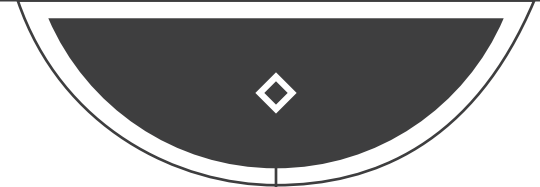




A DAILY RHYTHM WITH JESUS



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Created by Eric Hoffman, Rob Howard, and Rob Sweet

Project & Design Management by Aaron Blanton and Kate Riddle

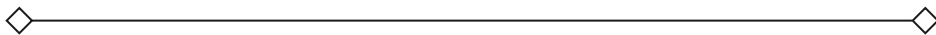
Cover and Interior Design by Hannah Santi

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## Fellowship Resources

Over the past twenty-five years, God has been leading Fellowship Bible Church through a journey of discovering how imperative the heart is to life with God and others. It has led us to focus everything we do on our mission. We believe that every follower of Jesus is called to be a disciple maker, so we are committed to making disciple makers—to see Jesus transform thousands of hearts through the people of Fellowship.

*Our resources equip disciples on the journey to becoming disciple-makers.*

*For training, reading plans, and more, go to [FellowshipBibleChurch.org/Resources](https://FellowshipBibleChurch.org/Resources).*



# INTRODUCTION

Our mission at Fellowship Bible Church...

*Becoming a community of people who follow Jesus with our whole heart and help others do the same.*

The invitation to follow Jesus calls us to a transformative journey of the heart. It calls us to imitate Jesus and become like him ... his actions, his virtues, embrace his message of love, forgiveness, and serving others. What does it mean to follow Jesus? Simply, following Jesus means to do what he did.

While we desire instant transformation, the life of faith is a journey where we walk with Christ while depending on his Spirit. Following Jesus is a continual and lifelong process of refinement, where the supernatural process of refinement changes us from the inside out by the supernatural work of the Spirit and with our cooperation and engagement. As Jesus transforms our hearts and makes them whole, we become more and more like him.

We have developed this *Come, Listen, Respond Journal* to help you spend time in the Word, in prayer, and in conversation with others. In your small group, you will help each other grow in the Four Essential Practices of Jesus. We believe the following four practices are necessary in cultivating transformation and expressions of a life devoted to following Jesus. While there may be more we could add to the list, these are what we would call the essential practices of a follower of Jesus.

## **1 | Commune With God: Constantly cultivate an ever-deepening relationship with God.**

God invites us into a loving relationship with him and we respond to that calling learning to be with him and love him with our whole heart. We experience heart change by being with God our Father.

## **2 | Hear and Obey God's Word: Hear and do all that God says.**

We as his sheep seek to listen to God's voice—clearly spoken in his written Word and through the living Word, Jesus. Led by the Spirit, we put our faith into action through obedience.

### **3 | Love Each Person: Seek the highest good of others.**

All people are created in the image of God and all people are our neighbors to be loved as ourselves and as God has loved us. Through these relationships we help a broken world see the transformational hope and power of Jesus.

### **4 | Multiply Your Life: Live that others may know and follow Jesus.**

Living out of our God-given calling, we live on mission where we live, work, and play. Relationships are the environment where reproducible disciple-making happens. As we follow Jesus, we are the messengers announcing the good news to others that they can accept Jesus' invitation to know and follow him.

Our desire is that you take personal ownership of your walk with God, moving beyond just knowing about God to experiencing a vibrant life with him. The invitation to follow Jesus is to live your whole life from your whole heart with God and with others, the way we were designed to live.

Let's follow Jesus together.

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## HOW TO USE THIS BOOK



This *Come, Listen, Respond Journal* is designed to help you spend time with God in prayer and his Word. No matter the reading plan you choose, this journal allows you space to enter into God's presence and invite him into all you are carrying, read attentively and listen expectantly to his Word, and respond to how he leads.

### Daily Conversation With God

Throughout the Gospels we witness the intimate relationship between Jesus and his Father. They cultivated their relationship through conversation—the Son talking with his Father and listening to his Father's voice, and the Father speaking words of encouragement and comfort to his Son. As you spend time in daily conversations with God, you'll have the opportunity to begin cultivating intimacy with God through conversation, too. That's how we build relationships—by sharing and listening, day by day.

Each day, after you read a portion of your Reading Plan, questions will guide you into a real conversation with God about your true thoughts and feelings while you listen for what he's saying to you. To help you develop a repeatable rhythm, we'll follow a simple, three-part pattern:

COME BEFORE GOD

LISTEN TO HIS WORD

RESPOND TO HIS VOICE

**COME**

Talk with God about what is on your heart as you come to him today.

*God, I come today, exhausted. I'm angry about the conversation I had last night, wishing it were different. It's been the same thing for months and I'm not sure what to do. I'm afraid things will never change, and then what? I need your help.*

**LISTEN** | Passage: Psalm 46

What was the author's main point in this passage?

*God is refuge, help, strength ... there is no need to fear.*

What do you believe the Spirit is saying to you through this passage?

*Is God really my refuge? What else do I run to instead of him? I can rest and trust, bring my fear to him.*

**RESPOND**

In light of what you have written above, what is the Spirit leading you to consider, obey, or do?

*Run to Jesus. He is my refuge ... my rest. He is my help as I navigate this relationship. I will bring him my fear and not run away from it to other things.*

Talk with God about what you need and the needs of others.

*God, you are my loving Father. In the midst of my anxiety and fear, help me be still and trust you. I open my hands to you and your plans with this relationship.*

**COME BEFORE GOD**

Use this space to begin the conversation. God desires you to come to him just as you are—no need for pretenses.

**LISTEN TO HIS WORD**

God speaks to us through his Word. Read the passage and use the prompts to explore how God might speak to you through his text.

**RESPOND TO HIS VOICE**

Write down what you will do in response to what God has said. Then write out a prayer for your needs and for the needs of others.

**Why journal?** Writing prayers and insights in a journal has been a beneficial tool for countless people throughout the ages. You will not regret it. The passage of information from our hearts to the page is more than transcribing—it is making the invisible visible. It helps us bring our internal conversation with God into the light of reality. It creates a personal written record of what God has said to us, and it gives us something to look back on later as a witness to what he has done in us.

# Weekly Reflection Journal

Each week you will pause to reflect on what you're experiencing through the *Come, Listen, Respond Journal* pages.

During your personal reflection, you'll be encouraged to see God's presence in your life, look for themes or days that stand out to you, and reflect on internal or external obstacles that you encounter as you develop the daily rhythm of following Jesus.

As you work through the weekly engagements of reading God's Word, the Spirit is transforming you from the inside out. We are transformed by Jesus as we imitate what he did and obey what he commanded. The weekly reflection will help you focus and see how God is transforming you over time.

You will use the reflection journals to help you prepare for sharing with your group. Sharing what you are learning in community is essential for encouraging one another to follow Jesus with all you are, in all of life.

As you study Jesus' life, look for these Four Essential Practices. Begin to imitate them in your own life. We'll help you focus on this through reflection questions each week in this section.

## WEEK 1 REFLECTION

### COMMUNE WITH GOD

How would you describe your conversations with God this week?

*Honest. Open. Easier than usual. Somewhat hurried. I had trouble spending the kind of time I'd like to spend each day. But I stayed with it—gave the best I could.*

How did your time with God and his Word connect to what you are going through?

*I found that a few times I was able to answer or connect those really easily. One was how I tend to try and find life outside of Jesus. Another, how to point to Jesus like John the Baptist did, and why I don't sometimes.*

### HEAR & OBEY GOD'S WORD

What did you hear God say to you through his Word that you want to remember?

*Jesus was so invitational ... come and see ... follow Me. I want to be more like that. I do have something for someone else to see—my changed life. Follow me ... follow Jesus ... I know where that change came from. I want to be more invitational like Jesus was/is. Even invitational like Andrew was with Peter or Phillip was with Nathaniel.*

What steps did you take this week to follow Jesus?

*I am trying to be invitational with Jason, not just friendly or neighborly. It's really easy to keep our conversation on the surface and I struggle sometimes to help it go deeper. So we are going fishing. Feels like a big commitment to me, but it was invitational! Who knows where our conversation might go.*

### LOVE EACH PERSON

What opportunity did you have to serve someone?

*I wiped down the mirror and the counter in our bathroom. I feel like I'm not the one that makes that mess. I feel like I work long hours, take care of the yard, etc., etc. ... to get involved in cleaning the bathroom was honestly a gift to my wife. It was something I really didn't want to do, but I know it meant a lot with all she's been carrying too.*

When did you have difficulty loving like Jesus?

*Above. I put her needs above mine. I wanted to argue about it, but Jesus wouldn't have.*

### MULTIPLY YOUR LIFE

Who have you prayed for or invested in this week that does not yet know Jesus?

*Jason*

Who are you sharing what you are learning with, and how is it going?

*Adam from my small group. We're meeting regularly and this is becoming part of our conversation.*

# Group Meeting

The *Come, Listen, Respond Journal* is designed to be used either individually or in community. We encourage you to be in community with others and not “go it alone.” We are not meant to follow Jesus alone! That is why we have created an intentional blank space each week entitled “Group Meeting” to take notes from your time together as a group. Record how others are experiencing God, how God is speaking to you through the group, and how you can be praying for the needs and requests of the people in your group. Plan to gather for a brief meeting each week. Use the Group Meeting Guide to help shape and focus your group meeting. Make this time a priority in your schedule; you need them and they need you.

## Group Meeting Guide

### **Fellowship: 15 min**

Have someone pray and ask the Spirit to guide your time together. Then allow each person to share their “high” and “low” from the week and what they want to thank God for.

### **Reading & Application: 30 min**

What did you read this week that captured your attention, challenged you, or created questions?

Where did you find it challenging to live like Jesus this week, and why?

How have you seen God working in you and around you this week?

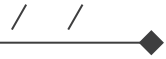
Looking back on your journal entries and reflection questions, what stood out to you the most this week? What is God leading you to consider, obey, or do?

### **Praying Together: 15 min**

Who can we pray for that does not know Jesus?

How can we pray for you? (Capture how you can be praying for those in your group.)





## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: 1 Kings 18:20-40

*What was the author's main point in this passage?*

*What do you believe the Spirit is saying to you through this passage?*

## RESPOND

*In light of what you have written above, what is the Spirit leading you to consider, obey, or do?*

*Talk with God about what you need and the needs of others.*

## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: 1 Kings 19:1-8

*What was the author's main point in this passage?*

*What do you believe the Spirit is saying to you through this passage?*

## RESPOND

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*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: 1 Kings 19:9-12

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*What do you believe the Spirit is saying to you through this passage?*

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## LISTEN | Passage: 1 Kings 19:13-18

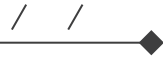
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## LISTEN | Passage: 1 Kings 19:19–21

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*What do you believe the Spirit is saying to you through this passage?*

## RESPOND

*In light of what you have written above, what is the Spirit leading you to consider, obey, or do?*

*Talk with God about what you need and the needs of others.*

## COMMUNE WITH GOD

*How would you describe your conversations with God this week?*

*How did your time with God and his Word connect to what you are going through?*

## HEAR & OBEY GOD'S WORD

*What did you hear God say to you through his Word that you want to remember?*

*What steps did you take this week to follow Jesus?*

## LOVE EACH PERSON

*What opportunity did you have to serve someone?*

*When did you have difficulty loving like Jesus?*

## MULTIPLY YOUR LIFE

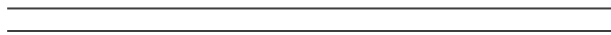
*Who have you prayed for or invested in this week that does not yet know Jesus?*

*Who are you sharing what you are learning with, and how is it going?*









## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: 1 Samuel 1:1-20

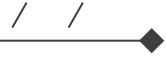
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## RESPOND

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## COME

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## LISTEN | Passage: 1 Samuel 1:21-28

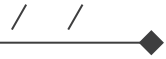
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## LISTEN | Passage: 1 Samuel 2:1-11

*What was the author's main point in this passage?*

*What do you believe the Spirit is saying to you through this passage?*

## RESPOND

*In light of what you have written above, what is the Spirit leading you to consider, obey, or do?*

*Talk with God about what you need and the needs of others.*

## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: 1 Samuel 3:1-21

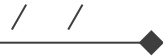
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## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: 1 Samuel 7:3-17

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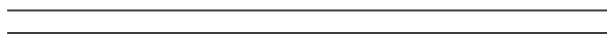
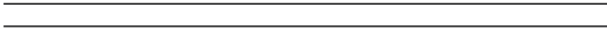
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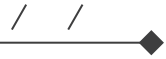
*Who are you sharing what you are learning with, and how is it going?*











## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: Psalm 73:1-6

*What was the author's main point in this passage?*

*What do you believe the Spirit is saying to you through this passage?*

## RESPOND

*In light of what you have written above, what is the Spirit leading you to consider, obey, or do?*

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## COME

*Talk with God about what is on your heart as you come to him today.*

## LISTEN | Passage: Psalm 73:7-12

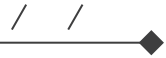
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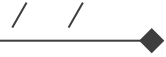
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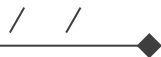
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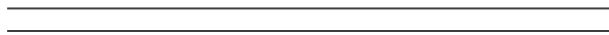
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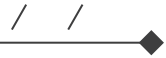
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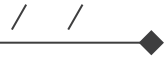
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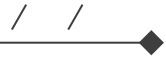
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*Who are you sharing what you are learning with, and how is it going?*







**NOTES**



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**NOTES**



A series of 20 horizontal lines for writing notes, spaced evenly down the page.

