

**DO SOMETHING
DISCIPLE JOURNAL**



ROCK CHURCH

**DO SOMETHING
DISCIPLE JOURNAL**

NAME

My rGroup/dGroup Members

Resources

Daily Reading Schedule: sdrock.com/bible
dGroups Resources: sdrock.com/dgroups
rGroups Resources: sdrock.com/rgroups

DAILY PLANNING

Having a daily disciplined schedule is a great way to be a steward of your time as you grow in your walk in Christ. We recommend having a daily schedule to help you organize your life and be a better steward with the time that God has given you. Including spiritual disciplines into your day is essential as you grow into being a disciples of Jesus. Some spiritual disciplines are Bible study, prayer, fasting, and silence. Below is a sample schedule of what your day could look like. Including spiritual disciplines into your day is essential as you grow into being a disciple of Jesus.

My personal time to meet with God each day is _____ .
Example: 6am

6:00am Prayer/Silence. Bible Study

7:00am Workout

8:00am Breakfast

9:00am Work

12:00pm Lunch

5:30pm Family Time/Dinner

7:00pm rGroup/dGroup

8:00pm Daily Reflection and Prayer

9:00pm Sleep

WHAT IS A DO SOMETHING DISCIPLE?

A Disciple - A person with a disciplined pursuit of the heart of God, a heart being perfected in love toward God and people.

H.E.A.R.T. of a Do Something Disciple is a heart that pursues God:

H **HOLINESS**

Disciples have hearts that:

- Desperately seek face-to-face intimacy with God.
- Faithfully avoid that which displeases God.
- Is dependent on the power of prayer.

E **EVANGELISM**

Disciples have hearts that:

- Nurture a burden for lost people.
- Value making disciples.

A **APPRECIATION**

Disciples have hearts that:

- Passionately worship God.
- Gratefully grow in generosity.

R **RELATIONSHIPS**

Disciples have hearts that:

- Gracefully give and receive forgiveness.
- Demonstrate a commitment to a Spirit-filled expression of my gifts.
- Serve with humility.

T **THOUGHTS**

Disciples have hearts that:

- Value being guided by the Word of God.
- Humbly embrace a Kingdom mindset.

WHAT ARE THE D12 DESCRIPTORS OF A DO SOMETHING DISCIPLE?

A H.E.A.R.T that pursues God:

1. Dependent on the power of prayer
2. Seeks face-to-face intimacy with God
3. Avoids that which is displeasing to God
4. Develops a Kingdom mindset
5. Makes disciples of others
6. Guided by the Word of God
7. Grows in generosity
8. Burden for the lost
9. Committed to a Spirit-filled expression of their gifts
10. Gracefully gives and receives forgiveness
11. Worships God passionately
12. Serves with humility

PART ONE

PERSONAL TIME WITH GOD

The *Do Something Journal* promotes prayer and reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes in your daily pursuit of God; your purpose will instead, be to read in order to understand and respond to God's Word.

Read, Reflect, Respond, Record, Remember. Each of these steps contributes to creating an atmosphere to hear God speak as you seek a growing intimacy with God. After settling on a reading plan and establishing a time for studying God's Word, prepare your H.E.A.R.T to hear from God.

READ

Read the text of the day, listening to the Holy Spirit.

REFLECT

How does the passage apply to our life?

RESPOND

What are you going to do in response?

RECORD

Record any insights/prayers into your journal.

REMEMBER

Commit a portion of the Scripture to memory.

PART TWO

**D GROUP MEETING
PREPARATION**

H – Holiness **E** – Evangelism **A** – Appreciation **R** – Relationships **T** – Thoughts

1) HEART Question Options (vary from week to week)

- What has God revealed to you through prayer and Bible reading this week?
- What are you doing about it?
- What sin do you need to confess?
- What do you need help with?
- With whom are you sharing your faith?
- Whose salvation and discipleship are your praying for actively pursuing?
- How are you showing appreciation to God and others for what He has done?
- How are you growing the Kingdom of God through the use of your spiritual gifts?
- Who do you need to forgive?
- Who do you need to ask forgiveness from?
- How are you using your spiritual gifts?
- Are there any destructive thought patterns that need to be destroyed?
- What scriptures have you been studying or memorizing that are designed to establish Biblical thought patterns?

2) What do you need help with?

THE DO SOMETHING DISCIPLE PRAYER

“As a Do Something Disciple, I am in a disciplined pursuit of the heart of the Father, a heart that is being perfected in love for God and people.

Father, give me a heart that:

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that in which displeases You.
- Humbly embraces a Kingdom mindset.
- Values making disciples.

Jesus, create in me a heart that:

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

Holy Spirit, develop a heart in me that:

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

Father, knit my heart with Yours. Fill my heart with Your passions, motivations, and desires.

In Jesus' name, amen.”

