

TOP

1

1-2-1 HITS

TOP 10 1-2-1 HITS

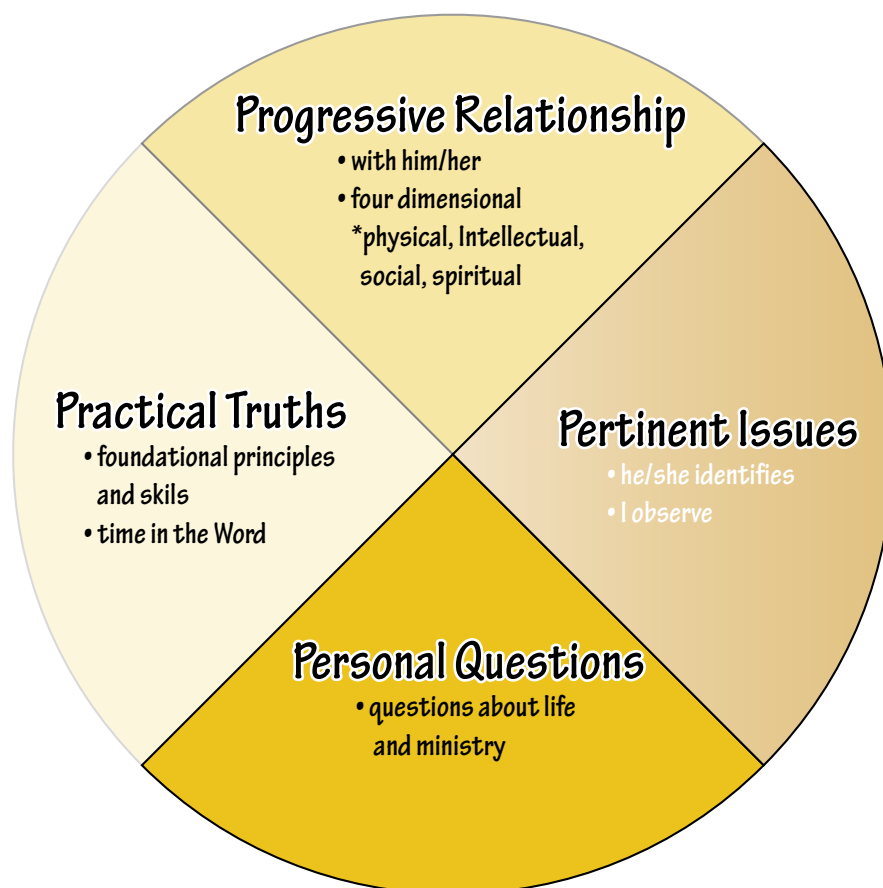


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BONUS	appendix	MENTORING OTHERS

TOP 10 #1- CONTENT

The 1-2-1 Pie

- These elements must be present in small groups and one to one relationships.



Clarify

(Expectations & Maturity)

- Discipleship
- Fellowship
- Support
- Recovery

Triple A Attitude

- Authentic
- Approachable
- Accepting

Seven P Process

- Pray
- Personal
- Planned
- Progressive
- Patience
- Potential
- Promises.

TOP 10 #1- CONTENT

Charting the Course

Person _____ Date _____ Place _____

Prayer: These areas and issues where I'm praying for the growing disciple. These may be issues that the disciple asks prayer for or issues I observe and have concerns about.

Plan: This is what I intend to cover as we meet. This agenda is set in agreement with the disciple as an upfront contract. **(Have them answer questions like: How long will we meet? What do you want to cover? Where are you in your walk with God? Where do you think God wants you to grow? What's really on your heart to learn?)** This allows us to agree on expectations. When using the Balanced Spiritual Diet plan, this allows me to focus our meeting on the part of the diet that's essential right now.

Progress: These are notes I make for myself after our meeting to keep me focused on what's taking place. It might be answers to prayer, victories won, or temporary setbacks.

Possible Future Ideas: This is a place to record ideas for discussion or study. If the new idea stands the test of time and prayer, I then can address it in a future time with the growing disciple.

Prayer Items: The meeting time may generate new issues for prayer with directly or indirectly.

TOP 10 #1- CONTENT

Charting the Course

Person _____ Date _____ Place _____

Prayer:

Plan:

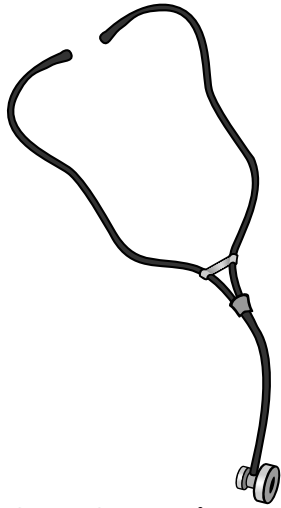
Progress:

Possible Future Ideas:

Prayer Items:

TOP 10 #2- DIAGNOSIS

A "Spiritual" Check-Up



Nobody likes going to the doctor. To begin with, sometimes they ask you to do things that make you feel a little uncomfortable, e.g. "take off your clothes," "fill us this bottle," "bend over and cough." Not much fun.

On the other hand, it's not much fun to be sick either. And, and occasional check-up or physical done by a good doctor can help us keep our bodies in shape. Knowing that doesn't make the visit any more fun, but it does remind you why it's necessary.

You're getting ready to take a test that will provide a check-up of your spiritual life. We promise you can keep your clothes on, you won't have to bend over, and you won't have to fill any funny bottles. But, it still may be a little uncomfortable. You may feel the pressure of some probing questions, or you may feel the pain of some areas that you don't like thinking about.

Your honesty is important in this examination. Nobody is going to see your answers but you and the person giving you this test.

Some Suggestions:

1. Set aside at least 45 minutes of quiet time to think through and write down your answers.
2. Keep your answers between you and God, to be shared only with the one person giving you this test.
3. Let's get together in about a week to go over the results of your examination.
4. Jesus is the Great Physician. Try to keep an open mind about how He might want to use this check-up in your own life.

- I. **Pulse:** Are you a Christian? _____ Describe your relationship with Jesus Christ.

On a scale of 1 to 10 (1 = potential axe murderer, 10 = the next Mother Theresa), how would you describe your relationship with Christ? _____ Why? _____

II. **Red Blood Cells:** (carry the oxygen that prevents anemia/sluggishness)

A. Devotional Life

1. Do you spend any time during the week reading the Bible or praying on your own? Describe these times and about how often you do this.

2. How would you like to see these times get better? And what do you think is keeping these devotions/ quiet times from being all they could be?

B. Relationships that keep the arteries open.

1. In what ways do you feel that you and God have a friendship together?

2. What does God think of you?

3. Do you have a church fellowship where you try to regularly take part in Sunday worship? Describe.

III. **White Blood Cells:** (disease fighters for inner cleansing and renewing)

- A. How does your faith in Christ affect your ability to be accepting, loving and forgiving?

- B. How do you deal with feelings of guilt or shame?

TOP 10 #2- DIAGNOSIS

A "Spiritual" Check-Up

IV. **Brain Scan:** (check out your mind)

A. What are the three of the biggest doubts/questions that you seem to struggle with?

B. What can you/are you doing to deal with these doubts or questions?

C. How would you describe your understanding of the Bible? Pick one of the following phrases that best sums up your ability to find helpful answers in the Bible? (a) Bible? What's a Bible? (b) I can't ever find anything I need when I need it. (c) I'm okay with the New Testament but the Old Testament is like an old "B" movie with subtitles (d) I think I'm beginning to get more out of the Bible when other people speak or teach from it. (e) I'm a regular Bible whiz kid: next step is the memorization of Leviticus. Explain your answer below.

D. How well do you feel you understand the basics of the gospel? Try to write a simple answer to the following questions:

1. What is sin?

2. What are the effects of sin?

3. Who is Jesus?

4. How does he deal with our sin?

5. Why does God offer us the gift of life with Him?

6. How do you receive that gift?

7. Who is the Holy Spirit and how does he fit in all of this?

8. If you were a contestant on a gameshow called "FaithFactor" and you were asked by the host to explain the following terms, which could you **not** explain? Circle them.

sanctification justification grace faith confession repentance fruit of the Spirit

E. How would you describe your ability to fight off temptation? Choose the phrase below that best describes your approach. (1) Hot dog. This looks like fun! (2) Honk if you love Jesus (3) Get the heck out of Dodge (4) Pray (5) get with some people stronger than me (6) Other _____

Where do your biggest temptations come from? _____

F. How would you describe your self-image? _____

V. **Say "Ahhhhhh!"** (a look at the tongue)

A. Would people who know you say that spend more time encouraging people or competing with other people, or just ignoring other people?

TOP 10 #2- DIAGNOSIS

A "Spiritual" Check-Up

V. **Say "Ahhhhh!"** (continued)

- B. What are some of the ways you build people up by what you say?

- C. What are the situations in which you are most tempted to sin by telling a lie?

- D. What types of situations trigger in you the temptation to cut someone down either in jest or in anger?

- E. Would your friends consider you a person who enjoys giving or receiving gossip?

VI. **Probing the Heart**

- A. Describe ways that you are trying to become more like Christ in terms of pure thoughts/motives.

- B. What priorities in your life bring you closer to God?

- C. What priorities in your life might move you away from God?

- D. How are your relationships with friends affected by your commitment to Christ?

- E. How are your relationships with your family affected by your commitment to Christ?

- F. How are relationships with the opposite sex affected by your commitment to Christ?

VII. **Reflex Check**

- A. How are you responding to some of the people around you that rub you the wrong way?

- B. How do you respond to the needs around you in your own family?

- C. How do you respond to the needs of your friends?

- D. How do you tend to respond to failure?

- E. How do you tend to respond to success?

- F. How do you tend to respond to pressure (at home, school, work)?

VIII. **Eyes**

- A. What kind of vision do you have for how God might use you in the future?

- B. What are some of your blindspots in your life that seem to keep getting you into trouble?

- C. What guidelines do you use in trying to think about what kinds of movies and TV shows are healthy for you to watch?

- D. Do you have any trouble with pornography? If so, where are you getting it? Internet? Magazines?

TOP 10 #2- DIAGNOSIS

A "Spiritual" Check-Up

IX. **Hands**

- A. In what ways are you involved in meeting the needs of others?

- B. What kinds of pressures keep you from working against injustices and other wrongs that you see around you?

- C. How willing are you to turn your financial decisions and choices over to God? How well is your Christian commitment expressed in your giving to the church or to those in need?

X. **Hearing**

- A. At what times do you feel like you can really hear God speaking to you?

- B. What kinds of things keep you from better hearing God's will in your life?

- C. What other voices, sounds, in your life might be drowning out what God wants you to hear?

- D. Does the music you listen to enable you to walk deeper with Christ or does it cause you to stumble?

XI. **Feet**

- A. If the Christian life is more of a marathon than a sprint, how would you describe your ability to go for the long haul?

- B. What kinds of "weights" (see Hebrews 12:1,2) keep you from running full speed for God? What is holding you back or tempting you to go off course?

- C. Compared to where you were in your spiritual life one year ago, how would you describe your progress over the last year?

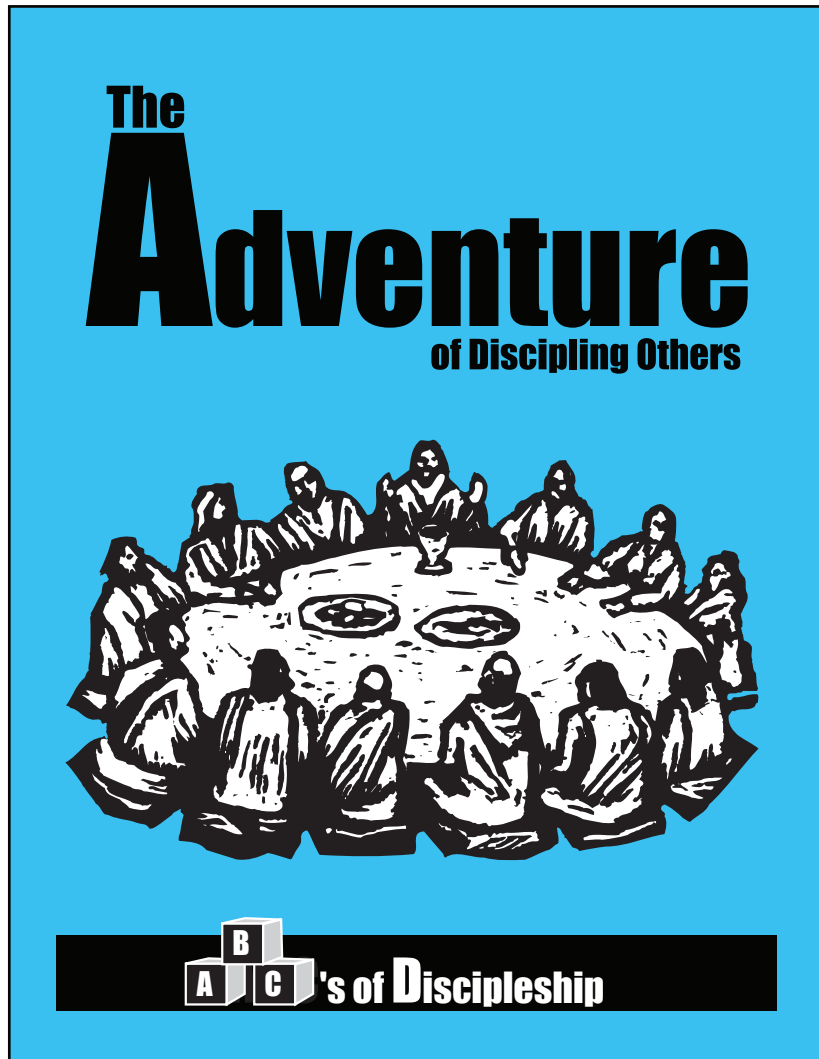
Adapted from: "A Spiritual Life Checkup," Leadership, Fall 1983

TOP 10 #2- DIAGNOSIS

An Inside Look

Complete the following statements:

1. When I get disappointed it usually is because....
2. The sin that always seems to trip me up is...
3. The biggest problem I seem to have at work is....
4. The thing that makes me the most angry is...
5. If I could change one thing about myself it would be...
6. The thing that perplexes me most about the Christian life is...
7. When I argue with others most of the time it is about...
8. When I feel inadequate it usually is because...
9. If I were to rate my spiritual life on a scale of 1 to 10, (1= bad, 10=great) right now it would be _____ because...
10. The thing I have the most trouble between God and I is...



packet will be handed out

TOP 10 #4- SELECTION

HEAT vs. HEART

- We can't give people a heart for God but we can pray for it.
- We can't see it but we can cultivate it.
- Ps 119:32 "I shall run the way of Thy commandments, For Thou wilt enlarge my heart." NASB

Hunger & Thirst for God

• Psalm 42:1,2; Psalm 63:1,2; John 4:34

Eminence of Christ in their life

• Psalm 73:25,26; Psalm 27:4; Philippians 3:7,8

Availability to grow and be used of God

• Isaiah 6:8; Ezekiel 22:30; Jeremiah 5:1; Mark 1:16-20

Relationally impacting others

Matthew 5:13-16; Colossians 4:5,6; I Thess 2:8; I John 4:21

Teachability to God and others

Luke 6:40; Philippians 4:9; II Timothy 3:14

- What are some passages and promises you could pray to ask God for wholehearted people?

TOP 10 #5- IDENTITY

Living in Christ

READ Ephesians 1-3

ANSWER

- Look at Ephesians 1-3 and highlight all the verses that use the phrase 'in Christ' or 'in Him'. What does it mean to be 'in Christ'?
- What are the blessings that come from being 'in Christ'?
- What were the consequences of not being 'in Christ'?
- What is the difference now that we are 'in Christ'?

APPLY

- Why do so few Christians live in light of who they are 'in Christ'?
- How can we live by the truth that we are 'in Christ'?
- Scripture says that Christ is in us (e.g. Colossians 1:27) and that we are 'in Christ'. How do these two truths come together? What is the difference between them?

TOP 10 #5- IDENTITY

Living as Christ does

READ Ephesians 4:1-6:9

- ANSWER**
- Look at Ephesians 4:1-6:9 and highlight all the verses that use the phrase 'as Christ' or 'as in Christ' or 'as to the Lord'. What does it mean to live as Christ would? Why are we called to do this?
 - Contrast how we used to live before Christ and how we are to live now that we are 'in Christ'.
 - How does living 'in Christ' affect our relationships?

- APPLY**
- What is the quality of relationships that you offer to others? (think about your family, friends, classmates, professors, roommates etc.) How can you improve in your relationships?
 - How would it change your life if you sought to do all things 'as Christ would' or 'as unto Christ'?
 - What do you need to discontinue in your life to become more like Him? What corresponding godly action do you need to take to replace it with? (e.g. Ephesians 4:25 "put off falsehood" and "speak truthfully")

TOP 10 #5- IDENTITY

Putting on Jesus Christ

READ Ephesians 6:10-24

- ANSWER**
- Look at Ephesians 6:10-24; Romans 13:14 and Ephesians 4:22-24. From these verses what does it mean to 'put on Jesus Christ'?
 - What does Ephesians 6:10-24 say about spiritual battle? What is the role of prayer in spiritual battle?
 - Look at Ephesians 1:15-23 and Ephesians 3:14-21. What did Paul pray for the Ephesians? How does the fact that Paul sees himself as 'in Christ' affect his prayer life?

- APPLY**
- What do you pray for others? Is Paul's prayer life different than yours? How can yours be more like his?
 - In spiritual battle we are not commanded to take territory but to stand firm in the territory we already possess 'in Christ'. Each piece of armor defends us as we stand 'in Him'. What then should be your focus as you engage in spiritual battle? How can you stand firm in practical ways?

Topic :

Track the Topic

- Look up every parallel or related passage. Use a concordance (Strong's) , topical (Nave's) or chain reference Bible.
- Look up all related words to your topic.
- Look for a major topical passage that covers this topic.
- What are the 10-15 best passages on this topic?

Organize the Topic

- Arrange your best verses/passages into categories.
- Outline the topic into major divisions and important subdivisions listing key references.

Problems with the Topic

- What is hard to understand or requires further study?
- List the verses that puzzle you and the question(s) that arise from the verses.

Illustrate the Topic

- Who is an example of this topic in the Word?
- Are there any metaphors/analogies used in Scripture to illustrate this topic?
- How would you illustrate what you've learned about this topic?

Changed by the Topic

STUDY IT THROUGH

- What difference does your study of this topic make in your life?

PRAY IT IN

- Pray through what you've learned about the topic, asking God to build this topic into your life.

LIVE IT OUT

- What is your life like in regard to this topic? What area(s) need change according to the truth you have learned?
- Write out a specific plan of action to change in these area(s).

PASS IT ON

- What can you share with others that you have learned from your study of this topic?



MEN OF CHARACTER

MAN STUDIED:

KEY PASSAGES:

KEY CHARACTER TRAIT
IN HIS LIFE

M EANING OF HIS NAME

- What is the significance of this man's name? (Use a Bible dictionary or encyclopedia to find out the meaning of his name.) In what ways does he live up to the meaning of his name?

E XPERIENCE

- What was this man's life experience? Who were his father, mother, tribe, nation? What times did he live in? What are the significant periods of his life? What about his occupation, contemporaries or associates?

TOP 10 #7- HEROES of the Faith

SPIRITUAL LIFE

- What do you observe about this man's prayer life, obedience, suffering, personal lessons from God, attitudes, responses and reactions? What growth or maturity do you see in his life?

SHORTCOMINGS

- Do you observe any weaknesses in this man's life? What reasons would you give for the presence of these weaknesses?

TOP 10 #7- HEROES of the Faith

ACCOMPLISHMENTS

- What strengths do you see in this man's life and character? Are there any key or unique phrases used in describing him?

GLORY TO GOD

- How is God honored through this man's life? Are there any particular attributes of God that are especially revealed through his life? What is his concept of God and how does he relate to Him?

TOP 10 #7- HEROES of the Faith

ESSENTIAL TRUTH

- What is the main character trait you see exhibited in this man's life ? (List references below)
What can you learn about this characteristic from his life?

LIFE APPLICATION

L LEADING LESSON

- What do you think is the leading lesson of this man's life?

I IMPACT ON YOUR LIFE

- How does the leading lesson impact your life? What specific changes do you need to make to become a person of like character?

F FUTURE PLANS

- What specific action do you plan to take to grow in this character trait?

E EXPRESS OBEDIENCE

- Write out a prayer below expressing to God your desire to be obedient in this area of your life.

TOP 10 #8- HEART

for the Lost

MY PERCEPTION OF THE LOST

Considering the non-Christians you live around, rub shoulders with, eat meals with, and see in class; list what observations you can make. These may include things such as what is important to them, what they enjoy talking about, what they spend their time on, attitudes about life and other people, directions they are heading.

MY RESPONSE IN LIGHT OF MY PERCEPTIONS

- A. Record how you feel about non-Christians; i.e. aloof, envy, comparison, interested in, etc. Include why you think that feeling exists
- B. Feelings develop into attitudes. Identify and list your attitudes toward those who don't know Christ.
- C. The result of the above two is response and action. Describe how you find yourself acting toward non-Christians and around them.

GOD'S VIEW OF THE LOST

- A. Read each passage and record 1-2 words describing man's condition without Christ. Then re-read each passage and put God's response or desire for those who don't know Him.

Isaiah 61:1-3

Matthew 9:36

Romans 5:6-11

II Thessalonians 1:6-10

Romans 3:10-19

Matthew 23:27, 37

2 Corinthians 4:3-4

Romans 1:18-32

Ephesians 2:1-3, 11-12

II Timothy 2:26

Isaiah 59:1-4, 7, 8

Luke 19:10

- B. Write a summary paragraph of God's feelings, actions and attitudes toward the lost.

MY RESPONSE IN LIGHT OF GOD'S PERSPECTIVE

- A. What effect does God's view of the lost have on your view of them? How should your feelings, attitudes, and actions change? What will you do to respond like God would want?
- B. In closing read Luke 15, what emotions does the army of heaven express when lost people come home to God?

TOP 10 #9- ATTRIBUTES of God

1 Able to: I Timothy 1:12; Jude 24; Romans 4:21; II Corinthians 9:8; Philippians 3:21; Ephesians 3:20 **2 one who Bears:** Isa 46:4; Exodus 19:4; Deuteronomy 33:27; Psalm 55:22
3 Beauty Psalm 45:2; Isaiah 33:17; Psalm 27:4; Ezekiel 16:14 **4 one who Cares for me** I Peter 5:7; Isaiah 27:3; Psalm 23; Deuteronomy 11:10-15 **5 Champion** Psalm 4:1; Psalm 63:1; II Chronicles 20:12,15; Psalm 45:3-5; Isaiah 49:25 **6 Comforter** John 14:16-18; Isaiah 51:3; Matthew 5:4; II Corinthians 1:3-5 **7 Companion** Isaiah 41:10,13; Micah 6:8; Luke 24:32 **8 Compassion** Lamentations 3:22,23; Jeremiah 31:20; Isaiah 49:13; Psalm 145:9
9 Displeasure/anger Deuteronomy 11:16,17; Malachi 1:6-14; Isaiah 1:10-20; Isaiah 59:2-15; Isaiah 54:7-9 **10 Enabler** Philippians 2:13; I Peter 4:11; Colossians 1:29; I Corinthians 15:10 **11 Eternal** Psalm 90:1,2; Daniel 4:34; Hebrews 1:10-12; Revelation 1:8,17-18
12 Exalted Ephesians 1:19-23; Philippians 2:9-11; Colossians 1:15-19; Hebrews 1:3,4; **13 Faithfulness** II Thessalonians 3:3; I Thessalonians 5:23,24; Philippians 1:6; Hebrews 10:23; Hebrews 11:11; Isaiah 49:14-16 **14 Forgiveness** Ephesians 1:7; I John 1:9; Psalm 130:5,6; Psalm 103:3,8-12 **15 Friend** John 15:14,15; Numbers 12:7; James 2:23 **16 Gentleness** Isaiah 40:11; Psalm 18:35; Matthew 11:29 **17 Giver** John 3:27; James 1:17; Psalm 145:16; Romans 8:32 **18 Good plan for my life** Jeremiah 29:11; Romans 12:2; Psalm 31:19; Psalm 34:8-14; Psalm 84:11 **19 Grace** Ephesians 1:6; John 1:14, 16; II Corinthians 8:9; II Corinthians 9:8; II Corinthians 12:9; I Corinthians 15:10 **20 Greatness** Jeremiah 10:6,7; Malachi 1:11; Psalm 8:3,4; Psalm 145:3; I Chronicles 29:11,12 **21 Guide** Psalm 73:23,24; Psalm 48:14; Isaiah 30:21; Isaiah 42:16; Isaiah 48:17 **22 Home** Psalm 90:1; Psalm 91:1,9,10; Psalm 71:3; Isaiah 32:1,2 **23 High Priest** Romans 8:34; Hebrews 2:17,18; Hebrews 4:14-16; Hebrews 7:25 **24 Holy** John 2:1; John 17 **25 Holy Spirit** John 16:13; Romans 8:2-17; Galatians 5:16-25; Ephesians 4:30; Ephesians 5:18-20 **26 Husband** I Corinthians 6:19-20; Isaiah 54: 5; Hosea 2:16, 19-20; Romans 7:4 **27 Indwelling** I Corinthians 6:19,20; Galatians 2:20; Ephesians 3:16-21 **28 Indwelling** I Corinthians 6:19,20; Galatians 2:20; Ephesians 3:16-21; I John 4:4
28 Just II Corinthians 19:7; Isaiah 11:3,4; Deuteronomy 32:4; Ezekiel 18:25,29; Genesis 18:25; II Peter 2:4-10 **29 Keeper** Isaiah 27:3; Jude 24; I Peter 1:5; Psalm 121 **30 King** Daniel 4:37; Psalm 47:6-8; I Timothy 6:15; Revelation 17:14; Psalm 45:1-11
31 Knowledge Psalm 139:1-6; Job 23:10; Matthew 6:32; Luke 12:7; Isaiah 46:9,10
32 Life John 11:25; John 14:6; John 17:3; Colossians 3:4; John 5:12,20; John 10:10
33 Light John 1:4-9; John 8:12; I John 1:5; Psalm 18:28-30; Luke 1:78,79; Isaiah 9:2
34 Lord Romans 14:7-9; John 13:13; Luke 1:38; Luke 6:46; I Peter 3:15 **35 Love** Jeremiah 31:3; John 17:23-26; Romans 5:5,8; Romans 8:35-39; I John 3:1,2,16; I John 4:7-21 **36 Maker** Isaiah 41:15,16; Isaiah 43:7; Isaiah 49:2,3; Isaiah 54:5,11,12; Jeremiah 18:1-6 **37 Mercy** Lamentations 3:22,23; Psalm 25:6,7; Psalm 145:8-9; Hebrews 8:12
38 Nourishment John 6:51, 57-58; Isaiah 55:1,2; Psalm 36:8 **39 Owner of all** I Chronicles 29:11,12,14; Psalm 50:10; Psalm 89:11; Romans 11:35,36 **40 My owner** Deuteronomy 7:6; Psalm 100:3; Romans 14:8; I Corinthians 6:19 **41 Promise-keeper** Numbers 23:19; I Kings 8:56; Hebrews 6:12-20; Hebrews 10:23,36-37; II Corinthians 1:20; Romans 4:20,21
42 Protector Psalm 34:7; Psalm 18:2,3; Psalm 125:2; Isaiah 43:2 **43 Provider** Matthew 6:25-34; Philippians 4:19; Matthew 7:7,11; Hosea 2:8 **44 Powerful** Jeremiah 32:17; Psalm 66:3; Mark 10:27; Ephesians 1:19-21 **45 Refuge** Isaiah 25:4; Psalm 57:2; Psalm 31:19,20; Proverbs 14:26 **46 Refreshment/Rest** Acts 3:19; Jeremiah 31:25; Matthew 11:28-30; Hebrews 4:10 **47 Rewarder** I Corinthians 3:14; I Corinthians 15:58; II Corinthians 5:10; Hebrews 6:10; Hebrews 11:6; Galatians 6:7-9 **48 Sacrifice** Matthew 20:28; John 10:11,15; Isaiah 53:4-6; Romans 5:6-8; I Peter 2:24; I Peter 3:18 **49 Satisfier** Psalm 145:16,19; Psalm 34:4; 103:5; Psalm 107:8,9; Psalm 36:8 **50 Sovereign** Psalm 115:3; Psalm 135:5,6; Isaiah 46:9-11; Daniel 4:34-37; Ephesians 1:11; I Timothy 6:15 **51 Security** Isaiah 33:6; Psalm 125:1; Proverbs 1:33; Psalm 112:6-8 **52 Strength** Isaiah 49:5; Isaiah 40:29-31; Isaiah 45:24; Psalm 71:16; Daniel 11:32; Ephesians 6:10 **53 Sufficiency** II Corinthians 3:5; II Corinthians 9:8; II Corinthians 12:9 **54 Sympathy** Isaiah 63:9; Psalm 103:13; Hebrews 4:15; James 5:11 **55 Teacher** Psalm 25:8,9; Psalm 32:8; Isaiah 30:20; John 16:13
56 Unchangeable Hebrews 13:8; Psalm 102:26,27; Job 23:13; Numbers 23:19 **57 United with us** I Corinthians 6:15,17; Romans 7:4; Ephesians 5:30; John 15:5 **58 Victor** Colossians 2:15; Hebrews 2:14,15; Exodus 14:13,14; Exodus 15:6,7; Psalm 66:3; Revelation 3:21; Romans 8:31-39 **59 Worthy** Revelation 5:12; Revelation 4:11; II Samuel 22:4; Psalm 18:3; John 1:27; Jeremiah 10:6,7 **60 Zeal** John 2:17; II Kings 19:31; Numbers 25:11; Isaiah 42:13



How to dig the Treasure out of a Book



Mark

Underline or highlight what stands out to you.



Interact

Write down comments or questions in the margins. Write further thoughts on an insight or what puzzles you from the text.



New

What new understandings or insights do you gain about God? about yourself? about others? about the world? Are any books referenced you need to find and read?



Express

Is there anything you disagree with? Write out your argument with the author in the margin.



Intercede

Write down prayers to God as you respond to the text. Praise? Confession? (Be vague, you may loan the book!) Thanksgiving? Supplication?



Transform

How does what you are learning transform your thoughts, motives & actions?

bookmark will be handed out