



THE
JOURNEY

2025-2026



SEVEN RIVERS
C H U R C H

What is Discipleship?

A DISCIPLE = One who **FOLLOWS CHRIST** toward **SPIRITUAL MATURITY**
DISCIPLESHIP = Intentionally helping others **GROW SPIRITUALLY**
to **FOLLOW CHRIST** toward **SPIRITUAL MATURITY**.

VISION for a Journey Discipleship Group:

The hope is that God would use this group to help us grow toward being more and more spiritually mature and equipped disciples¹, who are able to help others grow spiritually.² We'll do this as we grow in grace, connect in community, and serve on mission through life-on-life relationships that include teaching, modeling, equipping, encouragement and accountability.



DISTINCTIVES of a Journey Discipleship Group:

Discipleship can be a little different than a typical small group or Bible Study. Here are a few distinctives:

1. Goal is Life Transformation

— *Rom. 8:29; 2 Cor. 3:18*

The goal is not simply knowledge or learning, or even fellowship or mutual care. The primary goal is to see our hearts and lives changed and transformed to be more like Christ.

2. Life-on-Life

— *1 Thes. 2:8; Acts 4:13*

Jesus modeled to his disciples that much of the Christian life must be caught, not just taught. Therefore a primary goal in this group will be to do life together outside of group time.

3. Equipping, Accountability, and Mission

— *Mark 6:30; Eph. 4:12*

Many small groups include only teaching and prayer, but Jesus modeled that equipping, accountability, and mission is so important to see real change and life transformation.

4. Fewer People, Higher Commitment

— *Mark 3:14; Luke 9:23-25*

An average discipleship group will include 4-6 people, with each person committing to a higher level of commitment to the group time, the material, and each other. (*See Member Covenant*)

5. Multiplication

— *Matt. 28:18-20; 2 Tim. 2:1-2*

Part of Christian maturity is the ability to help others grow spiritually. The hope is that all group members will eventually feel equipped to do this. We often grow more when helping others grow.

¹ **John 1:43** The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me."

Ephesians 4:12-16 ...to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, and become mature, to the measure of the stature of the fullness of Christ, so that we may no longer be children... Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ...

Col. 1:28 Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ.

² **2Tim. 2:2** And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.

Journey Group Member Commitment

Jesus challenged his followers to a high commitment to him and one another. Following Christ toward spiritual maturity requires such a commitment, which brings the benefit of relational honesty, trust, mutual care, and accountability.

Therefore, with God's help I commit together with this Journey Group to the following:

- _____ *to live before God and the others in the group with a heart of honesty and vulnerability, and to show abundant grace as a fellow sinner in need of God's grace.*
- _____ *to protect the confidentiality of my group, to keep anything shared confidential so as to create an environment of trust, openness, transparency, and safety to be real.*
- _____ *to attend Journey meetings unless providentially hindered and let the others know when I am not able to attend.*
- _____ *to complete homework assignments to the best of my ability (I understand that this will usually require about 1-2 hours per week).*
- _____ *to consistently engage in personal and corporate worship as a means of God's grace, which includes spending time in God's Word and in prayer, as well as attending the weekly worship service as means of grace.*
- _____ *to strive to live with a humble heart, with simple repentance and faith, and to show grace and love toward others in the group without*
- _____ *I understand that the term of this group is for one year.*

Your Name

DISCUSS

1. What most excites me about joining a Journey Group?

2. What reservations or concerns do I have?

3. What do I hope to see God do in my life this year through this group?

Spiritual Self-Assessment



Growing in Grace

Your Head

1. I believe I am a sinner without hope to save myself by my good works.

1 2 3 4 5

2. I believe Jesus is the Son of God who was born, died and raised to life for my salvation.

1 2 3 4 5

3. I am committed to follow Jesus wholeheartedly in all areas of life.

1 2 3 4 5

Your Heart

1. I believe and experience God's love and delight in me as his child.

1 2 3 4 5

2. I feel forgiven and freed from my sin and shame.

1 2 3 4 5

3. I feel motivated to love and serve others as God has loved and served me.

1 2 3 4 5

Your Habits

1. I engage corporate worship consistently on weekends.

1 2 3 4 5

2. I spend some amount of time each day in fellowship with God through Bible reading and prayer.

1 2 3 4 5

3. I regularly read or listen to things that encourage my faith or feed me spiritually

1 2 3 4 5

Connected in Community

1. I faithful to my spouse and children and am striving to love them well at home.

1 2 3 4 5

2. I have friends I talk to and am honest with about struggles in life.

1 2 3 4 5

3. I have friends that encourage me regularly in my relationship with God, to repent and believe and obey.

1 2 3 4 5

Serving on Mission

1. My attitude, character and witness reflect my commitment to live out my faith at work (or in retirement).

1 2 3 4 5

2. I know and pray for unbelieving neighbors where I live, work and play.

1 2 3 4 5

3. I give generously to kingdom work (to the church, ministries, missionaries, the poor, etc)

1 2 3 4 5

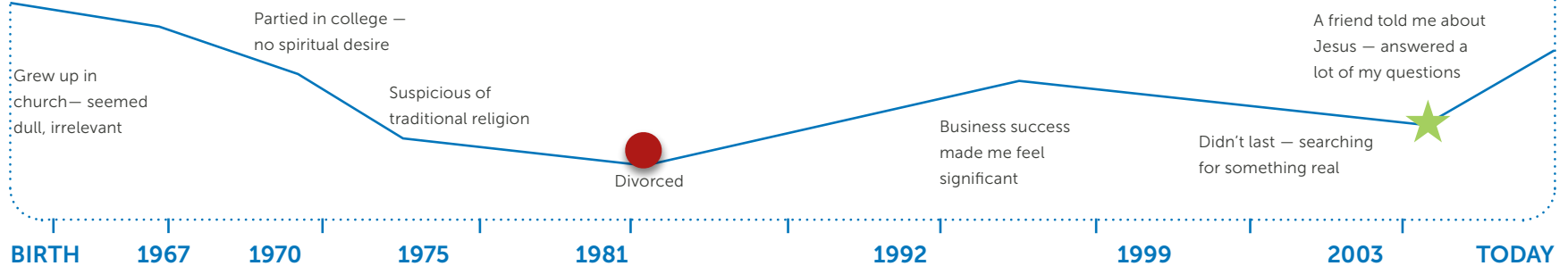
What area(s) do you most want to grow spiritually in?

My Spiritual Journey So Far

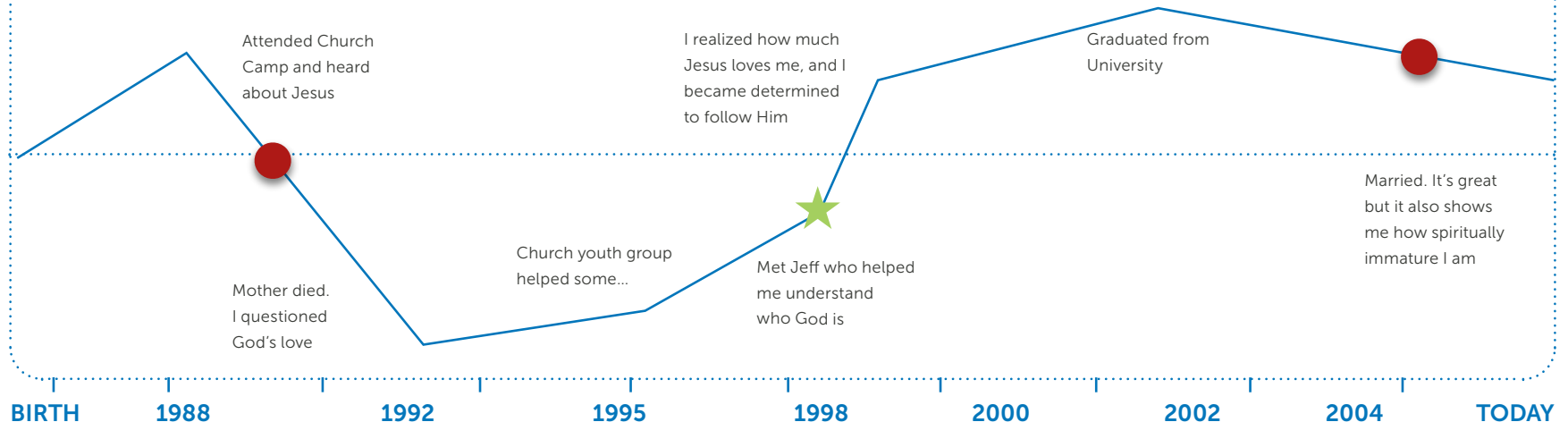
Your life is a story in the making, a story that matters. It's good to reflect on that story in order to better know your own spiritual journey, as well as that of those in your group. Take your time thinking through significant moments in your life and how those might have affected you and your spiritual journey. How did the times of flourishing and suffering, the good and bad, the positive and negative experiences, affect who you have become today?

There are examples below. On the next page, you'll draw a line graph that plots the up's and down's of your life story. Label the significant events, turning points, or changes in belief or in life. What matters is that you be honest. (adapted from Journey Curriculum by Perimeter Church)

EXAMPLE A





EXAMPLE B



My Spiritual Journey So Far

POSITIVE SPIRITUAL EXPERIENCES

Put a 
In the place
you think you
understood the
gospel and
started walking
with the Lord. If
you don't
remember a
day you didn't
believe, put it
when you first
remember that
belief and
desire to follow.

Put a 
in any place
anything
significant
happened that
impacted your
life.

NEGATIVE SPIRITUAL EXPERIENCES

BIRTH

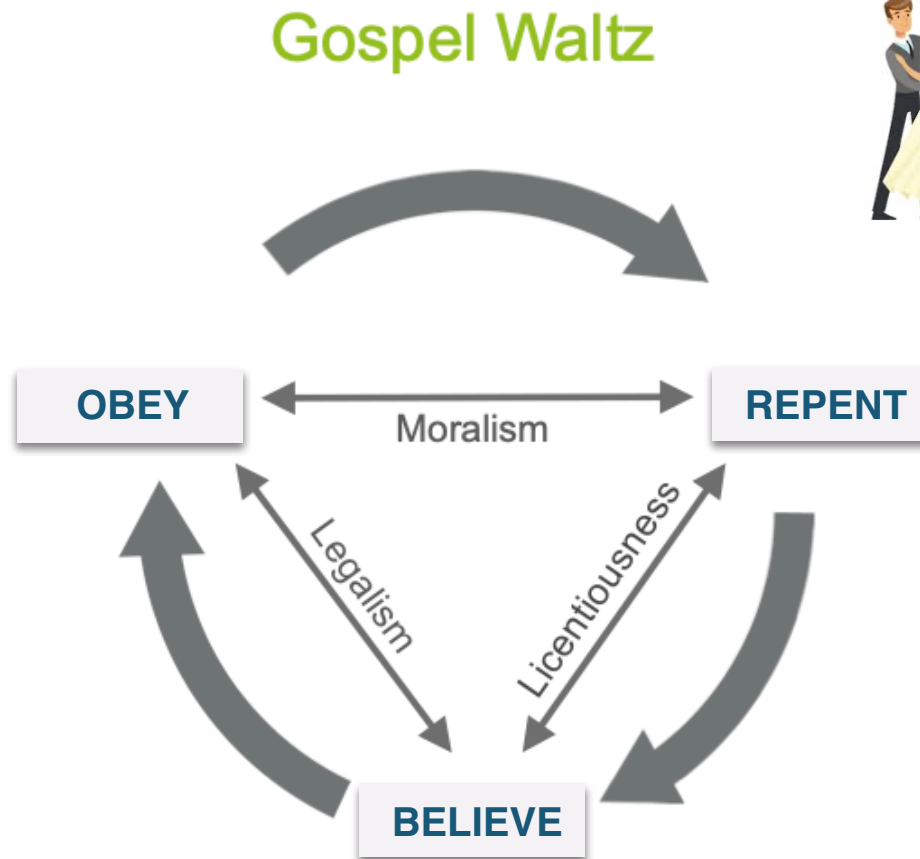
TODAY

Discipleship “Tools” Toward Spiritual Maturity

TOOL 1: Gospel Waltz

MAKE IT A NORMAL PART OF LIFE TO REPENT, BELIEVE AND OBEY

“...repentance is the way we make progress in the Christian life. Indeed, pervasive, all-of-life-repentance is the best sign that we are growing deeply and rapidly into the character of Jesus.”
— Tim Keller



“Every human being is a worshiper, in active pursuit of the thing that rules his heart. This worship shapes everything we do and say, who we are, and how we live. This is why the heart is always our target in personal ministry.”
— Paul Tripp

TOOL 2: Shepherding the Heart

GET TO THE HEART OF AN ISSUE AND INVOLVE THEM IN THE SOLUTION

Prov. 4:23; Prov. 22:13; Matt. 7:17-18; Luke 6:45; 2 Cor. 5:14

► **Identify an issue. Ask these questions. Then just listen.**

[Thoughts] “What are you **THINKING** about that...?”

[Feelings] “How does that make you **FEEL**...?”

[Desires] “What do you **HOPE** would change or be different...?”

[Choices] “What **CHOICES** do you want to make as a result?”



“Whatever captures the heart’s trust and love also controls the feelings and behavior. What the heart most wants the mind finds reasonable, the emotions find valuable, and the will finds doable... What makes people into what they are is the order of their loves - what they love most, more, less, and least. That is more fundamental to who you are than even the beliefs to which you mentally subscribe. Your loves show what you actually believe in, not what you say and do. People, therefore, change not by merely changing their thinking but by changing what they love most. Such a shift requires nothing less than changing your thinking, but it entails much more.” - Tim Keller