

# **THE GOSPEL DISCIPLE LIFE**

*A Micro-Group Strategy for Making  
Disciples that Make Disciples*

## **JOURNAL**

**This journal belongs to**

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## **DEDICATION**

For all those who are seeking to rediscover the simplicity  
of Jesus and His ways!

## INTRODUCTION

Welcome to *The Gospel Disciple Life*! You are about to embark on an exciting disciple-making journey. God has a simple plan for your life that includes making disciples that make disciples. It all begins with discovering this simple obedient-based disciple-making process where you practice two life-changing rhythms: daily Bible reading and a weekly micro-group huddle. This process is not intended to be a strategy or a program; it is simply a lifestyle that Jesus modeled with His disciples. I discovered this approach during the pandemic. After years of leading churches and serving organizations, I stumbled on this simple approach, and it has and is changing my life. I am growing daily as a follower of Jesus, but it's not merely about me. I see fruit and more fruit in and through my life. And, now I see fruit and more fruit in the life of many people around me. I can't wait to hear your story as God uses you to create a disciple-making movement right where you live, work, and play.

Yes, you are a movement of God's love and grace! Make sure you visit [www.plantingthegospel.com](http://www.plantingthegospel.com) to share your story and to take advantage of our simple coaching tools.

David Putman

## Quick Start Guide

At the beginning of the pandemic, a pastor asked me for help. Here's what he had to say, "I am 63 years old, I have a church of 60 people and all I know how to do is run programs. I know what you say about making disciples is right. Can you teach me how to make disciples?"

When I got off the call, I asked God to give me the simplest disciple-making tool that I ever put together. *The Gospel Disciple Life* is that tool and is a gospel reading plan designed for making disciples that makes disciples.

This plan revolves around two atomic habits that will literally change your life. They are a daily Bible reading and a weekly micro-group huddle.

These two habits are built on five key principles:

- Simple enough to reproduce - our goal was not to provide a simple disciple-making process but to provide the simplest disciple-making tool possible.
- Holy Spirit is our teacher - our goal was to provide something you could do with confidence without the aid of an outside teacher and that you could do with confidence simply by learning to listen to God as He speaks to you.
- Scripture is our curriculum - our focus is on reading through the gospels. My passion is helping others discover the simplicity of Jesus and His ways, and what better way is there to do it than to read and often even re-read through the gospels?
- Following Jesus is our objective - there are two types of disciple-making approaches that are commonly practiced among disciples: knowledge-based discipleship and obedient-based discipleship. Our approach here is obedience. We have one and only one objective, and that is to follow Jesus. We do this by asking and answering two simple questions: 1) what is Jesus saying to me through the Scripture, and 2) what am I going to do about it?

- Relationships are our vehicle - our approach is to invite someone to join you in reading through the gospels and for them to invite someone else. The gospel best spreads from relationship to relationship. It is our goal for this to be a highly relational approach to making disciples.

### **Daily Bible Reading**

Our outline for our reading each day will follow the acronym S.O.W.I.N.G. I use my journal for recording my reflections. Here is a breakdown of our daily readings using SOWING.

When we read, here are the questions I'm asking as I read. Also, keep in mind that I'm writing down a response to these questions in my journal.

- **S**cripture – What verse or passage most stands out to me in this chapter?
- **O**bservation – What are my observations about this Scripture based on the reading of the entire chapter?
- **W**alk - What is Jesus saying to me through His Word? What am I going to do about it?
- **I**nvite – Who will I invite to my next group, or who do I need to invest in?
- **N**eed - What need am I going to meet, or relationship am I going to nurture?
- **G**ospel - Who will I share the gospel with, or how will I be good news?

## **Weekly Micro-Group Huddle**

After you have completed reading for the five days, you will huddle with your one and their one. Here's the outline for that huddle. It should take about 60 to 90 minutes and can be done in person, on a phone call, or virtually. Our approach and goal is any time, any place, any pace discipleship.

- Connect – Spend 10 to 15 minutes just catching up on life.
- Celebrate – Spend 10 to 15 minutes, talking about what is good and worthy of praise.
- Check in – Spend a few minutes following up on any spiritual commitments from the previous week.
- Coach – Spend about 20 minutes working through the reading, asking, "What did Jesus say to you this week through His Word?" and "What are you going to do about it?"
- Care – Spend a few minutes praying for one another. Everyone prays, and I keep this to a short prayer.
- Communicate – Remind each person of next week's reading and when and where you will meet up for your huddle again.

If you need more information or help in any way, please go to [amazon.com](https://www.amazon.com) and download our simple tool (eBook), The ***Gospel Disciple Life: A Micro-Group Strategy for Making Disciples that Make Disciples***, visit our website at [www.plantingthegospel.com](http://www.plantingthegospel.com), or email me at [david@plantingthegospel.com](mailto:david@plantingthegospel.com).

## WEEK ONE

# *Mark 1-5*

*This is the Good News about Jesus the Messiah, the Son of God.*

Mark 1:1 NTL



# My SOWING Journal

Scripture \_\_\_\_\_

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# Weekly Huddle

Date \_\_\_\_\_

**CONNECT** (Take a few minutes to catch up)

**CELEBRATE** (Take time to express gratitude)

**CHECK-IN** (Hold each other accountable to any thing from the previous huddles)

**COACH** (Ask two questions: 1) What is Jesus telling you to do? 2) What are you doing about it?

**CARE** (Spend time praying for one another)

**COMMUNICATE** (Determine when and where your next huddle will happen)

## WEEK TWO

# *Mark 6-10*

*And he called his twelve disciples together and began sending them out two by two, giving them authority to cast out evil spirits.*

Mark 6:7 NTL

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## WEEK THREE

### *Mark 11-15*

*And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.*

Mark 12:30 NTL

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## WEEK FOUR

# *Mark 16 - Matthew 4*

*Jesus called out to them, "Come, follow me, and I will show you how to fish for people!"*

Matthew 4:19 NTL

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## WEEK FIVE

# *Matthew 5-9*

*"Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.*

Matthew 7:12 NTL

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## WEEK SIX

# *Matthew 10-14*

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.*

Matthew 11:28 NTL

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## WEEK SEVEN

# *Matthew 15-19*

*But even as he spoke, a bright cloud overshadowed them, and a voice from the cloud said, "This is my dearly loved Son, who brings me great joy. Listen to him."*

Matthew 17:5 NTL

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## WEEK EIGHT

# *Matthew 20-24*

*Then Jesus told them, "I tell you the truth, if you have faith and don't doubt, you can do things like this and much more. You can even say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen.*

Matthew 21:21 NTL

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## WEEK NINE

# *Matthew 25- Luke 1*

*Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.*

Matthew 28:19 NTL



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## WEEK TEN

# *Luke 2-6*

*Jesus grew in wisdom and in stature and in favor with God and all the people.*

*Luke 2:52 NTL*

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## WEEK ELEVEN

### *Luke 7-11*

*Still other seed fell on fertile soil. This seed grew and produced a crop that was a hundred times as much as had been planted!"*  
*When he had said this, he called out, "Anyone with ears to hear should listen and understand."*

Luke 8:8 NTL

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## WEEK TWELVE

### *Luke 12-16*

*"If a man has a hundred sheep and one of them gets lost, what will he do? Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it?"*

Luke 15:4 NTL

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## WEEK THIRTEEN

### *Luke 17-21*

*When Jesus heard his answer, he said, "There is still one thing you haven't done. Sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me."*

Luke 18:22 NTL

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## WEEK FOURTEEN

### *Luke 22 - John 2*

*When the Roman officer overseeing the execution saw what had happened, he worshiped God and said. "Surely this man was innocent."*

Luke 23:47 NTL

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## WEEK FIFTEEN

### *John 3-7*

*"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.*

John 3:16 NTL

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## WEEK SIXTEEN

### *John 8-12*

*The thief's purpose is to steal and to kill and destroy. My purpose is to give them a rich and satisfying life.*

John 10:10 NTL

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## WEEK SEVENTEEN

### *John 13-17*

*Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me.*

John 14:6 NTL



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**N** (What need am I going to meet or relationship am I going to nurture?)

**G** (Who am I going to share the gospel with or how am I going to be good news?)

---

**Daily Prayer**

# My SOWING Journal

Scripture \_\_\_\_\_

Date \_\_\_\_\_

**S** (What scripture stands out to me?)

**O** (What is Jesus saying to me?)

**W** (What am I going to do about it?)

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**Daily Prayer**

# Weekly Huddle

Date \_\_\_\_\_

**CONNECT (Take a few minutes to catch up)**

**CELEBRATE (Take time to express gratitude)**

**CHECK-IN (Hold each other accountable to any thing from the previous huddles)**

**COACH (Ask two questions: 1) What is Jesus telling you to do? 2) What are you doing about it?**

**CARE (Spend time praying for one another)**

**COMMUNICATE (Determine when and where your next huddle will happen)**

## WEEK EIGHTEEN

### *John 18-21*

*Again he said, "Peace be with you. As the Father has sent me, so I am sending you."*

John 20:21 NTL

# My SOWING Journal

Scripture \_\_\_\_\_

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**Daily Prayer**



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