

The

Discipleship Journal

Receive it. Live it. Share it.

Feed others while you feed yourself

Discipleship isn't just something we learn. It's something we live and share together.

This journal is designed to fit into your personal quiet time and your everyday walk with God. As you receive encouragement, insight and direction from the Lord, share what you are learning with others. You do not need to prepare a teaching or have all the answers. Be willing to learn, to act, and to encourage one another.

Our shared rhythm

- Meet together at least once a month.
- Connect through Teams, video calls or group conversations as often as is helpful.
- Send a short weekly WhatsApp voice or video message to your group (aim for 90 seconds; keep it under two minutes).

Choose just one thing to share:

- An encouragement
- A challenge you are facing
- Something you sense God is saying
- A fresh insight or revelation
- A prayer request, response or answered prayer

Pick one and share it. Be honest, concise and personal.

The commitment.

A shared journey

01. Meet

One monthly meet up in person.

02. Focus

This is designed to fit in to your own personal quiet time.

03. Share

One short voice or video note each week from each member.

04. Respond

Listen, encourage and pray for one another.

Our commitment

We commit to listen and respond to one another, to participate and to encourage each other. This is an intentional commitment — a contract of discipleship, not just a group to attend. Our aim is that everyone takes at least one step forward in each ingredient.

Keep the Holy Spirit at the centre

Each week, look for the connection between God's Word, the Holy Spirit and your daily life. What is He highlighting? How are you responding? What can you share with others?

The **Ingredients**

- Fellowship
- Relationships
- The Word
- Worship
- Sin, Repentance & Forgiveness
- Prayer
- Fasting
- Finances & Giving
- Sharing Faith & the Gospel

Work through these ingredients at a pace appropriate for your group.
They are not tied to calendar months or a fixed completion date.

INGREDIENT 01

Fellowship

Spiritual unity, mutual support, shared faith and love among believers, grounded in Christ.

DISCOVER | What does the Bible say about it?

- 1 John 1:3–7 — Fellowship with God and one another
- Philippians 1:3–7; 4:14 — Partnership, grace and support
- Colossians 1:3–8 — Faith, love and the family of believers
- Ephesians 2:19–22 — Members of God's household
- Philippians 2:1–4 — Unity, humility and care for others

REFLECT | Where am I now?

- Am I surrounding myself with other Christians?
- Am I taking initiative, or waiting for others?
- Am I inviting others into fellowship and recognising invitations myself?
- What opportunities for fellowship are already available through Alpha, Connect, Belong or serving in church?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- How will I engage more intentionally with my church family?
- What is freely available through church life that would help me grow in fellowship?

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- What is the difference between attending church and sharing life?
- When has someone else's faith strengthened mine?
- How could our group become more welcoming and mutually supportive?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 02

Relationships

Growing relationships through love, encouragement, practical care and a willingness to share our faith.

DISCOVER | What does the Bible say about it?

- Philippians 4:1–3; 1 John 3:7 — Relationships and righteous living
- 1 Corinthians 12:12–27 — Unity, dependence and the church family
- Matthew 5:21–48 — Anger, lust, reconciliation and loving enemies
- James 1:19–27 — Listening, speaking and practical obedience

REFLECT | Where am I now?

- Who are the important people in my life?
- Am I intentionally building and strengthening relationships?
- Do the people around me know about my faith?
- Am I sharing my faith naturally?
- Am I available and willing to pray with others?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- What could I do to connect more intentionally with colleagues, neighbours, friends or family?

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- Where have we seen God use an ordinary conversation?
- How do we balance truth and love when relationships are strained?
- What could faithful presence look like at work, home or in our neighbourhood?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 03

The Word

God's Word is foundational instruction that reveals His character, directs our lives and helps us discern His voice.

DISCOVER | What does the Bible say about it?

- Psalm 119:105 — A lamp and light for our path
- Isaiah 55:11 — God's Word accomplishes His purposes
- John 1:1 — The Word from the beginning
- Hebrews 4:12 — Living, active and discerning
- 2 Timothy 3:16–17 — God-breathed Scripture that equips us

REFLECT | Where am I now?

- Do I appreciate that Jesus' words are life to my soul?
- Do I read the Bible expecting to hear from God?
- Do I know how to feed on God's Word, alone and with others?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Choose a sustainable time and place to read Scripture.
- Write one observation, one question and one response from a passage.
- Share one Scripture and why it matters to you.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- What helps us read Scripture in context?
- How can we listen for the Holy Spirit without separating His guidance from the written Word?
- What has someone else helped you understand recently?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 04

Worship

A joyful response to God's greatness, expressed through reverence, thanksgiving, holiness and everyday life.

DISCOVER | What does the Bible say about it?

- Psalm 95:1–7 — Joyful praise and thanksgiving
- Psalm 97:1–10 — God's greatness and the rejection of idols
- Hebrews 12:28–29 — Reverent and acceptable worship
- Ephesians 5:18–20 — Spirit-filled gratitude and praise
- Revelation 14:6–7 — Fear God and give Him glory
- Psalm 96:1–13 — Worship the Lord in the splendour of holiness

REFLECT | Where am I now?

- Do I delight in God's goodness?
- Am I genuinely thankful, or am I going through the motions?
- Does my worship shape my everyday actions as well as my singing?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Begin or end the day by naming things you are thankful for.
- Choose one act of service as an intentional offering to God.
- Read a psalm aloud and turn it into prayer.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- How do we worship together while making room for different expressions?
- Where have we seen worship expressed through service or generosity?
- What might it mean to worship with reverence and joy?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 05

Sin, Repentance & Forgiveness

Receiving God's forgiveness, turning from sin and extending forgiveness to others.

DISCOVER | What does the Bible say about it?

- Deuteronomy 30:1–20 — Returning to God, obedience and life
- Psalm 32:1–5 — Confession and forgiveness
- 1 Kings 8:22–53 — Solomon's prayer for mercy and restoration
- Daniel 9:1–21 — Confession and pleading for mercy
- Isaiah 53:4–12 — The suffering servant bearing our sin

REFLECT | Where am I now?

- What do I need to confess?
- Am I caught in any repeated patterns of sin?
- Do I recognise sin and respond with repentance?
- Do I live with confidence in God's forgiveness?
- Is there anyone I need to forgive?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Confess honestly to God and ask for His help to change.
- Identify a practical boundary or trusted support where needed.
- Take a safe step towards peace or forgiveness without ignoring necessary boundaries.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- How can we create a group where honesty meets grace rather than shame?
- What is the difference between repentance and simply feeling guilty?
- How can we support someone without pressuring them to disclose private experiences?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 06

Prayer

Ongoing communication with God through praise, confession, listening and requests for ourselves and others.

DISCOVER | What does the Bible say about it?

- Matthew 6:5–15 — Jesus teaches us how to pray
- Philippians 4:6–7 — Bring everything to God in prayer
- 1 Thessalonians 5:16–18 — Pray continually
- James 5:16 — Prayer and confession
- Psalm 145:18 — The Lord is near to those who call on Him
- Jeremiah 29:12 — God hears when His people pray

REFLECT | Where am I now?

- Do I see prayer as two-way communication with God?
- Am I making space to pray and listen regularly?
- Am I attentive to what God may be saying?
- Am I confident praying for others, including out loud?
- What questions do I have about praying in tongues?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Set aside a manageable time to pray and listen.
- Ask one person how you can pray for them, and follow up.
- Keep a brief record of requests and responses.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- What has helped each of us develop a rhythm of prayer?
- How can we pray for each other in a way that is specific and caring?
- How do we respond when an answer is delayed or different from what we hoped?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 07

Fasting

A spiritual discipline of humbling ourselves before God, seeking Him and responding in obedience.

DISCOVER | What does the Bible say about it?

- Isaiah 58 — The fasting God desires
- Matthew 6:16–18 — Jesus' teaching on fasting
- Joel 2:12–13 — Return to God wholeheartedly
- Ezra 8:21–23 — Seeking God's help and guidance
- Acts 13:2–3 — Worship, fasting and commissioning
- Psalm 69:10 — Humbling oneself through fasting

REFLECT | Where am I now?

- Do I understand why I fast, rather than simply going without food?
- Do I fast with spiritual purpose?
- What am I seeking God about?
- Am I willing to fast and pray on behalf of others?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Choose a prayer focus before considering a fast.
- If appropriate, plan a safe and realistic fast with prayer.
- Where abstaining from food is unsuitable, practise another intentional way of making room for prayer.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- What does Isaiah 58 add to our understanding of fasting?
- How can a group practise fasting without comparison or pressure?
- What did we discover when we intentionally made room to pray?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 08

Finance & Giving

Faithful stewardship of what God has entrusted to us, expressed through contentment, generosity and wise decisions.

DISCOVER | What does the Bible say about it?

- Genesis 26:12–14 — Isaac's flourishing and provision
- Proverbs 14:20–31 — Generosity, integrity and care for those in need
- Luke 16:1–13 — Stewardship and faithfulness with resources
- Matthew 6:19–21 — Treasure in heaven
- 1 Timothy 6:17–19 — Generosity, good works and lasting treasure
- 1 Timothy 6:20–21 — Guarding what has been entrusted to us

REFLECT | Where am I now?

- Am I a willing and joyful giver?
- Am I managing well what God has entrusted to me?
- Am I content with what I have?
- Do comparison, envy or jealousy affect my attitude to money?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Review one area of spending, saving or giving prayerfully.
- Identify a practical act of generosity that is appropriate for my circumstances.
- Seek trustworthy advice if finances feel difficult to manage.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- How does generosity include time, hospitality and practical care as well as money?
- What does faithful stewardship look like for people in very different circumstances?
- How do we discuss finances without embarrassment or pressure?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?

INGREDIENT 09

Sharing Faith & the Gospel

Living and communicating the good news of Jesus through our words, actions, testimony and relationships.

DISCOVER | What does the Bible say about it?

- 2 Corinthians 3:5–6; 4:5 — Our sufficiency is from God; we proclaim Christ as Lord
- 1 Corinthians 9:16–17 — The responsibility of preaching the gospel
- 1 Corinthians 9:19–23 — Becoming all things to all people
- Philippians 1:27–30 — Living worthy of the gospel with courage
- 1 Thessalonians 2:1–12 — Sharing the gospel and our lives
- Acts 20:17–35 — Teaching, caring, serving and sharing

REFLECT | Where am I now?

- Does my life give a credible witness to the gospel?
- Who have I invited to explore faith in Jesus?
- Can I explain the gospel and share my testimony?
- Am I relying on others to speak when I could take a step?
- Have I helped anyone begin following Jesus? How are they doing now?

LISTEN | What is God saying to me?

Through His Word — What Scriptures, insights or fresh understanding have stood out to me?

Through His Spirit — What do I sense the Holy Spirit drawing my attention to?

RESPOND | What am I going to do about it?

- Write a short, honest version of my testimony.
- Pray for one person and look for an appropriate opportunity to listen.
- Invite someone into a conversation, meal, church gathering or exploration of faith.

SHARE | Feed others while you feed yourself

Use these for your gathering, a one-to-one conversation or a short group message.

- What made someone's testimony meaningful to us?
- How do we listen with respect rather than treat people as projects?
- Where have we seen God open a door for a natural conversation?

My 90-second share: One thing I am learning, facing or thankful for.

Someone in my group I can encourage or pray for: _____

LIVE IT | Journal space

Record prayers, Scriptures, conversations, discoveries, setbacks and moments of gratitude.

REVIEW | What does this look like in my life now?

At the beginning: What is my honest starting point?

When I revisit this ingredient: What has changed? What have I learned, practised or experienced?

What is the next step in my journey?





