



Check In

Connect with God honestly about where you are at



Reflect

"Review until" something pops to talk to God about



Share

Talk with God & others about what is now on your heart to do

Mutual Discipleship

Week 1 - Nearly Daily

The biblical rhythms of "nearly daily" discipleship

Check In

God is glad to connect with you. He wants to hear about how you are doing. Take a moment to notice your primary emotion of the day as a way to help yourself be fully present. Consider whether you are primarily sad, angry, scared, happy, tender, etc. Share with God that emotion. What are you thankful for? How does he feel about you?

Reflect

Spend some time with the biblical text and the resources below. Feel the freedom to do so until something in particular pops out to you, you do not need to get through everything. What is your reaction to what you've just been exposed to? What encourages, challenges, or confuses you?

Read Acts 2:42-47

Descriptive vs. Prescriptive: When reading Acts, consider the difference between being given a specific recipe (prescriptive) and being taught the principles of ingredients and flavors by a master cook (descriptive). We are to learn the rhythms of life with God from the descriptions and examples of those who have gone before us on this journey.

Nearly Daily: Notice how "each day" or "daily" appears in the description of the life of the first churches. What were they doing "nearly daily"? What stands out to you about that kind of life? How can you experiment with "nearly daily"?

Extra: Dive deeper into "nearly daily" by reading [The Transformational Power of a Church of Two](#) by LK10

Share

Be quiet for 3 minutes. What do you sense God is saying to you? How will you pursue being faithful with that this week?

The community is blessed when we share out of our life experience, gifting, time with God, and reflection on scripture. We believe everyone contributes to teaching. What insight, question, or experience do you want to share with us?

Practice

This week, your task is to ask God who to invite to practice mutual discipleship, and invite them!

This is a person who you will meet with as close to daily as possible to practice what you are learning. Your partner could be a spouse, a family member, or a friend. You can meet in person, online, or even by video chat! We will unpack the rhythms in more detail as we go.

For now, ask God to show you who to invite to be your partner and ask them if they would be willing to do an experiment with you.