



BE  
MAKE  
REACH

BE A DISCIPLE  
MAKE DISCIPLES  
REACH OTHERS

# A Spiritual Re-SOUL-ution

MARK 8:36

"For what does it profit a man to gain the whole world and forfeit his soul?" Mark 8:36

## BE A DISCIPLE by \_\_\_\_\_ healthy habits to thrive spiritually.

And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind." Matthew 22:37

### 7 HEALTHY HABITS OF A DISCIPLE

**A Disciple Believes** Jesus is the way, the truth and the life.

**A Disciple Learns** by obediently applying the truth of God's Word.

**A Disciple Prays** relationally and dependently as they talk with a personal God.

**A Disciple Connects** with other believers to receive, reflect and express Jesus' love.

**A Disciple Serves** as they are needed and gifted, as a form of worship to God.

**A Disciple Gives** faithfully, joyfully and sacrificially as a steward of God's resources.

**A Disciple Multiplies** by investing in others relationally and inviting them to follow Jesus.

**Re-SOUL-ution:** \_\_\_\_\_

## MAKE DISCIPLES by \_\_\_\_\_ Christian relationships to help one another grow spiritually.

"Go therefore and make disciples of all nations, baptizing them in the name 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

**Make Disciples** intentionally while going about your everyday life.

**Make Disciples** by helping one another identify with Jesus in every area of life.

**Make Disciples** by influencing one another to apply God's Word to our daily lives.

**Re-SOUL-ution:** \_\_\_\_\_

## REACH OTHERS by \_\_\_\_\_ God's love with those who don't yet know or walk with Jesus.

And he said to them, "Follow me, and I will make you fishers of men." Matthew 4:19

**Reach Others** by representing Jesus in our conversations and character.

**Reach Others** by relating to them humbly, compassionately and authentically.

**Reach Others** by risking to go deeper and asking for a response.

**Re-SOUL-ution:** \_\_\_\_\_

### WHAT IS THE GOSPEL?

*The gospel is the good news about Jesus, who paid for our sin.*

1. Everyone has sinned and been separated from a holy God. (Rom 3:23)
2. Jesus died for our sins to reconcile us back to a holy God. (Rom 5:8)
3. You can accept God's free gift of salvation by grace through faith. (Eph 2:8-9)
4. Anyone who accepts Jesus' gift is a new creation. (2 Cor 5:17)



### Communion

"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes" (1 Cor 11:26). Learn more about how we remember Jesus and proclaim Him as our risen Savior through the Lord's Supper.

### Faithful Finance

Money is a powerful tool, one that can either deepen our peace or heighten our anxiety. Join us for a workshop rooted in Scripture, as we uncover God's design for money and learn to trust His faithfulness in every season of life. Save the date for Sunday, Feb. 28! Scan the QR code to register.



## INDIVIDUAL REFLECTION

### Spiritual Growth Plan for 2026

#### BE What's my plan for personal growth this year?

Exercise: Use the evaluation below to reflect on areas that might need focus.

#### MAKE What's my plan for helping someone else grow this year?

Exercise: Who will I seek to help grow this year, and how will I do that? (For example: start in men's or women's Bible study with the prayerful hope to be a table leader by next semester; lead/read a devotional with family at a daily meal; set up a time to pray weekly with someone and share God's lessons.)

#### REACH What one or two people will I prayerfully share Jesus with?

Exercise: Write down their names and begin praying for opportunities to share about a relationship with Jesus, offering them a next step in their journey.

#### "BE" Self-Evaluation: Am I growing in Christ?

For each statement, rate yourself on a scale of 1 to 5: 1 disagree strongly

2 disagree somewhat 3 neither agree nor disagree 4 agree somewhat 5 agree strongly

#### A DISCIPLE BELIEVES

I believe the only way to heaven is through faith in Jesus, not through my own merit.

1 2 3 4 5

I am assured of who I am because of what Jesus says about me.

1 2 3 4 5

I live each day of my life in conscious dependence on Jesus.

1 2 3 4 5

#### A DISCIPLE LEARNS

I consistently read and/or study the Word of God during the week.

1 2 3 4 5

I ask the Holy Spirit to teach me and change me when I am in the Word.

1 2 3 4 5

I strive to obey to the Word of God with the Holy Spirit's help.

1 2 3 4 5

#### A DISCIPLE PRAYS

I pray each day to connect in relationship with God as my loving Father.

1 2 3 4 5

I pray to stay in tune with God's will for me each day.

1 2 3 4 5

I pray in a way that reflects humble dependence on God for everything.

1 2 3 4 5

#### A DISCIPLE CONNECTS

I express to other believers my love and God's love for them regularly.

1 2 3 4 5

I experience God's love for myself through other believers regularly.

1 2 3 4 5

I reach out to nonbelievers regularly as God loves them through me.

1 2 3 4 5

I serve others as if I were serving God and worshiping Him.

1 2 3 4 5

I know my spiritual gift(s) and use them to build up the body of Christ.

1 2 3 4 5

I serve whenever there is a need, even if not in an area of my spiritual giftedness.

1 2 3 4 5

#### A DISCIPLE GIVES

I give to the Lord faithfully, joyfully and sacrificially.

1 2 3 4 5

I am content with what God provides for me.

1 2 3 4 5

I seek to live as a pilgrim heading home and strive not to let materialism control me.

1 2 3 4 5

#### A DISCIPLE MULTIPLIES

I understand the gospel message and can explain it to others.

1 2 3 4 5

I pray for God to open doors to spiritual conversation with unbelievers.

1 2 3 4 5

I am focused on loving others as God loves them.

1 2 3 4 5

## YOUR NEXT STEP AT Christ Chapel



### Connect and Belong

New or returning, fill out a Connect Card and experience life together at Christ Chapel.



### Together in Prayer

We want to pray with and for you this week as we go to God together.



### Partner With Us by Giving

Be a part of what God is doing near and far by giving to local and global ministry partners.

### Upcoming Events

Join in to grow your faith, make disciples, and reach those who do not know or walk with Jesus.

## A WONDERFUL Offer

Being a Christian isn't based on membership in a local church or keeping a set of rules. It involves a personal relationship with Jesus Christ and an understanding of who He is and what He has done to provide man with a way to experience God's love for us. Here's how to know Jesus Christ as your personal Savior:

1. Admit that you're a sinner, separated from a holy and perfect God.  
*(Romans 3:23; Isaiah 53:6)*
2. Understand that the penalty for your sin is death – eternal separation from God and all that is good.  
*(Romans 6:23; Hebrews 9:27)*
3. Believe that Jesus Christ took the penalty for your sin by dying in your place and conquered death by rising from the dead.  
*(Romans 5:8; 2 Corinthians 5:21)*
4. Receive the free gift of salvation by trusting in Christ alone as your Savior from sin and death and your provider of true and eternal life.  
*(Romans 4:4-5; Ephesians 2:8-9)*

#### You can use this prayer to express your decision to God:

Dear God, I know that I am a sinner. I believe that Jesus Christ died on the cross for me and rose from the dead. I trust in him alone as the only way to be reconciled to you. Thank you for the forgiveness of sins and the eternal life I now have. Amen.



We'd love to know about your decision. Scan the QR code to learn more about following Jesus!