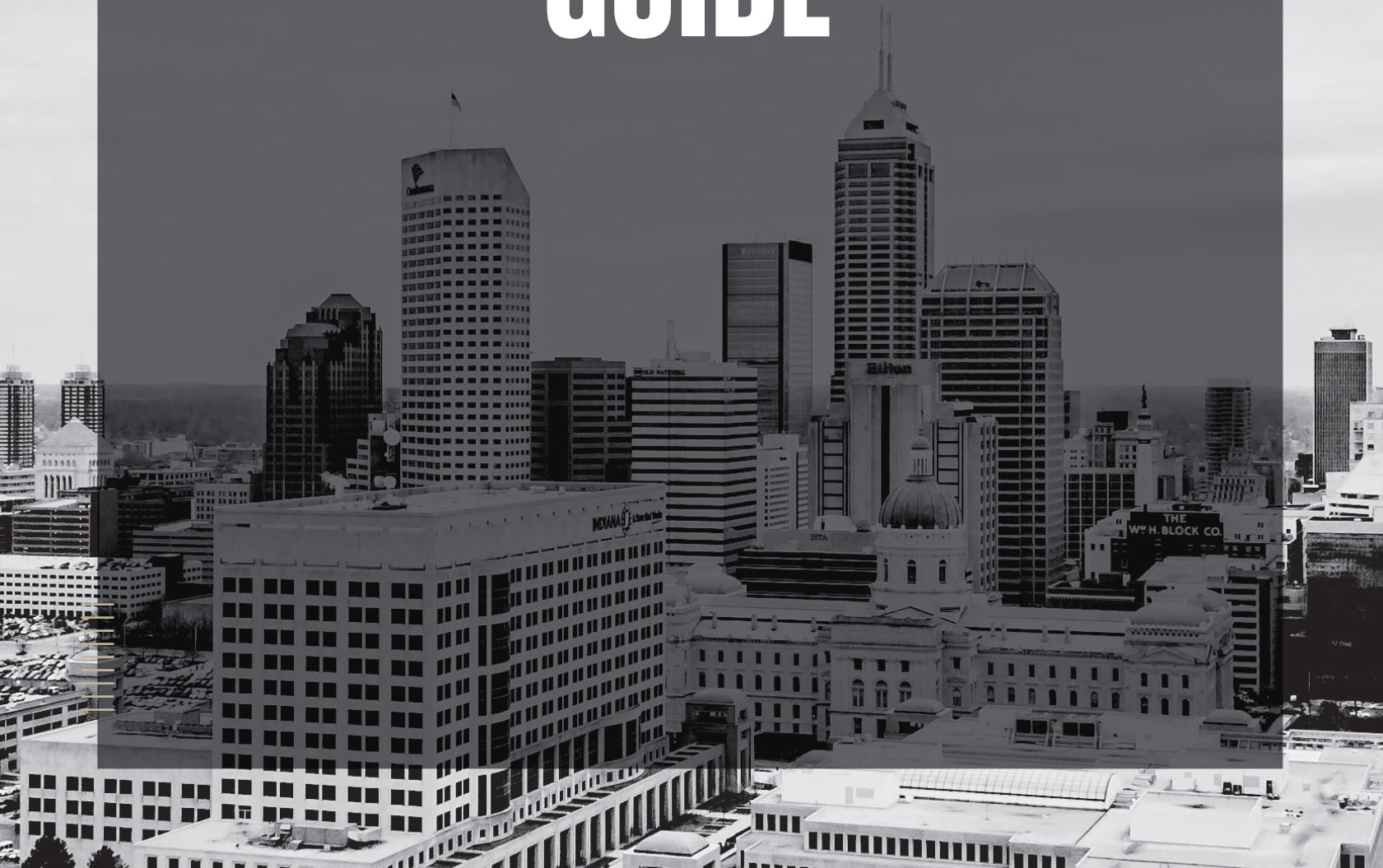




MICRO GROUP GUIDE



WELCOME AND INTRODUCTION

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age." - MATTHEW 28:18-20 (NIV)

These were Jesus' final words to His disciples. He spent three years laying the groundwork, and He ultimately passed along to His church the greatest of missions. It's commonly referred to as the Great Commission. This is our goal: **"To obey Jesus' commands, in order to grow into disciples who will make more disciples."** This is what you get to be a part of!

Thanks for saying "yes" to enter into this Micro Group process. One thing that makes this space unique is that the groups are small and gender-specific, with 4-5 people in total.

Another thing that makes it unique is the focus. You may have been involved in other groups in the past, with typical rhythms of sharing life together each week. This isn't that type of group. You'll share life to some degree, but the primary thrust of your Micro Group will be learning to listen to what God is saying and what you need to do to obey Him. While you'll find the process to be structured at a base level, it's ultimately designed to be Spirit-led.

As you begin, we want you to know about the Micro Groups webpage, where you can download additional copies of this guide, watch videos to help you get started, and find answers to frequently asked questions. Click on this link to take you there: <http://tpcc.org/microgroups>.

One guarantee we'll make if you engage and follow through with this process, **you will grow!** However, like all things that are worth doing, there's a cost. In many cases, it will be wise to consider what you have to say "no" to so you can say "yes" to this. You'll need to prioritize your schedule and face the tension of saying "no" to things that will vie for this time along the way.

You'll have to commit to spiritual rhythms that work for you. You'll be held accountable to take action and follow through each week. You'll likely see an uptick in spiritual warfare as our enemy doesn't want you to become more like Jesus and replicate yourself. But even as you navigate all this, the journey will be so worth it because God is with you and is doing the transforming work *within* you.

All Micro Groups are built on the same four pillars that are designed to help us stay focused and aligned.

- 1. Transparent Relationships**
- 2. Obedience to God's Word**
- 3. High Accountability**
- 4. Multiplying Disciple Makers**

As you journey over these months together, these four pillars will be primary goals, and Scripture will be the guide. Through these groups, you'll not only learn to read and study the Bible but also understand it and apply it to your life.

Reading God's Word isn't simply about gaining information but experiencing life-transformation.

Of course, any of us can read the Bible on our own, but there's something special that happens when we read and apply it together. There's shared wisdom, accountability, encouragement, and growth you wouldn't see otherwise. We need each other!

So dive in, give it everything you've got, and see what God does in and through you. Know that we're praying for you as you do.

Making disciples with you,

THE TRADERS POINT GROUPS TEAM



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TRADERS POINT MICRO GROUP COMMITMENT

Because Micro Groups grow and thrive around these following four pillars, you're asked to commit to the following guidelines.

Group Commitment

1. TRANSPARENT RELATIONSHIPS:

To create a safe group environment where members can openly speak from their hearts and know that everything will be kept confidential.

2. OBEDIENCE TO GOD'S WORD:

To fully participate in the plan to study the designated chapter(s) of the Bible using the POST inductive study method, and to grow together in our understanding, knowledge, and transformational obedience to Scripture.

3. HIGH ACCOUNTABILITY:

To prioritize attending each meeting on time and to encourage and pray for one another. To hold each other accountable for our spiritual growth by equipping and challenging one another.

4. MULTIPLYING DISCIPLE MAKERS:

Upon completion of the Micro Group, to lead a new Micro Group, creating the same environment for 3-4 other people in our lives.

Group Meetings

1. We will meet every week on

(day of week: _____) at (time of day: _____) for (select between 1 to 1.5 hours: _____).

**Note: Groups of 5 meet longer than 1 hour. Also, if the group is unable to meet in person, make every effort to still meet virtually or by text check-in.*

2. We will follow the weekly meeting guide and six-month roadmap.

3. We will review our commitment statements weekly from the Take Action step to hold each other accountable.

4. We will pray regularly as a group about who we can each invite into our own Micro Group.

I have been prayerful about committing to be a member of this group and agree to each of the guidelines above.

NAME _____

DATE _____

HOW WE'LL STUDY THE BIBLE

We'll use an inductive format to study three books of the Bible during our time in the Micro Group. Inductive Bible study involves three overarching steps:

- 1. Observation – What does the passage say?**
- 2. Interpretation – What does the passage mean?**
- 3. Application – What does it mean for me specifically?**

There are lots of different inductive study methods. We'll use one that follows the acronym POST. We'll explain this method on the next page and have prepared a video titled " How we Study God's Word" on our Micro Group webpage at <https://tpcc.org/microgroups>. Here are a few things to keep in mind before you get started.

First, this is a structure you can shift to work best for you. For example, you may want to break up your study time into smaller sessions each day, or you may want to do it all in one sitting. You may find one step more helpful and prefer to spend more time there. We're going to give you suggestions for each step, but you have freedom within them.

Second, this may seem a bit overwhelming at first, but stick with it. Anything worth doing is worth doing poorly at the beginning. With practice and perseverance, you'll gain confidence in studying your Bible and will grow as a disciple of Jesus.

Finally, remember *we are not saved by our works*. We're justified freely by God's grace alone through Jesus (Ephesians 2:8-9). The Holy Spirit lives in every believer, and He does the transforming work of growing us into the image of Jesus. When we abide in Him, He'll bear fruit through us (John 15). The processes and steps you'll follow in this guide are meant to lead you toward that.

USING THE POST STUDY METHOD

STEP 1: PRAY AND PREPARE

Before you start, pray.

We often open our Bibles with an agenda to find something specific. Busy schedules and to-do lists are a major distraction to hearing God speak through His Word. In prayer, we refocus our hearts and minds on God, asking Him to help us hear what He's saying.

We're not pursuing mere knowledge; we're pursuing God Himself. Always start with prayer.

The next step before you jump into a new book of the Bible is preparatory work. The Bible is a book about God, and from beginning to end, it tells one unified story of His rescuing work of humanity. This is called the metanarrative of Scripture, where each of the 66 books contributes to an overarching story of creation, fall, redemption, and restoration. Knowing how a particular book of the Bible fits into this overarching story is important to keep in mind.

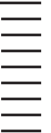
The Bible is also a library of books written over 2,000 years ago by men who were inspired and directed by the Holy Spirit. Therefore, we need to do something called exegesis, another churchy word that simply means digging to find the original author's intent for the original audience. *A passage of Scripture can't mean for us today what it didn't mean for the original audience.*

Start each new book of the Bible looking for the genre (literary style) of the book, author, date written, purpose in writing, and key themes. We highly recommend watching Bible Project's "[Intro to the Bible](#)" **videos** before you start anything in this guide. Also see our resources list on page 32 of this guide for tools that will help you with this preparation step.

STEP 2: OBSERVE

Before we can know what a passage means and apply it, we need to first know what it says. Without this step, we risk interpreting wrongly, so take your time with this! Being thorough here makes Steps 3 and 4 a lot easier. Below are our suggestions for making good observations. Note that this is not a checklist of requirements to complete in your study. Think of it as a menu of options, and choose the ones that work well for you.

- *Outline.* The subtitles and paragraph breaks you see in your Bible weren't part of the original manuscripts of Scripture. They were added by publishers as a helpful tool for today's reader, which means they vary between Bibles. For this step, read the entire chapter and break it into sections that make the most sense to you. Outlining will cause you to naturally make observations you may have missed on a first reading.
- *Play "I Spy"* with the chapter.
 - Go through the chapter and underline or circle repeated words and phrases. Repetition is usually an indicator of something important.
 - Look for answers to who, what, where, when, and why.
 - Look for connection words like *but, if, therefore*, etc. They can help you see important comparisons, contrasts, and connections.
 - Look for cultural and historical ideas, things that may be rooted in the culture at the time of the writing.
- *Write down questions* that you come up with as you study.
- *Make bulleted lists, paraphrase, or summarize* what you observe by creating your own title for the passage.



STEP 3: SEEK OUT

Now it's time to dig a little further using commentaries, other Bible translations, and/or notes from your study Bible. These are great tools to seek answers to your questions, expand connections you've made, and affirm (or correct!) your observations. We recommend reading a passage in at least three translations: NLT, ESV, and the Message.

Visit our recommended resource page (p. 32) for commentary suggestions. Remember to save this step for last. Commentaries and study Bible footnotes are still written by humans, albeit pretty smart ones.

STEP 4: TAKE ACTION

By now, you should be able to answer the first two questions from inductive study: what does the passage say, and what does it mean? It's now time to move to application and answer the question, "What do I need to do to obey?"

Over and over in Scripture we see the importance of knowing *and* doing. Jesus summarized His famous Sermon on the Mount with a final illustration, concluding that those who hear His words and put them into practice are like the wise builder who built his life on a solid foundation (Matthew 7:24-27). Therefore, each week we'll ask you the same three application questions:

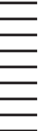
- 1. What does this passage teach me about God and following Him?**
- 2. What is God saying to me as I read His Word and listen to His voice?**
- 3. What do I need to do to obey Him?**

Finally, we want you to make a commitment statement each week based on what you've heard God say through your study time, prayer, and discernment. A few things to note on this:

- Your commitment doesn't have to be new each week. It might be something you sense God asking you to continue doing from the previous week, or perhaps build onto the previous week's commitment.
- Your commitment doesn't always have to tie directly to the Scripture you read this week. The most important thing is learning to listen to what God is saying to you and then putting it into practice.
- Try to make this statement as practical and tangible as possible. We recommend starting with "I will" and giving it a timeframe. Your group will check in on these with you each week. (For example: "I will ask forgiveness of a person I've wronged," "I will spend one hour this Monday morning in prayer," or "I will pray for an opportunity this week to share my testimony with someone.")

Growing as a disciple often requires getting out of our comfort zone, which is why we've also provided training experiences to equip you to take steps of growth. Additionally, we want to encourage you to take time in group to practice your action steps when applicable. Sharing your testimony within the safety of your group, for example, can help better prepare you for sharing later that week in the world.

Remember, the end goal of your study of God's Word isn't to have 26 weeks of checkmarks. It's to build a habit of listening and obeying that leads to transformation! In doing so, you become more like Jesus and fulfill His Great Commission.



POST EXAMPLE

We suggest using your own notebook or taking digital notes for your study time. This example is provided for quick reference for you.

STEP 1: PRAY AND PREPARE

Invite the Holy Spirit into your time, asking Him to teach you and speak to your heart. Turn over anything that may be distracting you.

Before starting the next step, take a few minutes to prepare. If you're starting a new book of the Bible, follow the suggestions listed for this step in the "How We'll Study the Bible" section. You can also watch the bibleproject.com video overview of the book. Read or listen to the whole book if you'd like.

STEP 2: OBSERVE

Read your chapter of Scripture multiple times for comprehension. Follow the suggestions listed for this step in the "How We'll Study the Bible" section.

STEP 3: SEEK OUT

Now read other translations, commentaries, and/or study Bible notes to check your work, gain further insight, and answer any remaining questions from Step 2.

STEP 4: TAKE ACTION

1. What does this passage teach me about God and following Him?

2. What is God saying to me as I read His Word and listen to His voice?

3. What do I need to do to obey Him? (Make a tangible and practical commitment.)

I will...



WEEKLY MEETING GUIDE

This is your go-to meeting guide for most weeks (refer to the “Six-Month Roadmap”). Note on meeting length: Groups of five should meet for longer than 1 hour. Adapt the times below accordingly.

**Print this sheet and keep it handy for each meeting.*

REVIEW AND VISION (20-30 MINUTES)

- Ask someone to start with prayer.
- Review the week.
 - Share a “High” and/or “Low” from your week.
 - How were your weekly rhythms of prayer and Bible study, and did you follow through on your action step?
 - How have you lived out the Great Commission this week through obeying, teaching, or sharing your testimony/the gospel?
- Review the vision for your Micro Group: **To obey Jesus' commands, in order to grow into disciples who will make more disciples.**
 - As part of vision casting, periodically read one of the following passages out loud to the group and briefly discuss: Matthew 28:18-20; Acts 1:8; 2 Timothy 2:2; Matthew 9:35-38; 1 Corinthians 9:19-23.

REFLECT ON SCRIPTURE (20-30 MINUTES)

- Review your chapter(s) and walk through your notes using the POST method.
 - In your own words, share a title that summarizes what you read.
 - Share observations, discoveries, and questions.
 - Share what you learned about God.

RESPOND (20-30 MINUTES)

- Focus on the “T” (Take Action). Pray as a group, asking God to show you what He’s saying and what you need to do to obey. Then spend 2-3 minutes in silent prayer and reflection.
- Share what you believe He's asking you to do next. Keep it as simple and practical as possible, using “I will” statements as a framework. All Members: Record each member’s action step and pray for them throughout the week.
- When applicable, practice! Spend a few minutes in pairs or as a group practicing action steps (i.e., rehearse a difficult conversation, share your testimony, teach someone what you’ve learned, etc.).
- Someone pray for the group as you work to obey this week.

SIX-MONTH ROADMAP

As you navigate these six months, we've mapped out 26 weeks as a guide. For your first time leading a Micro Group, we recommend starting with the books outlined below: Ephesians, your choice of Ruth or Jonah, and Mark. This allows you to study an epistle, an Old Testament narrative, and a gospel.

In future Micro Groups, you may want to repeat these three books again or consider the additional roadmaps found on page 30.

WEEK 1

*Use the following guide for Week 1 instead of the Weekly Meeting Guide. As you prepare for week 1, we recommend finding a time for your group to meet and get to know each other better before jumping into your Micro Group.

WELCOME AND CAST VISION (30 MINUTES)

- Thanks for saying YES! We are going to grow! Take 5 minutes each to share a little bit about who you are, why you said 'yes' to this group, and what you're most excited/nervous about and why.
- Ask the group: How would you explain what a disciple is?
- What is this group and why are we here?
 - This is a group that's highly committed to grow to be like Jesus and to make disciples who will make disciples.
 - Our vision statement is: To obey Jesus' commands, in order to grow into disciples who will make more disciples.
 - Review the four pillars of Micro Groups.
 - Transparent Relationships
 - Obedience to God's Word
 - High Accountability
 - Multiplying Disciple Makers
- How will it work?
 - One-year commitment – 6 months together and 6 months leading your own Micro Group.
 - Weekly meeting for 1 to 1-½ hours for 6 months. Throughout this process, we'll work to get you ready to replicate another group that you'll lead for the next 6 months.
 - Review and sign the Micro Group Commitment.

WEEKLY RHYTHMS (20 MINUTES)

- Walk through the POST method (pp. 6-7).
- Establish each member's weekly spiritual rhythms (i.e., 4x per week, spend 30 minutes in assigned chapters using POST method, and engage in prayer daily).
- Give a brief overview of the Weekly Meeting Guide (p. 9).

FOR NEXT WEEK (5-10 MINUTES)

- Watch Bible Project videos on how to read Scripture (<https://bibleproject.com/explore/category/how-to-read-bible-introduction/>)
- Read overview of Ephesians in a study Bible and watch the Bible Project overview video (<https://bibleproject.com/explore/video/ephesians/>).
- Read Ephesians Chapter 1 several times in multiple translations and go through POST.

PRAY (5-10 MINUTES)

- Have each person pray and ask God to prepare them for this journey.

WEEK 2

*As you begin week 2, begin with the following "Establish Baseline" and then finish out your time with a shortened version of the Weekly Meeting Guide on page 9.

ESTABLISH BASELINE (20-25 MINUTES)

- Walk through the Great Commission by reading Matthew 28:18-20. Focus on the guiding command to "teach them to obey."
- Walk through the UP | IN | OUT Guide (pp. 19-20).
- Leader, evaluate and record where each member is at. (You'll do this at several points throughout your Micro Group).

REVIEW, REFLECT, RESPOND (40-50 MINUTES)

- Use the Weekly Meeting Guide to discuss Ephesians Overview + Chapter 1.
- Before next week: Read Ephesians 2 several times in multiple translations and use POST.

WEEK 3

- Use the Weekly Meeting Guide to discuss Ephesians 2.
- Before next week: Read Ephesians 3 several times in multiple translations and use POST.

WEEK 4

*Use the following guide for Week 4.

REVIEW, REFLECT, RESPOND (35-45 MINUTES)

- Use a shortened version of the Weekly Meeting Guide to discuss Ephesians 3.

“UP” EXPERIENCE (15-20 MINUTES)

- Walk through the “UP” Experience pages in this guide together (pp. 21-22).
- Talk about your past experience with prayer. What would you hope to get out of this opportunity?
- Assign the “UP” experience for individual homework this week. Record when each person plans to do this so you can pray for each other at those times.

WRAP UP (10-15 MINUTES)

- Before next week: Read Ephesians 4 several times in multiple translations and use POST. Complete the one-hour Prayer Wheel.

WEEK 5

- Use the Weekly Meeting Guide to discuss Ephesians 4 and review your Prayer Experience.
- Before next week: Read Ephesians 5 several times in multiple translations and use POST.

WEEK 6

- Use the Weekly Meeting Guide to discuss Ephesians 5.
- Before next week: Read Ephesians 6 several times in multiple translations and use POST.

WEEK 7

- Use the Weekly Meeting Guide to discuss Ephesians 6. Allot 10-15 minutes to introduce the next book of study, Ruth or Jonah. Confirm your group's choice between these two books if you haven't already.
- Before next week: Read **overview of Ruth or Jonah** in a study Bible and watch the Bible Project overview video for the book you've chosen (Click here for Ruth – <https://bibleproject.com/explore/video/ruth>) || Click here for Jonah – <https://bibleproject.com/explore/video/jonah>). Read **Ruth or Jonah Chapters 1-2** several times in multiple translations and use POST.

WEEK 8

- Use the Weekly Meeting Guide to discuss Ruth or Jonah Overview + Chapters 1-2.
- Before next week: Read Ruth or Jonah Chapters 3-4 several times in multiple translations and use POST.

WEEK 9

- Use the Weekly Meeting Guide to discuss Ruth or Jonah Chapters 3-4.
- Introduce the next book of study, Gospel of Mark.
- Before next week: Read **overview of Mark** in a study Bible and watch the Bible Project overview video (<https://bibleproject.com/explore/video/mark>). Read **Mark Chapter 1** several times in multiple translations and use POST.

WEEK 10

- Use the Weekly Meeting Guide to discuss Mark Overview + Chapter 1.
- Before next week: Read Mark 2 several times in multiple translations and use POST.

WEEK 11

- Use the Weekly Meeting Guide to discuss Mark 2.
- Spend a few minutes walking through “OUT” Training: Part 1 (pp. 26-27).
- Before next week: Read Mark 3 several times in multiple translations and use POST. All members come to group next week with your “OUT” written testimony.

WEEK 12

*Use the following guide for Week 12 instead of the Weekly Meeting Guide. (Note you will discuss Mark 3 + 4 in week 13.)

REVIEW AND EVALUATE (10-15 MINUTES)

- Ask someone to start with prayer.
- Review your action items from the previous week.

“OUT” TRAINING (45-50 MINUTES)

- Walk through “OUT” Training: Part 2 (p. 28).
- Discuss: Where are the places you go and who are the faces you see that you could possibly share your testimony with?
- Practice sharing your testimony with each other (group gives feedback).
- Discuss: Based on feedback, what changes should you make to your testimony?
- For this week’s homework, do one of the “Take Action” items on p. 28.

WRAP UP (5 MINUTES)

- Before next week: Read Mark 4 several times in multiple translations and use POST.

WEEK 13

- Use the Weekly Meeting Guide to discuss Mark 3 + 4.
- Before next week: Read Mark 5 several times in multiple translations and use POST. Assign the next 2 weeks of leading the group to another member. Encourage the group to take the OUT training one step further and share their testimony with one of the “faces” they identified last week.

WEEK 14

- New member leads group. (Primary leader gives feedback.)
- Use the Weekly Meeting Guide to discuss Mark 5.
- Before next week: Read Mark 6 in multiple translations and use POST.

WEEK 15

- Member who led last week leads group. (Primary leader gives feedback.)
- Evaluate UP | IN | OUT (*Use tool on p. 20). Compare with your previous evaluations from Week 2.
- Use the Weekly Meeting Guide to discuss Mark 6.
- Before next week: Read Mark 7 in multiple translations and use POST. Assign the next 2 weeks of leading the group to another member.

WEEK 16

- New member leads group. (Primary leader gives feedback.)
- Use the Weekly Meeting Guide to discuss Mark 7.
- Before next week: Read Mark 8 in multiple translations and use POST.

WEEK 17

- Member who led last week leads group. (Primary leader gives feedback.)
- Use the Weekly Meeting Guide to discuss Mark 8.
- Before next week: Read Mark 9 in multiple translations and use POST. Assign the next 2 weeks of leading the group to another member.

WEEK 18

- New member leads group. (Primary leader gives feedback.)
- Use the Weekly Meeting Guide to discuss Mark 9.
- Before next week: Read Mark 10 in multiple translations and use POST.

WEEK 19

- Member who led last week leads group. (Primary leader gives feedback.)
- Use the Weekly Meeting Guide to discuss Mark 10.
- Before next week: Read Mark 11 in multiple translations and use POST. Next week will return to primary leader.

WEEK 20

*Use the following guide for Week 20.

REVIEW, REFLECT, RESPOND (35-45 MINUTES)

- Use a shortened version of the Weekly Meeting Guide to discuss Mark 11.

“IN” TRAINING (20-30 MINUTES)

- Walk through the “IN” Training: Part 1 (pp. 23-24) in this guide together.
- Pray about creating a list of 5-10 people you’ll eventually prioritize and invite into your Micro Group. You’ll be taking your next steps in this process in a few weeks.

WRAP UP (5 MINUTES)

- Before next week: Begin creating your list of 5-10 people from the “IN” Training. Read Mark 12 several times in multiple translations and use POST.

WEEK 21

- Share your list of 5-10 names from last week’s “IN” Training.
- Use the Weekly Meeting Guide to discuss Mark 12.
- Before next week: Read Mark 13 several times in multiple translations and use POST.

WEEK 22

*Use the following guide for Week 22.

REVIEW, REFLECT, RESPOND (45-50 MINUTES)

- Use a shortened version of the Weekly Meeting Guide to discuss Mark 13.

“IN” TRAINING (10-15 MINUTES)

- Walk through the “IN” Training: Part 2 (p. 25) in this guide together.

WRAP UP (5 MINUTES)

- Before next week: Offer invites to your first invitees this week. Read Mark 14 several times in multiple translations and use POST.

WEEK 23

- Use the Weekly Meeting Guide to discuss Mark 14.
- Before next week: Read Mark 15 several times in multiple translations and use POST.

WEEK 24

- Check in on progress of new Micro Group formation. Groups should be established before Week 26.
- Use the Weekly Meeting Guide to discuss Mark 15.
- Confirm your list of people for your new Micro Group.
- Before next week: Read Mark 16 several times in multiple translations and use POST.

WEEK 25

- Use the Weekly Meeting Guide to discuss Mark 16.
- Before next week, spend some time reviewing your past actions and notes, and jot down your most significant areas of growth from your Micro Group experience. Come prepared to share. In addition, make note of areas of growth you've seen in your fellow group members. You'll share these with them next week. No assigned reading.

WEEK 26

*Use the following guide for Week 26 instead of the usual Weekly Meeting Guide.

REVIEW AND EVALUATE GROUP EXPERIENCE (40-45 MINUTES)

- Start with prayer.
- Evaluate UP | IN | OUT (*Use tool on p. 20). Compare with your previous evaluations.
- Share your biggest steps of obedience, growth, and/or fruit from the past 6 months.
- Share what you've seen in each other over your time together.

PRAY AND COMMISSION (20-30 MINUTES)

- Pray for each other by name as you move into the next step of disciple making.
- Pray over and commission the start of your new Micro Groups.
 - Have each leader pray for their new group members by name.
 - Pray for the new groups as a whole. Consider praying the Micro Group vision statement over them.

To obey Jesus' commands in order to grow into disciples who will make more disciples.

*Bonus idea: Consider making this a separate gathering, inviting your group (and even their families) to share a meal and make it more intentional. Encourage them, celebrate their growth, and commission them as disciple makers!

SCRIPTURE ROADMAP

These Scriptures will be discussed in our recommended six-month plan. **Week #** represents the week it will be discussed in your group meeting. You'll read these on your own before meeting.

*There is no Scripture discussion on Weeks 1, 12, and 26 – see special notes for Weeks 11-13.

- WEEK 2*** Ephesians Overview + Chapter 1
- WEEK 3** Ephesians 2
- WEEK 4** Ephesians 3
- WEEK 5** Ephesians 4
- WEEK 6** Ephesians 5
- WEEK 7** Ephesians 6
- WEEK 8** Ruth or Jonah Overview + Chapters 1-2
- WEEK 9** Ruth or Jonah Chapters 3-4
- WEEK 10** Mark Overview + Chapter 1
- WEEK 11** Mark 2 (assign Mark 3 to be discussed in Week 13)
- WEEK 12*** No discussion (assign Mark 4 for discussion with Mark 3 in Week 13)
- WEEK 13** Mark 3 + 4
- WEEK 14** Mark 5
- WEEK 15** Mark 6
- WEEK 16** Mark 7
- WEEK 17** Mark 8
- WEEK 18** Mark 9
- WEEK 19** Mark 10
- WEEK 20** Mark 11
- WEEK 21** Mark 12
- WEEK 22** Mark 13
- WEEK 23** Mark 14
- WEEK 24** Mark 15
- WEEK 25*** Mark 16

UP | IN | OUT GUIDE

Theological Framework

UP | IN | OUT is a framework lived out in the life of Jesus that can help us look more like Him and evaluate our own spiritual growth as His disciples.

There are many places in Scripture where we see this lived out. One is Luke 6:12-19 (*read this together in your group). In just a few verses, we see how all three of these dimensions were at work and prioritized in Jesus' life. You could also call these His three great loves. "UP" - the Father, "IN" - His disciples, "OUT" - the world.

UP

In verse 12, Jesus started with His most important relationship, His Father. This vertical relationship was never neglected and always fought for. He spent all night on a mountain praying and connecting with His Father so He would hear Him and do His will.

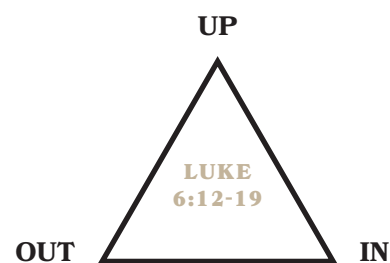
IN

In verses 13-16, Jesus then called His 12 disciples from groups of many. These were men He gave more access to His life, provided more training for, and invested in. These relationships reflect the "IN" dimension of Jesus' life. He prioritized making disciples who would go and do the same. Among the 12, He spent even more time and energy with just three (Peter, James, and John).

OUT

In verses 17-19, Jesus took His disciples and then ministered to the world. He came for a purpose, and a big part of that purpose was to reach people who were lost and hurting. He prioritized His life and schedule so He could regularly be present with them, encouraging them and meeting their needs.

These three dimensions give us a framework from Jesus' life to evaluate our own growth. As we navigate this Micro Group, we'll periodically evaluate using the tool on the next page.



UP | IN | OUT EVALUATION TOOL

*Use this tool in Weeks 2, 15, and 26.

Take some time to evaluate yourself and ask everyone in your group to do the same as you consider the three dimensions.

Ask everyone to rate where they are personally right now in each of the three areas—UP, IN, and OUT—using the questions below as a guide for reflection. (Rate categories as a whole, not individual questions: Low = 1, High = 10) Record the results for your group using the scorecard below. This will give you an individual and collective pulse for where your group is at.

As you move through your Micro Group, it will help to see where you could place extra attention to look more like Jesus. For example, perhaps your group is collectively low in the dimension of “OUT.” You’re now more aware of an area God might be asking you to grow and obey. Press into that! Remember that Jesus balanced all these dimensions so well, and He’s our ultimate example.

During your evaluation, consider the following questions.

UP:

- Do I make space daily for prayer and Scripture?
- Am I holding back areas of my life I need to surrender, or do I have unconfessed sin?
- Do I often have clarity on areas where I need to obey Jesus?
- Do I worship with joy and regularly build rest/sabbath into my schedule?

IN:

- Are my relationships with friends healthy?
- Do I love and pray for the people in my community?
- Am I harboring any bitterness or resentment toward someone else?
- Am I intentionally discipling others and willing to share the areas where i'm learning and growing?
- Am I willing to engage in hard conversations?

OUT:

- Do I take risks?
- Am I generous with my time and money?
- Am I praying for non-believers in my life?, and do I share my faith with them?
- Do I look for ways to help meet the needs of others?

NAME	WEEK 2	WEEK 15	WEEK 26
	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____
	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____
	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____
	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____
	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____	UP _____ IN _____ OUT _____

“UP” EXPERIENCE | PRAYER WHEEL

“UP” is the dimension that focuses on our personal relationship with Jesus, and one way we can connect with Him is through prayer.

The Prayer Wheel is a simple tool for practicing this. In just twelve steps, five minutes each, this cycle guides you through twelve ways the Bible teaches us to pray. At the end, you’ll have prayed for an hour.

Before you begin, grab your Bible, a notebook, and pen, and make sure your environment is set up to minimize distractions. Find a quiet place in/outside your home. Turn off devices or put them away. If needed, communicate with family or roommates about your plan, and ask them to help you experience this time distraction-free.

PRAISE

Start your time by praising God. Praise Him for things that are on your mind right now and for one thing He’s done in your life in the past week. Praise Him for His goodness to your family. For help getting started, Psalms 145 and 146 are great examples of praise.

WAIT

This is a time to be quiet in God’s presence and “be still before the Lord” (Psalm 37:7). Think of nothing but God the Father, His Son Jesus, and the Holy Spirit. You don’t need to express your thoughts in words. Just focus on Jesus and your love for Him.

CONFESS

Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out wrong attitudes or actions that you haven’t confessed yet. Now confess them so that you might be cleansed. See 1 John 1:9.

READ THE WORD

Spend time reading in the Psalms, the prophets, and passages on prayer in the New Testament. Options include Psalm 103, Mark 11:20-25, and Luke 11:5-13.

PETITION

Make requests on behalf of yourself. See Hebrews 4:16.

INTERCESSION

Make requests on behalf of others. See Ephesians 1:16; Romans 10:1; 1 Timothy 2:1-4; Luke 6:28; Matthew 9:37-38.

PRAY THE WORD

Pray specific passages. Scriptural prayers as well as many psalms lend themselves well to this purpose. Here are some examples: Matthew 6:9-15, Colossians 1:9-12, Philippians 1:9-11, Psalm 119:38-46, Psalm 86.

THANK

Give thanks for things in your life, on behalf of your family, and on behalf of your church.

SING

Sing songs of praise and worship. See Psalm 59:16-17.

MEDITATE

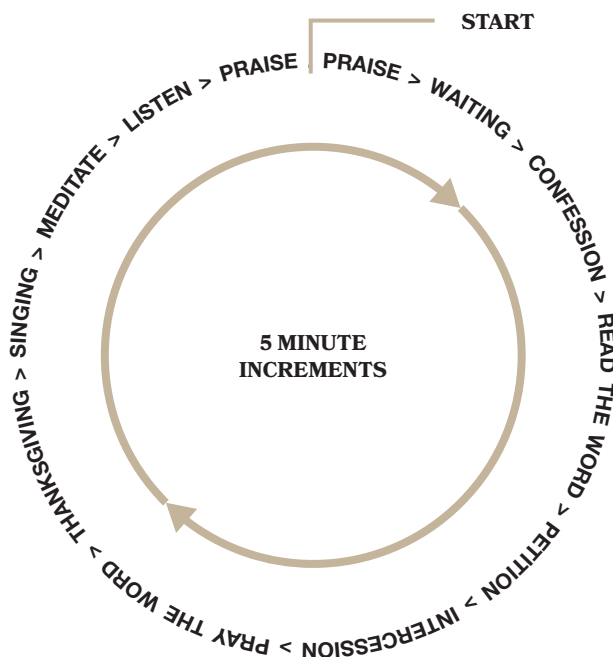
Reflect on a specific Scripture, a theme from Scripture, or on God and His works and character. Good options include Ephesians 3:14-21 or Exodus 34:6-7.

LISTEN

Ask God to speak to you. Have a pen and paper ready to record what He says. You can ask Him specific questions. Deliberately ask Him to reveal His will and strategies or plans to you.

PRAISE

Praise God for the time you've spent with Him. Praise Him for all of His attributes. Revelation 4:8-11 and Psalm 111 provide good examples of praise.



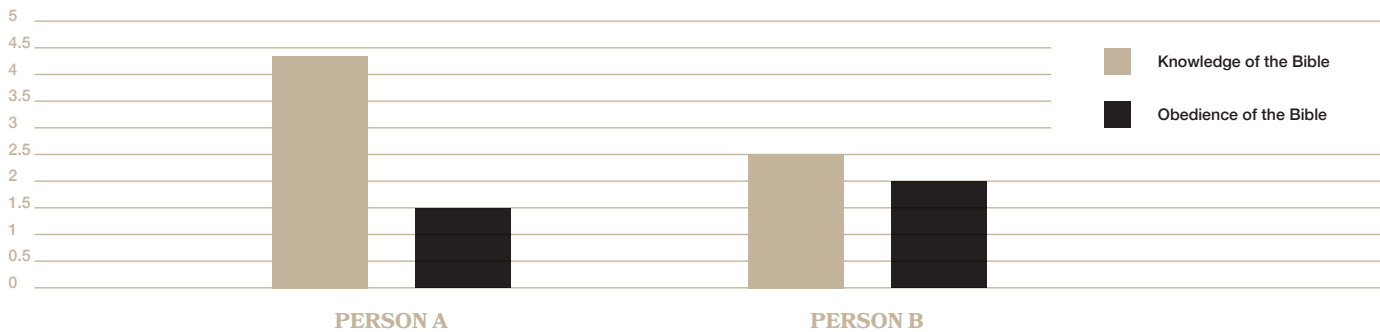
TAKE ACTION | For this week, carve out one hour when you can pray through this cycle. Share with your group when you plan to pray, and report back to each other next week.

“IN” TRAINING: PART 1

“IN” is the dimension that focuses on our disciple-making relationships. Who are we intentionally pouring into to help them grow to be like Jesus and obey Him? This may be your existing relationships, a future Micro Group, or other circles where you’re intentionally investing in others.

One important note is that becoming a mature disciple of Jesus doesn’t necessarily mean we have more knowledge of the Bible. While that’s a worthy goal and something we want to build our lives around, it’s not the end goal. A better measure of our discipleship is our obedience to what we know. Consider the following image...

MATURE DISCIPLE TRAINING



Person A has been in the church for a long time. He knows the books of the Bible and has been to many conferences and heard lots of good teaching. Some of it he has put into practice. Person B only has about six months in the church. She has to look in the index to find books and verses that are being studied. She doesn’t really understand the Bible all that well, but she’s doing her best to obey everything she understands Jesus is telling her.

Discuss the following prompts as a group. Leaders, you’ll find an answer guide on p. 31.

Discuss as a group: Who is a more mature disciple? Why?

READ JOHN 14:21-24.

Discuss as a group: What importance does Jesus attribute to obeying His commands?

Discuss as a group: What are the results/benefits/blessings of obedience?

READ MATTHEW 28:18-20

Discuss as a group: What do we learn from these verses about discipleship?

The way Jesus made disciples was by intentionally spending time with them, teaching them, and giving them opportunity to practice. Micro Groups are meant to help accomplish this. At this point in the process, your next step is as follows...

TAKE ACTION | Begin the first step in forming your first (or next) Micro Group.

- Pray specifically this week for God to bring to mind 5-10 others (of the same sex) that you might consider inviting into your future Micro Group.
- As you consider your list, look for those who are faithful, available, and teachable. Are they hungry to grow? Do they work well with you? As we say around here, are they humble and hungry? Think outside the scope of your close friends or people you know best. You never know who might accept the invitation, even if you don't know them well. One final note: don't say "no" or "yes" for people at this point. Simply pray through names and compile a list.
- Come back to group next week prepared to share your initial list.

“IN” TRAINING: PART 2

At this point in the process, you’re ready to move to the next phase of starting your own Micro Group. By now you’ve established a list of 5-10 names. Take another look at your list and pray over it. Ask God to give you clarity on who to invite first.

STEPS FOR INVITING

1. Pray and prioritize your list. (Remember, don’t say “no” for anyone. Let them make that call.)
2. Look at your schedule to find time blocks you can prioritize and protect to meet regularly. It may be the time you’re currently meeting with your group, or you may wish to offer more ideal blocks that might work for those you invite.
3. Reach out to the first 3-4 people and offer them an invitation. To do this, you’ll want to have an ICNU conversation and cast vision.
 - ICNU: This is simply calling out what you see in them. For example, you might say, “Sarah, I’ve been part of a unique group here at church that’s very intentional and is really helping me grow spiritually. I’m growing as a disciple of Jesus and being prepared to lead my own Micro Group in a month or two. I’d love to invite you to join. From what I’ve seen in you, there’s a real hunger to grow, and you possess a teachable spirit. I really believe that you’ll grow more than ever from an experience like this! I’d love to have you join!”
 - You’ll also want to include logistical information, like when your group might meet (consider giving them a few options), that it meets weekly, the importance of making it a priority, and that it’s a one-year endeavor (6 months with you and then they’ll be trained to eventually lead their own).
 - Tip: Consider sending them an email with the above language and details. Also include the Micro Group guide and make note of the member agreement. Ask them to review and let them know you’ll call them in a few days to discuss further (or set up a time to meet face to face).

TAKE ACTION | Offer invites to your first invitees this week.

If they say “no” or the schedule doesn’t work, continue to move down your list until your group is formed. Set a start date near the end of your current group or shortly thereafter. Take a few minutes now in your group to practice inviting others.

“OUT” TRAINING: PART 1

“OUT” is the dimension that focuses on ministering to others, helping those in need, and sharing the hope we have in Jesus. This training focuses on writing and sharing your personal testimony.

WRITING YOUR TESTIMONY

Sharing your personal testimony of meeting Jesus, receiving the gift of salvation, and being reconciled to God is a spiritual discipline most Christians can always grow in. As part of a Micro Group, we want you to be equipped for each opportunity to share your testimony. We want you to regularly pray for eyes to see these opportunities and to be obedient in actually sharing your story with those you interact with.

TAKE ACTION

Before next week’s meeting, take time to write a draft of your own testimony that you could share with someone in 1 minute. **This is not your whole life journey**, rather the primary elements that would relate to others and draw them in to want to hear more of your story. Arrive prepared to share what you’ve written with the group and receive feedback. Below is a guide on how to get started.

LIFE BEFORE MEETING JESUS

THE GOSPEL | God created the world and everything in it and made people to be in a perfect relationship with Him. When Adam and Eve were deceived and disobeyed God in the garden, the perfect relationship between God and His people was broken. The result was sin and separation from God.

YOUR TURN | Begin by talking about what your life was like before God got your attention and made your faith personal. (See Paul’s example in Acts 22:3-5.) Write this in in 1-2 sentences. Here’s an example: “There was a time in my life when I didn’t really care much about my body. I used to drink socially and it ended up becoming a big issue for me that ultimately broke a few important relationships in my life.”

Guiding Questions

- What were you invested in that continued to leave you feeling empty?
- What were your emotions in your day-to-day life?
- What did you feel was lacking in your life?
- Where were you spiritually?

MEETING JESUS

THE GOSPEL | God loved us so much that He sent His only Son, Jesus, to die for our sins so that our relationship with Him could be restored.



Jesus came to earth, lived a sinless life, and died on a cross as punishment for our sins. This grace and forgiveness is offered to everyone as a free gift, and we can't do anything to earn it. When you repent of your sin, put your faith in Jesus, believing that He has done everything sufficient for your salvation, you receive new life in Christ.

YOUR TURN | Describe the moment when God got a hold of you and your relationship with Jesus became real and personal. (See Paul's example in Acts 22:6-13.) Write this in 1-2 sentences. Here's an example: " To be honest, I finally realized I was broken and couldn't do it on my own. I went back to church out of desperation and Jesus changed my life!"

Guiding Questions

- When/how did you finally understand you were separated from God?
- What made you realize you needed God in your life?
- How did you actually invite Jesus into your life?
- Was anyone else prominently involved in you becoming a Christian?

LIFE AFTER MEETING JESUS

THE GOSPEL | After receiving salvation, Jesus calls us to obedience. You've been made new and live with the Holy Spirit's power guiding you toward growth in Christlikeness. One way the Bible teaches us to obey is by being baptized after making the decision to follow Jesus.

YOUR TURN | Share how your life is different since you started your relationship with Jesus. (See Paul's example in Acts 22:14-16.) Write this in 1-2 sentences. Here's an example: "I experienced freedom and forgiveness..." Finish with this question that can help keep the conversation going: "I wonder, do you have a story like that?"

Guiding Questions

- How has Jesus changed your character, the way you view the world, and how you relate to other people?
- How has His forgiveness impacted you?
- How have your thoughts, attitudes, and emotions changed?
- What has changed in your relationships with others?

Example Testimony: (Perhaps you're at the gym and someone asks you how long you have been working out there.) "About 2 years ago, but there was a time in my life when I didn't really care much about my body. I used to drink socially and it ended up becoming a big issue for me that ultimately broke a few important relationships in my life. To be honest, I finally realized I was broken and couldn't do it on my own. I went back to church out of desperation and Jesus changed my life! He took away my shame and guilt and I experienced freedom and forgiveness for the first time. I stopped living for a high and to simply cope and started to live with real purpose. I wonder, do you have a story like that?"

“OUT” TRAINING: PART 2

HOW TO SHARE YOUR TESTIMONY

TESTIMONY PROMPTS | As you're speaking with someone, certain questions and topics can lead you toward an opportunity to share your testimony. These show someone you care about them as a person, and they also open the door for a spiritual conversation.

- When someone asks how you're doing or what's new, you can take the opportunity to be vulnerable about your life in a way that highlights your faith.
- When someone expresses hopefulness (or something great in their life).
- When someone expresses hopelessness (or a struggle in their life).
- Asking, "How are you really doing in life, physically and spiritually."
- Asking, "What are you looking forward to most in the next season of your life?"

Discuss with your group:

Help each group member begin to think through the likely contexts in which they might share their 1 minute testimony. Trust the Holy Spirit to speak through you as you ask and look for these opportunities. Take a little time to share some examples with one another now.

PRACTICE SHARING YOUR TESTIMONY

Last week you worked on writing out your 1 minute testimony. Now have each member choose a likely scenario and have a mock conversation where you can insert your 1 minute testimony. Take turns and give some helpful feedback to each other

TAKE ACTION

Before next week's meeting, take a bold step towards sharing your testimony. Tell your group what you intend to do and be ready next week to share how it went. Here are a few suggested action steps:

- Pray specifically for opportunity to share your testimony at/with one of your places/faces.
- Pray for courage to reach out to someone on your mind and heart that you want to reach out to.
- Read Colossians 4:2-6 over your group now and pray for boldness to share hope with others THIS week!

WHAT'S NEXT?

At this point, your Micro Group should be ready to multiply! Our hope and prayer is that you've each taken significant steps in your spiritual growth, learning to obey God's voice and putting it into practice. As you've done this, you should be seeing the fruit of discipleship, which is reflected in living a life that's above reproach, imitating Jesus by loving the Father, discipling others, and reaching out to the world around you. For some, you might have taken that important step of baptism, shared your faith for the first time, or built a life of devotion that you didn't have before. Celebrate your growth!

You should be more equipped to lead and disciple others in the things you've learned. While we never truly feel ready (we know the disciples sure didn't!), always be willing to step into areas of challenge and risk that will bring about more growth.

That being said, there are times when some of you might not be ready to branch out on your own just yet. If so, consider jumping back in with your leader for another session or pair up with another member to start a group together. One note of caution is to be careful not to defer starting a group until some unspecified time in the future. For most of us, we tend to talk ourselves out of following through on our best intentions.

As you move into your next round of Micro Group, you may wish to repeat the same Scripture roadmap (see p. 18). If you want to explore other books in our Epistle–Old Testament–Gospel set, consider the additional roadmaps on the following page.

No matter what, keep celebrating, keep growing, and keep multiplying!

WHAT'S NEXT: ADDITIONAL SCRIPTURE ROADMAPS

WEEK	ALTERNATE 1	ALTERNATE 2
Week 1	No review	No review
Week 2	Galatians 1	Colossians 1
Week 3	Galatians 2	Colossians 2
Week 4	Galatians 3	Colossians 3
Week 5	Galatians 4	Colossians 4
Week 6	Galatians 5	Psalms 40
Week 7	Galatians 6	Proverbs 3
Week 8	Ruth/Jonah 1-2	Luke 1
Week 9	Ruth/Jonah 3-4	Luke 2-3
Week 10	John 1	Luke 4-5
Week 11	John 2-3	Luke 6-7
Week 12	John 4	Luke 8
Week 13	John 5	Luke 9
Week 14	John 6	Luke 10
Week 15	John 7	Luke 11
Week 16	John 8	Luke 12-13
Week 17	John 9-10	Luke 14-15
Week 18	John 11	Luke 16-17
Week 19	John 12	Luke 18
Week 20	John 13-14	Luke 19
Week 21	John 15-16	Luke 20
Week 22	John 17-18	Luke 21
Week 23	John 19	Luke 22
Week 24	John 20	Luke 23
Week 25	John 21	Luke 24
Week 26	No review	No review



“IN” TRAINING ANSWER GUIDE

Who is a more mature disciple? Why?

Person B is more mature due to her obedience, even without as much knowledge.

READ JOHN 14:21-24.

What importance does Jesus attribute to obeying His commands?

- He says it's how we show that we love Him. And loving God is the greatest commandment of all. Matthew 22:37-38: *Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment.*
- Verse 24: If we don't obey Jesus, it shows we really don't love Him.
- Verse 24: Jesus wants us to understand that this teaching comes from the Father and thus is very important.

What are the results/benefits/blessings of obedience?

- Verse 21: The person who obeys is loved by God and by Jesus.
- Verse 21: God and Jesus show themselves to the person who obeys Him.
- Verse 23: God and Jesus make their home with that person.

READ MATTHEW 28:18-20

What do we learn from these verses about discipleship?

- God has given Jesus all authority everywhere.
- God wants all people from all nations to become disciples.
- God wants us to do the discipleship.
- God wants everyone to be taught to obey Jesus.
- There are disciples to be made everywhere.
- We make disciples by going, teaching them to obey Jesus, and baptizing.
- Jesus is always with us when we're doing this.

RESOURCE LIST

BIBLES

- We highly recommend a good study Bible. Study Bibles come in all shapes and sizes, so choose one based on your favorite translation (We recommend NLT, NIV, or ESV), the type of cover you like, price, etc. You can buy one at places like christianbook.com, lifeway.com, and amazon.com.

WEBSITES

- www.esv.org (also an app available). Click on “Read Now,” and the “Global Study Bible” on the right will take you to the online ESV study Bible, including book overviews and verse-by-verse notes.
- www.enduringword.com (also an app available). A more application-friendly commentary on each book of the Bible.
- www.bibleproject.com for fun and creative book-of-the-Bible overview videos and so much more.
- www.blueletterbible.org. Watch a helpful tutorial on how to use this website [here](#).
- www.biblegateway.com. This is a great place to print out Scripture if you want to try marking up chapters without doing so in your personal Bible.

COMMENTARIES

- www.bestcommentaries.com is a great website for suggesting and rating commentaries on individual books of the Bible and themes.
- The IVP Bible Background Commentary by Craig S. Keener

APPS

- The Dwell Bible app allows you to listen to Scripture in creative ways.
- YouVersion Bible app allows you to read and listen to the Bible on your phone.

JOURNALS

- ESV Scripture Journals. These journals pair the text of individual books of the New Testament with lightly lined blank pages opposite each page of biblical text, allowing readers to take extended notes or record insights and prayers directly beside corresponding passages of Scripture (description taken from christianbook.com).
- NLT Filament Bible Journal. This journal collection includes thin, portable single books of the New Testament, ideal for personal or group study, with journaling space and the Bible study resources of the Filament Bible app (description taken from amazon.com).

TP

