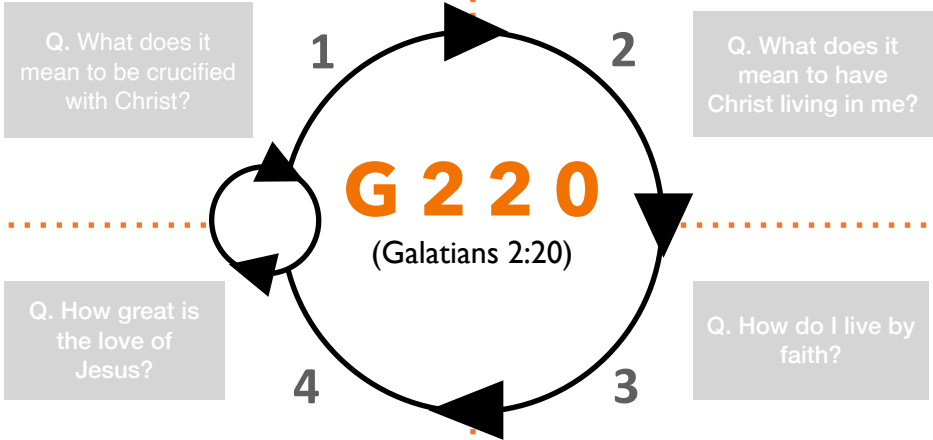


“It is no longer I who live, but Christ who lives in me”

We Are Free From The 4 Ps:

- Penalty** of sin (Romans 5:10)
- Power** of sin (Romans 6:6-7)
- Presence** of sin (John 14:1-3)
- Power** of Satan (Hebrews 2:14-15)

1. The Trinity is One God who **lives in** each believer (Ex. Romans 8:9-11)
2. Our **Resource**, Father, Son & Spirit, are One God (Matthew 28:19-20, singular noun)
3. God is our **Resource** who can accomplish the impossible (Luke 1:37)



Motivated to Grow & Multiply Because:

- Love Did:** Christ's sacrifice for us. (Romans 5:8)
- Love Does:** Christ's model for us. (John 15:12-13)
- Love Is:** Christ's character in us. (1 Corinthians 13:4-8a)

1. Power **through faith** (2 Thessalonians 1:11)
2. Resurrection Power **through belief** (Ephesians 1:19-20)
3. Unimaginable Power **at work** within us (Ephesians 3:20)



“Who loved me and gave Himself for me.”



“And the life I now live in the flesh I live by faith in the Son of God”



Keystone Habit #3 / **Pass It On**

Keystone Habit #3 / Pass It On

Session 8



DEBRIEF

Keystone Habit #2 set solid parameters for a Live It mindset. We engage a daily opportunity to practice a Gospel-centered life rhythm when we ask, "How do I respond to who God wants me to be and what He want's me to do?"

On top of that, making it a habit to read the Word through the lens of observation, interpretation, and application sets us up each day for ongoing investment in our faith journey. These investments and practices eventually spill over into Keystone Habit #3: Pass It On.

Before we dive in, go ahead and press into the following questions:

Q. Share some thoughts on your Live It habits. What are you learning? What have you put into practice?

Q. How has G220 impacted you so far?

Pray.



DIG / Read the following Pass It On Intro and discuss.

So now we're in the Word of God, we're living redeemed lives through God's power, and we're growing in the habit of holding ourselves accountable along the way. Learn It and Live It are in full swing. That's the end of the road, right? Two keystone habits in the bank. We've done all we're called to do: love God with all of our heart and soul and mind.

But there's more, isn't there? And not just because this study is about The Big Three, either. Remember, The Big Three reframe the Ezra Principle, which is part of the DNA of the Christian life. "For Ezra had devoted himself to the study and observance of the Law of the Lord, and to teaching the Lord's decrees and laws in Israel" (Ezra 7:10).

This is where our third keystone habit builds on "study" and "observance" and begins to impact the life of a disciple in a whole new way. This is where a disciple becomes a disciplemaker and Pass It On is born. It's a precursor to the Great Commandment when Jesus not only proclaims the principle of discipleship in loving God, but goes on to sum up the entire law of the disciplemaker by saying, "Love your neighbor as you love yourself" (Matthew 22:39).

Pass It On is the result of genuinely understanding our relationship with Jesus and His calling on our lives. It's the divine overflow of Truth welling up within us. And it's more than just dumping buckets of spiritual water on the people around us. Sharing the Gospel as a habitual way of life means grasping the heart and message of our Savior and then intentionally seeking and authentically building relationships with a heart

for inviting others into a personal relationship with their Savior. Passing It On is an intentional Big Three life of multiplication.

The Why

“Why is it so important to pass on what we’re learning to others?” This is a great question.

First and foremost, we do it because Jesus commands us to “go and make disciples of all nations” (Matthew 28:19). Pretty straightforward, right? And this commission is modeled in the context of His rhythm of disciplemaking, which, if nothing else, was personal, intentional, and authentic.

Not only Jesus, but Paul, the super-apostle, taught and modeled this very call when he wrote, “and what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also” (2 Timothy 2:2).

Learn the Word of God.

Live the Word of God with others.

Pass the Word of God on to those around you.

But we also make passing it on a habit for our benefit. It’s difficult to maintain a sinful, broken, or blind-to-truth lifestyle when we’re passing it on to others.

On the other hand, it’s incredible how much we spiritually morph and mature when teaching, modeling, discussing, and generally fostering a Gospel-centered lifestyle with others. The same Spirit at work in the lives

of our kids and disciples continues the lifelong journey of Learn It and Live It. Thank God!

The Multiplication

We know that Jesus calls us to multiply habitually as lifelong disciplemakers. We also see that multiplication is intended to be an intentional process with our disciples, whether our kids, students in our youth group, neighbors, or those in our circles of influence. Once we've built that relationship bridge with a budding disciple or want to begin an intentional Big Three connect with our kids, what does that time together look like? How does Pass It On work?

Let's acknowledge that disciplemaking is a lifestyle. In the same way that Jesus didn't stop being a disciplemaker between His intentional teachings and training sessions, we have been made new in the image of Christ and are invited and commissioned to live the way He lived.

In between our huddles (small groups of disciples set apart for intentional disciplemaker training), bible studies, and one-on-ones with our kids, coffee, and the Word, we live and breathe the Truth day-in and day-out. Read God's note to Moses in Deuteronomy 6:4-9 and you'll see that we're set apart to live disciplemaking lifestyles in everything we do.

So, what does one-on-one intentional Big Three equipping time look like?

Honestly, there are many ways to intentionally live a disciplemaking rhythm. And there are a lot of factors involved in developing these

rhythms: culture, age, depth of understanding the Gospel, spiritual gift mix, personality, etc.

At Plethos, however, we've landed on a simple tool. The 4D Circle (unpacked in the following sessions) is designed to foster a Pass It On connection in almost any disciplemaking scenario. We'll lay these out in-depth in the next session, but to show you what we mean, check out the four aspects of Pass It On in a typical connection with a disciple:



Debrief: Take a teachable moment in life and / or from the Word of God and ask what God might be teaching in light of this.



Dig: Spend time together observing and interpreting the Word of God.



Discuss: Draw connection to real life, here and now. Piece together how this truth, principle or insight might be applied.



Do: "What one thing will you do now?" Define some accountability and pray.

Remember, it's all about the habit. Keystone habits are developed over time and with intentionality through trial and error. A disciplemaking rhythm is a habit that needs to be developed and owned, and if you're willing and patient, it will be.

You can Pass It On! After all, the power of Christ is implanted within you. You can do all the things He calls you to do.



DISCUSS

1. How have you already, or are you currently Passing It On? What's your method? Is it easy to replicate? Is it memorable?
2. Why do you suppose Jesus called the average disciple to Pass It On? Why not just leave it to priests, accredited teachers, preachers, and pastors?
3. Why is the role of parent as disciplemaker so valuable?
4. With intentionality and a healthy Big Three framework, what do you imagine your multiplication could look like three years from now?
5. Spend some time praying for your Top 5. Who will you invite to explore The Big Three?
6. Clarity leads to the confidence and courage to pass it on. What barriers keep you from passing on what you are learning to others?



In the following session, you'll unpack and continue to put into practice the 4D Circle, a great resource for the Pass It On journey. Of course, there are plenty of quality resources capable of fostering this Pass It On habit. But, through our experience over the past several weeks of debriefing, digging, discussing, and doing, we're convinced this coaching / equipping rhythm is both memorable and practical for a disciplemaker's journey.

As you dig in, grab ahold of the four key elements of the 4D Circle and begin to put them into practice at home as you walk along the road with friends and co-workers and over coffee with disciples. And don't forget to continue asking the Lord, "How do I believe who I truly am and act on what God wants me to do?"

"And surely I am with you always, to the very end of the age..."

Matthew 28:20



DEBRIEF

Q. Have you started passing on what you are learning in this huddle, group discussion, or personal study to someone else? If so, who? If not, share.

Q. Describe any good books you have read about teaching others.

Q. As parents, “teachable moments” happen all the time. Let’s take some time to share a few funny ones. Do any come to mind? How about sharing a teachable moment gone bad? It’s okay. There’s an umbrella of grace here.



DIG

The 4D Circle reveals a memorable rhythm for Pass It On, and it’s rooted in Mark 1:14-15, “After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. ‘The time has come,’ he said. ‘The kingdom of God is near. Repent and believe the good news!’”

The 4D Circle revolves around Jesus' words, "The time has come... **Repent** and **believe**...." No, the rhythm we're drawing out isn't about praying for salvation every day. It's about pressing into daily events, issues, and spiritual discoveries in real-time as we turn from our sin and draw closer to the Lord and what He's teaching you.

Check out the 4D Circle diagram at the end of this session. Across the top of the circle you'll see a line coursing through a Teachable Moment. That line represents *chronos*, Greek for time, or more specifically, chronological time. This is our daily adventure, sun-up through sundown. And the Teachable Moment represents another Greek word for time, *kairos*: a moment in time. Teachable moments are those daily events and discoveries, both in the Word and in the flesh, that give us an opportunity to pause and explore what the Holy Spirit is teaching us.

The right half of the circle consists of the first two Ds: **Debrief** and **Dig**. This engages the Teachable Moment being discerned and discovered in real time. This side of the circle is also known as "Repent"— it fosters a conversational rhythm of turning from the things separating us from Christ, and toward truth. We observe and reflect on the teachable moment at hand, asking, "What is God teaching me here?" After some quality debrief time, we dig into the Word and/or the resource we've committed to unpack in our time together. And all of this takes place while leaning on the Holy Spirit who alone renews our minds (Romans 12:2).

The left half of the circle is all about (re)engaging what we believe about who we are in Christ. This is the "Belief" side of the circle where we ask,

“How am I going to respond?” This section fosters our preferred future through the second round of Ds: **Discuss** and **Do**.

The Greek word *pistis* can be translated: belief, faith, or trust. On the “Belief” side, the goal is to root our trust in God’s Word by putting a plan of action together. We like to encourage writing down one thing you will **BE** or **DO** as a result of walking through the 4D Circle.

So here’s how the 4D Circle flows. After stopping to debrief the teachable moment with a mentor, group, or friend and digging in to understand its role on our spiritual journey, we spend time discussing the impact it has on our hearts, minds, bodies, and spirits here and now. We discuss practical applications of the Truth in our lives. And then we put it into practice. We bring these discoveries to life through our actions as we learn to fully believe that God will carry us through the work He’s set aside for us.

The 4D Circle reconnects at the end on the timeline of life (*chronos*). It’s angled upward to indicate growth forward and heavenward. We debrief, dig, discuss and then dive back in by heading out to do what God told us to do.

Repetition

We must repeat important ideas regularly and often, otherwise people forget. It is common to have a disciple say, “Oh, I know that already.” Your reply should be, “Okay, teach it to me.” People do not really know the material until they can teach it.

Paul says, "About this we have much to say, and it is hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God" (Hebrews 5:11-12 ESV).

A mature learner will want to keep learning the material until they can Live It out and Pass It On to others.

Listen to what the Apostle Peter says, "This is now the second letter that I am writing to you, beloved in both of them I am stirring up your sincere mind by way of reminder" (2 Peter 3:1 ESV).

This is a practice the Apostle Paul did with his disciples, too. "I never get tired of telling you these things, and I do it to safeguard your faith" (Philippians 3:1b NLT). Jude, a disciplinemaker, said it this way, "Now I want to remind you, although you once fully knew it" (Jude 1:5a ESV).

Jesus was the ultimate master of repetition. As you read the Bible, it repeats itself over and over again in many different ways and many times by using the exact same wording.



PART I / DEBRIEF

This part of the discussion (about 15 minutes) is an intentionally brief time set apart for the following:

- Review previous discussions and events.
- Accountability on personal study and action steps.

- Life updates on what’s happening in our daily lives.
- Confession and celebrating wins. See James 5:16 and Mark 5:19 for examples.

Side Note: We recommend a 15-minute ‘Meeting Before the Meeting’ as a great way to connect with your group before the formal session, that is, before Part 1: Debrief. Go in-depth on previous topics, discussions, passages, and points. Pray together. Navigate spiritual coaching through individual action steps.

The whole idea here is to establish a connection and get a feel for the group’s pulse in the moment. As disciplemakers, this debrief time gives us the ability to listen to and learn what our participants need from the Lord today.

Q. What are some best practices you have found to accomplish this goal?



PART 2 / DIG

This 30-minute portion of the 4D Circle focuses on teaching and discussion. Here, new material is presented, such as *The Big Three*, *The Disciplemaker’s Handbook*, Scripture, or a topical book study, etc.

Here's the deal, less is more. Jesus modeled a great rhythm of teaching, responding, and clarifying. As 30 minutes often flies by, we need to be intentional with the content we present and be prepared for a healthy back-and-forth group connection.

In a 60-minute huddle, there are only 30 minutes set aside for teaching and training, while the rest of the time is designed for dialogue and deeper connection.

Q. Think of the person who has shaped your life the most. How did they teach you? Describe it.



PART 3 / DISCUSS

Spend the next 10 minutes connecting the dots in discussion between the big idea of the Dig and the personal application of the Do.

Generally speaking, a discussion is fostered by a series of open-ended questions intended to unpack the main point(s). More specifically, these questions are intended to foster clarity of context and personal application of the key principle in real life.

Where specific questions aren't pre-written or laid out in your group study, we recommend pressing into the three key questions below:

1. What is God teaching you?

2. How are you going to respond?
3. Who are you going to share this with?

Remember, open-ended questions foster more significant conversation and depth of insight. These questions are formed with what, how, share, explain, and why. Look at the following examples and note the strengths and weaknesses of each:

Example 1:

1. **Closed:** Did Jesus call us to make disciples in Matthew 28:16-20?

OR

2. **Open:** How does Jesus' call to make disciples in Matthew 28:16-20 impact our daily, family, and vocational choices?

Example 2:

1. **Closed:** Did Jesus promise to be "with you always" in Matthew 28:20?

OR

2. **Open:** How does Jesus' promise to be "with you always" in Matthew 28:16-20 impact the discipling mission in your home, church, and community?

Q. Why is it so important to take 10 minutes at the end of any teaching time to discuss what was just taught by asking application questions?



PART 4 / DO

The final five minutes of the huddle are vital for growth. Remember, the goal isn't to accrue thousands of hours of study and copious amounts of data. Rather, information is for the benefit of Christ-centered transformation. As the coach, encourage huddle participants to pick one thing they're going to BE or DO as a result of what they're discovering.

Within Scripture, there are several points where the idea of the "one thing" comes out. Here are some examples:

The Psalmist proclaims, "One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and seek him in his temple" (Psalms 27:4).

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her" (Luke 10:41-42 NIV).

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:36-37 NIV).

"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win

the prize for which God has called me heavenward in Christ Jesus" (Philippians 3:13-14 NIV).

It's the idea of a singular focus, something so important that there is a concentrated effort to put aside everything else to focus on what is paramount. What you focus on, you move toward. God's Word shows us repeatedly that we are to purposely focus on the one thing God is highlighting for us.

As we discover and uncover God's truth in Scripture, we need to ask the Holy Spirit to convict us by answering this question: Based on what I learned today in God's Word, what is my one thing?

Side Note: We also recommend a 15-minute 'Meeting After the Meeting' is a great way to connect with your group after the day's session is complete: answer Q's, offer personal insights, clarify content and pray together.

.....

Q. What we focus on we move toward. What one thing will you focus on this week?

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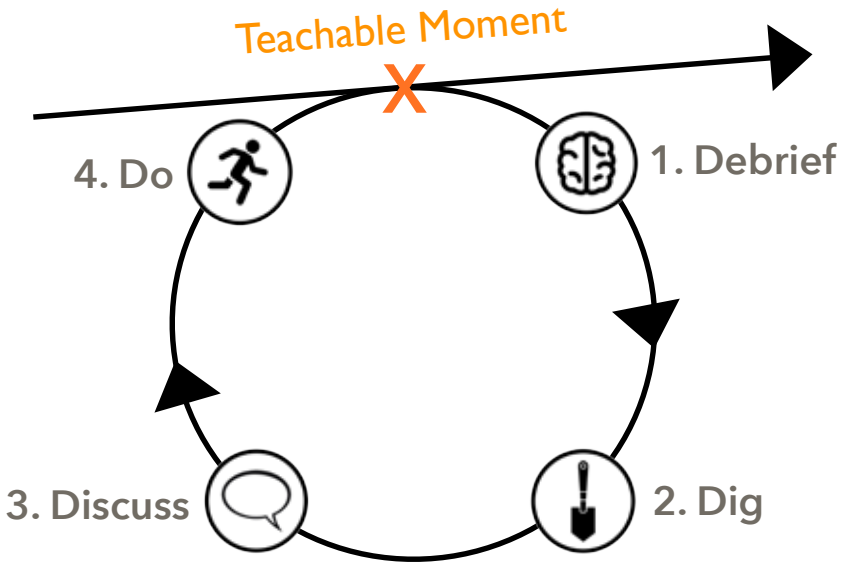
DISCUSS

1. Which D in the circle do you need more clarity about? Which D do you feel most confident in leading?
2. Try to think of and describe a time you have naturally, in conversation, walked through the 4Ds with someone else and didn't even realize you were using this tool. Share.
3. What are the differences between a lecture style of teaching and the 4D Circle rhythm? How might the 4D Circle help navigate a huddle or a teachable moment in the home?
4. Who can you engage the 4D Circle with this week? How do you suppose it will help your conversation, discoveries, and action steps?
5. Which aspect of the 4Ds of discipling are you eager to implement in your home? In your discipling relationships? In your local church?



DO

Try to make your ONE THING as S.M.A.R.T. (specific, measurable, attainable, relevant, and time-bound) as possible. Write it down and share it with the group.



1. Debrief

Observe teachable moment(s).



Reflect on observations.

Share in discussion with the group.

Ask what God is teaching.

2. Dig

Decide what to dig deeper into.



Teach Scripture / resource.

Share relevant illustrations.

Pro Tip: Trust the Holy Spirit to lead as you learn together.

3. Discuss

Apply content / text both individually and as a group.



Plan on engaging S.M.A.R.T. goals.

Gospel-centered discussion and application ideas.

4. Do

Action-oriented steps / goals.



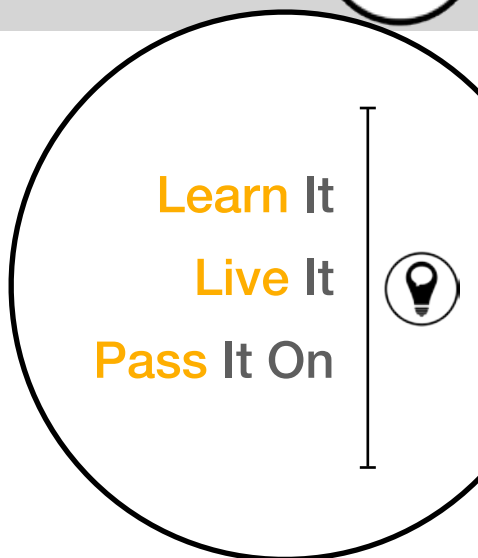
Accountability to goals / steps.

One Thing to put into practice immediately.

The Big Three

Session 10 / Wrap-Up & Multiply

3



DEBRIEF

- Q.** So, what are The Big Three keystone habits? Describe.
- Q.** Which habit do you want to develop next?
- Q.** How are you intentionally praying for and pursuing your Top 5?
- Q.** Have you had the opportunity to walk through the 4D Circle this week? How did it go?



Remember the Ezra Principle?

“For Ezra had devoted himself to the study of the Law of the Lord, to fulfilling the Law of the Lord in his lifestyle and to teaching the Lord’s decrees and laws in Israel” (Ezra 7:10).

The Ezra Principle is an ancient model for a life devoted to Learning It, Living It, and Passing it On. Just as Ezra was focused on reuniting God’s people with God, as disciples of Jesus, you and I called to reunite our families, friends, and circles of influence with God. Ezra’s big three continues to be a divine call to us on our journey in Christlikeness.

Learn It, Live It and Pass It On are keystone habits intended to be lived for a lifetime.

We know that the Ezra Principle, or the DNA of a disciplemaker, transforms lives when woven into our daily rhythm of life. It supernaturally impacts the culture of every healthy disciple, family, church, and community. It creates clarity which builds our confidence to courageously take action as disciplemakers on mission. How are you connecting the dots in your circles?

- How are you connecting your home to Christ? (Deuteronomy 6:4-7)
- How are you connecting your circle of influence to Jesus? (Matthew 28:19-20)
- How are you connecting your huddle to Christ? (2 Timothy 2:1-2)

We're convinced that when individual believers in the Church Learn their faith, Live their faith, and Pass On their faith, they'll inevitably experience victory in Christ.



DISCUSS

1. How would you describe your disciplemaking mission from this day forward as a result of unpacking The Big Three keystone habits?
2. What do you believe will be your biggest hurdle in internalizing the DNA of a disciplemaker?
3. You've spent ten weeks developing The Big Three. So what is your next step? Discuss the following possibilities:
 - A. Teach your family The Big Three.
 - B. Start a group to teach The Big Three to others.
 - C. Use The Big Three in your group to learn more about being a disciplemaker in your home, church, and community.
 - D. Keep praying for and pursuing disciplemaking friendships with people on your Top 5 list.



What is the ONE THING you are going to DO as a result of this session?

“For Ezra had devoted himself to the study of the Law of the Lord, to fulfilling the Law of the Lord in his lifestyle and to teaching the Lord’s decrees and laws in Israel.”

Ezra 7:10





Top 5s



Create a short list of the Top 5 people in your home and circle of influence that you'd like to build a discipling relationship with. As you unpack The Big Three ask the Lord to prepare your hearts and minds for the life-altering love of Christ through the Gospel. Over the next several weeks begin looking for opportunities to build a bridge.

1

2

3

4

5

CHECK OUT these Plethos Resources:

Order at plethosglobal.com

Huddle Leader Handbook is another core huddle-based equipping tool. Through these 10 sessions, disciplemakers learn how to develop and implement a disciplemaker rhythm of life within their homes, huddles, and communities. From creating a healthy prayer habit to a step-by-step guide to launching a huddle, *Huddle Leader Handbook* is a worthy investment.



The 4D Journal is designed to help you navigate your 1x1, huddle, and small group disciplemaking connects. We believe the 4D Journal helps parents, small group leaders, and disciplemakers purposefully *Pass It On*. In each session you'll: *Debrief, Dig, Discuss,* and prepare to *Do*. Whether you prep ahead of time or meet on the fly, the 4D Journal will help you to confidently lead.

Check out plethosglobal.com for more disciplemaking resources.

