

THE FOUNDATION

Creating a Life
Centered on Jesus



**END OF CHAPTER
SECTIONS**

CHAPTER ONE - TESTIMONIES

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Use the space below to list the 5-7 most significant "testimony" moments of your life. These could be moments you saw God come through, heard him speak clearly, or use you in a powerful way. How did these moments influence your journey?

Challenge: When you meet with your mentor, write down the "Chapter Challenge" they give you in this space.

CHAPTER TWO - YESTERDAYS

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Use the space below to list the 5-7 most significant “yesterday” moments of your life. These could be moments you fell into sin, times you experienced some form of trauma, or seasons you experienced significant disappointment. How did these moments shape you?

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CHAPTER THREE - IDENTITY

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or something new you learned you'd like to write down?

Reflect: Take some time to answer the following questions: (1) What is unique about who you are? (2) What are your favorite things about yourself? What are you insecure about? (3) What do you think was on God's mind while He was creating you?

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CHAPTER FOUR - HOLINESS

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or something new you learned you'd like to write down?

Reflect: When it comes to following Jesus, are there any boundaries that you see as buzzkills? Are there any commands of holiness that you don't understand, or you disagree with? Write down any areas you may struggle to submit to the authority of Christ, and why you believe they're difficult for you.

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CHAPTER FIVE - THE WORD

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or something new you learned you'd like to write down?

Reflect: Think about the top 5-7 things that consume your attention the most in a given week and take some time to list them out. Based on what has your attention, what do you expect the fruit of your life to taste like? Do the things that currently have your attention need to change? If so, how can you change them?

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CHAPTER SIX - PRAYER

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Have you had any significant prayer moments in your life, whether alone or with others? What were they like? What is one area of prayer you want to grow in?

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CHAPTER SEVEN - CHARITABLE LOVE

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or something new you learned you'd like to write down?

Reflect: Take this space to think about and answer the two following questions: (1) What are some of the biggest obstacles for you in receiving *agape* love? (2) What are some of the biggest obstacles for you in giving it?

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CHAPTER EIGHT - FORGIVENESS

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you’d like to write down?

Reflect: Is there a person that you have had a difficult time forgiving either in the past or currently? What would it look like (or did it look like) for you to “release them?” As you think through the concept of forgiving someone else, reflect on a time that you were *forgiven*. How did you feel? How can you give this grace to the person you struggle to forgive?

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CHAPTER NINE - CONFESSION

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Take a moment to answer the following few questions: (1) Would you describe yourself as an open or more reserved person? (2) What areas of your life are most difficult to talk about or share with others? (3) What areas do you share about comfortably and excitedly? (4) Is an area of your life you've never shared with anyone before? If so, would you consider sharing that with your mentor?

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CHAPTER TEN - ACCOUNTABILITY

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: When thinking about stepping into deeper levels of accountability in a given relationship, does anything sound exciting? Does anything sound a bit scary? Is there anything in your heart that feels resistant to the idea? If so, take some time to write why you think that is.

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CHAPTER ELEVEN - THE CHURCH

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or something new you learned you'd like to write down?

Reflect: If you've ever been a part of a church community, what have been the best parts of it? What have been the most difficult? What is one step you can take in deepening your commitment to a Christian community? If anything is holding you back, take some time to write it down.

Challenge: When you meet with your mentor, write down the "Chapter Challenge" they give you in this space.

CHAPTER TWELVE - RELATIONSHIP RULES

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Which of the Four Relationship Rules have others violated the most in your life? How has that hurt you or affected the way you relate to others now? Additionally, which of the Four Rules are you the most prone to break? How have you seen that hurt and affect others?

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CHAPTER THIRTEEN - ROLE OF THE SPIRIT

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Take a moment to think about any times you know the Holy Spirit spoke clearly to you. What was that like? If you can, list up to three moments you sensed him speaking. When you're done, write down the top two questions you still have about *who* the Holy Spirit is or *how* he empowers us as Christians.

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CHAPTER FOURTEEN - SPIRITUAL GIFTS

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Saddleback Church, located just south of Los Angeles, CA, helped develop what is known as the S.H.A.P.E. Test - an activity that helps you uncover the ways that God has gifted you through the Spirit. To take the test, go to www.freeshapetest.com and be prepared to spend anywhere from 30-60 minutes filling it out. When you're finished, print off or take a screenshot of your results and bring them to your next meeting with your mentor to go over them.

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CHAPTER FIFTEEN - EVANGELISM

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or something new you learned you'd like to write down?

Reflect: Answer the following two questions: (1) Is there anything that scares you or is holding you back from discipling others? What is it, and why do you think it's holding you back? (2) Who have been the greatest influences along your discipleship journey? What did each of them do that made an impact in your life? (If you'd like, take a moment to shoot each of them a message, thanking them for the ways they positively influenced you).

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CHAPTER SEVENTEEN - SECOND CALLING

Notes: Are there any questions you have from the chapter? Was there anything in the chapter you felt God highlighting in your heart, or some- thing new you learned you'd like to write down?

Reflect: Take some time to answer the *second calling* questions: (1) What brings you the most joy in life? (2) What makes you feel the most anger or sorrow? (3) What in life are you good at? Once you've answered these, write down any commonalities or intersections you notice.

Challenge: When you meet with your mentor, write down the "Chapter Challenge" they give you in this space.
