

# CENTER OF LIFE — ACTS 2 FORMATION

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Participant Manual + Workbook (Master Draft)

Note: Reflection answers are written in a separate your journal/notebook. The workbook provides prompts, tools, and weekly structure.

# FRONT MATTER

## ACTS 2 FORMATION

A 24-Week Discipleship & Kingdom Socialization Program  
Participant Manual + Workbook

Phase 1: Becoming a Disciple (Weeks 1–12)

Phase 2: Making Disciples (Weeks 13–24)

Center of Life (COL) — Sioux Falls, SD

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## FM-3 — WELCOME + BIG IDEA

You're not joining a class. You're entering a formation pathway.

This isn't information for your notes. It's training for your life. Not hype. Not pressure. Not performance. Formation.

And here is the big idea we will keep returning to:

Discipleship is Kingdom Socialization. It is how God retrains us—so Jesus becomes our normal.

You were already trained by something. Family, culture, pain, survival, media, habits—something shaped your scripts. This program is you saying: “Jesus, retrain me.” Not as a moment. As a lifestyle.

## FM-4 — HOW TO USE THIS MANUAL + WORKBOOK

### WHAT YOU'RE HOLDING

Manual: teaching that explains what we're doing and why it matters.

Workbook: weekly reps, reflection, prayer, tools, and practices that make it real.

## HOW TO “WIN” EACH WEEK

Don’t aim for perfect. Aim for faithful.

Mon–Thu: Scripture + one practice rep.

Wed: Chavruta (small group).

Fri–Sat: Shabbat rhythm + reflection.

Sun: gathered worship + response step.

If you do that consistently, you will change.

## FM-5 — PROGRAM OVERVIEW

Acts 2 Formation is a 24-week discipleship pathway rooted in Acts 2:42–47 and designed to move participants from new believer foundations to mature disciple-makers.

We follow the Acts 2 pattern: devotion to the Word, devotion to fellowship, devotion to the table (breaking bread), devotion to prayer—and we practice it until it becomes embodied.

## WHAT WE INTEGRATE

Scripture reading for transformation

Christian doctrine (what we believe and why it matters)

Spiritual disciplines (training with grace)

Jewish discipleship methods (especially Chavruta + Talmud-style learning flow)

Psychological formation tools (to name patterns and practice renewal)

## PHASE STRUCTURE (LOCKED)

Weeks 1–12: Becoming a Disciple — foundations, belonging, identity, healing, doctrine primer, disciplines, fruit.

Weeks 13–24: Making Disciples — gifts, prayer, community, warfare, outreach, mentoring, multiplication, commissioning.

Each week, you’ll see a “Pillar Emphasis” line—so you can connect what you’re learning to how we actually build the church Jesus is forming.

- **Administration:** Systems & Stewardship — structures, teams, processes, and accountability that keep ministry faithful and effective.
- **Outreach:** Community Engagement & Evangelism — serving the city, sharing the gospel, making disciples on mission.
- **Equipping:** Leadership & Ministry Training — gifts activated, leaders developed, teams trained, ministry skills practiced.

- **Formation:** Teaching & Discipleship — Scripture, doctrine, practices, and obedience that mature us in Christ.
- **Presence:** Worship & Prayer — cultivating God-awareness, surrender, spiritual disciplines, and Spirit-led life.
- **Connection:** Hospitality & Care — the family atmosphere: belonging, attachment, follow-up, pastoral care.

#### **The 6 Pillars:**

Center of Life is built on six ministry pillars. Acts2 Discipleship primarily forms you through five of them (Connection, Presence, Formation, Equipping, Outreach). Administration supports the health and sustainability of the whole house.

## **FM-5A — CENTER OF LIFE PILLARS OF MINISTRY**

### **FM-6 — COVENANT COMMUNITY (DEFINITION + AGREEMENTS)**

We don't mean "attendance." We mean a formation family.

#### **COVENANT COMMUNITY IS**

Truth and love together  
Belonging without enabling  
Accountability without shame  
Repair instead of avoidance  
Honor with honesty  
Maturity as a shared goal

#### **COVENANT COMMUNITY IS NOT**

Control  
Perfectionism  
Spiritual bullying  
Forced vulnerability  
Using "honor" to silence truth  
Peacekeeping that avoids repair

## **COVENANT AGREEMENTS (HOW WE TREAT EACH OTHER)**

Confidentiality (with safety exceptions)  
Consent matters in prayer and ministry  
Share airtime (no domination)  
No fixing people (we practice presence + truth)  
Repair within 72 hours when conflict happens  
People are not the enemy (we resist lies, not humans)

## **FM-7 — WEEKLY RHYTHM (MONDAY–SUNDAY) — LOCKED**

Your formation requires rhythm. Rhythm beats intensity.

### **MONDAY–THURSDAY — PERSONAL PRACTICE (20–45 MINUTES/DAY)**

Scripture reading (Mon–Thu)  
Required reading (doctrine + discipline)  
One tool rep (worksheet or practice)

### **WEDNESDAY — CHAVRUTA SMALL GROUP GATHERING**

Text-based, question-driven learning. We read, wrestle, apply, and commit.

### **FRIDAY — SHABBAT BEGINS**

Cease • Delight • Bless. Rest becomes worship.

### **SATURDAY — REFLECTION DAY**

Three guided reflection questions + journaling.

### **SUNDAY — CHURCH GATHERING + RESPONSE MOMENT**

Gathered worship + Word + next step. Discipleship is lived in community, not isolation.

## FM-8 — KINGDOM SOCIALIZATION (STANDALONE DEFINITION)

- Kingdom Socialization
- Kingdom Socialization is discipleship.
- Kingdom Socialization is the process of being trained into the culture of Heaven through discipleship—by Scripture, Spirit, and covenant community—until Jesus' ways feel normal and our old ways feel foreign.

### WHAT THIS MEANS PRACTICALLY

You will identify old scripts and practice new ones.  
You will move from consumer to covenant.  
You will learn to obey in small steps and repeat them until they become natural.  
You will not grow alone. You will grow in community.

## FM-9 — HERMENEUTICS CORE TERMS + INTERPRETIVE STANDARD (MASTER LEVEL)

Hebrew/Greek Lettering Note: When a key word is introduced, we may include the original term with lettering (Hebrew: אָבִיךְ; Greek: α/β/γ...) to deepen meaning. Don't get intimidated—use it as a clarity tool, not a performance tool.

### HERMENEUTICS

Hermeneutics is the theory and methodology of interpretation—especially the principles and rules by which we interpret Scripture responsibly. Hermeneutics asks what guides interpretation so that we honor author intent, literary genre, historical context, canonical context, and theological coherence—centered in Christ. In this program, hermeneutics is your guardrail system.

### EXEGESIS

Exegesis is the disciplined process of drawing meaning out of the text. It focuses on the author's intended meaning as communicated through language, genre, context, and canonical placement. In this program, exegesis is our posture: text-first, not self-first.

### EISEGESIS

Eisegesis is reading meaning into the text—importing assumptions, preferences, emotions, or agendas and then using Scripture to support what we already believe. In this program, eisegesis is the drift we resist.

## **INTERPRETIVE STANDARD (LOCKED)**

Context governs meaning. Canon confirms meaning. Christ centers meaning. Obedience completes meaning.

## **QUICK DIAGNOSTIC**

Am I extracting meaning (exegesis) or importing meaning (eisegesis)?

What does the context demand this passage means?

What would I have to change if I obeyed the actual meaning?

## **FM-10 — BIBLE STUDY QUICK GUIDE (FLIP-TO: REFERENCE)**

### **O-I-A-P: OUR WEEKLY SCRIPTURE METHOD**

Observe → Interpret → Apply → Pray

#### **1) P'SHAT (PLAIN SENSE): WHAT DOES THE TEXT SAY? QUOTE ONE LINE THAT ANCHORS THE WEEK.**

Repeated words/phrases

Commands and promises

Contrasts (“but,” “therefore”)

Cause/effect

Tone (comfort, warning, correction)

Write 1–3 observations:

#### **2) DRASH (WRESTLE/INTERPRET): WHAT QUESTION DOES THIS RAISE IN ME—AND WHAT MIGHT RABBI YESHUA BE CONFRONTING OR INVITING?**

Historical context: author, audience, purpose, situation

Literary context: genre + immediate flow

Original language (as needed): Hebrew/Greek for clarity, not creativity

Canonical context: Scripture interprets Scripture

Theological claim: what this reveals about God/Kingdom/church/disciple-life

Write interpretation in one sentence:

### **3) HALAKHAH (WALKING IT OUT): WHAT IS ONE SPECIFIC OBEDIENCE STEP JESUS IS ASKING FOR THIS WEEK? (WHEN/WHERE/HOW.)**

My obedience step (next 24 hours):

One boundary / conversation / practice I will do:

### **4) TESHUVAH + TOOL SYNERGY (RETURN + REPAIR): WHERE DID I NOTICE A PATTERN THIS WEEK (SCHEMA/LIFE TRAP/STRONGHOLD/FEAR-BOND/ATTACHMENT MOVE/NEED) AND HOW AM I RETURNING TO JESUS?**

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

Adoration: Who is God here?

Alignment: What must I renounce/repent/return to?

Request: What grace do I need to obey?

Weekly finish line: meaning (1 sentence) + obedience (1 step) + prayer (response).

### **HOW O-I-A-P STAYS MASTER-LEVEL (THE WORKFLOW BEHIND IT)**

OIAP is simple—but it's not shallow. We keep it master-level by running the Interpret step through a disciplined workflow: historical and literary context, original languages (as needed), canonical confirmation, theological synthesis, and then a formation outcome that matches the meaning.

Interpretive standard: Context governs meaning. Canon confirms meaning. Christ centers meaning. Obedience completes meaning.

## FM-11 — CHAVRUTA GUIDE (TALMUD-STYLE LEARNING)

- Chavruta (חavruta) is partnership-based learning: reading, questioning, and applying together. We use a Talmud-style flow because disciples aren't formed by lectures alone—they're formed by wrestling with truth in community.

### THE FLOW WE USE EVERY WEEK

Text (read twice)

Mishnah (the claim): "This text teaches that..."

Gemara (questions): we wrestle and clarify

Halakhah (practice ruling): what we will do this week

Aggadah (meaning/story): what God is forming in us

## FM-12 — CHAVRUTA QUESTION BUILDER (FLIP-TO: REFERENCE)

Aim for 6–10 questions each week. Mix these categories so the group stays text-faithful and practice-ready.

### A) TEXT QUESTIONS (WHAT DOES IT SAY?)

What repeats? What is emphasized?

What is commanded? What is promised?

Where is the contrast or turning point ("but," "therefore")?

What is the author highlighting by structure or repetition?

### B) MEANING QUESTIONS (WHAT DOES IT MEAN IN CONTEXT?)

What problem is the text addressing?

What would the original audience have heard differently than we do?

How does this paragraph fit the larger argument/story?

What does this reveal about God's character and intentions?

### C) FORMATION QUESTIONS (WHAT IS GOD FORMING IN US?)

What belief about God does this correct in me?

What false script does this confront?

What fruit of the Spirit would this produce if obeyed?

What does this train us to become, not just to do?

## D) PRACTICE QUESTIONS (WHAT WILL WE DO THIS WEEK?)

What is one specific obedience step in the next 24 hours?

What conversation needs to happen because of this text?

What boundary needs to be set or honored?

What repair move is needed in a relationship?

## WEEKLY LANDING

Every person chooses one obedience step (24 hours) and one relational rep (repair/boundary/invite). Close in short, specific prayer for obedience and covenant love.

## FM-13 — HEBREW + GREEK WORD STUDY METHOD (FLIP-TO: REFERENCE)

We use original language study for clarity, not flexing.

## WORD STUDY BOX FORMAT

Original: Hebrew/Greek letters

Transliteration: how to say it

Meaning: simple definition

Usage: one cross-reference (optional)

Formation link: what this trains in me

## EXAMPLE

Disciple (Greek): μαθητής (mathētēs) — learner/apprentice. Formation link: I am trained by Jesus through daily practice, not occasional inspiration.

## FM-14 — REQUIRED MATERIALS + READING SYSTEM

### REQUIRED TEXTS (ALL PARTICIPANTS)

Beth Felker Jones — Practicing Christian Doctrine (2nd ed.)

Myer Pearlman — Knowing the Doctrines of the Bible

Adele Calhoun — Spiritual Disciplines Handbook

## READING SYSTEM

Weekly chapters include Required Reading with page ranges/sections. Participants log completion weekly.

## FM-15 — ASSESSMENT + COMPLETION STANDARDS (FORMATION-BASED)

This program is measured by faithful practice, not test performance.

### COMPLETION IS BASED ON

Weekly rhythm completion (Mon–Sun reps)

#### ■ Chavruta participation

Reading logs (doctrine + disciplines)

Tool work (snapshots + worksheets)

Phase 2 outreach/discipleship practicum

You're not being graded for perfection. You're being trained for maturity.

## FM-16 — PHASE 2 OUTREACH TRACK OVERVIEW (JESUS MODEL)

Starting Week 13, outreach becomes intentional—not pressured.

You will maintain a 3 Names List plus one Person of Peace (Luke 10).

Jesus' pattern: pray → go (often in pairs) → hospitality/table → serve → witness → follow-up → disciple.

We are not doing sales. We are doing presence, prayer, and pathways.

## FM-17 — QUICK START COMMITMENTS

Before Week 1 begins, write your commitments:

My daily practice time (Mon–Thu) is: \_\_\_\_\_

My Chavruta night is Wednesday at: \_\_\_\_\_

My Shabbat plan (Fri–Sat) is: \_\_\_\_\_

The person who will keep me accountable is: \_\_\_\_\_

My “yes” for this season looks like: \_\_\_\_\_

# CORE CONTENT — WEEKS 1–24



# TALMIDIC DISCIPLESHP OF JESUS (RABBI YESHUA) — HOW THIS MANUAL WORKS

You're not just taking a class—you're apprenticing under a Person. In the first-century Jewish world, a talmid didn't merely learn information; a talmid learned a rabbi's teaching, absorbed his ways, and carried his mission. Jesus (ישׁוּעָה / Yeshua) calls us into that same apprenticeship: be with Him, become like Him, and do what He did.

This manual is structured like a modern Beit Midrash rhythm—text → question → wrestle → walk → return—so discipleship becomes formation, not performance.

Key Terms (with lettering):

- Talmid (תַּלְמִיד) — disciple/apprentice
- Rabbi (רַבִּי) — teacher/master
- Halakhah (הַלְכָה) — “the way of walking” (pattern of life)
- Beit Midrash (בֵּית מִדְרָשׁ) — house of study (learning in community)
- Chavruta (חַבְרוֹתָה) — paired learning through dialogue and holy wrestling
- Teshuvah (תְּשׁוּבָה) — return/turn back (repentance as returning to Jesus)

Weekly flow (what to expect):

- Daily: Scripture + disciplines + doctrine readings (your mind is being renewed).
- Wednesday Chavruta: You bring one insight, one question, and one next-step obedience rep (your community forms you).
- Friday/Saturday Shabbat rhythm: reflection + rest + repair (your soul catches up to your life).
- Sunday: attend church, receive the Word, and close the week with gratitude + next steps (your worship anchors your walk).

## WEEK 1 — COVENANT & IDENTITY

*Pillar Emphasis: Formation • Presence*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Covenant & Identity so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

## Word Window (Hebrew/Greek)

Term: Talmid (תַּלְמִיד) / μαθητής (mathētēs)

Meaning: Disciple/apprentice; learner who follows to become.

Formation Question: What is one way I will follow Jesus' way (not just His words) this week?

## REQUIRED READING

Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

- Scripture Reading: (see this week's assigned passages below)
- Character Study Focus: (see this week's character below)

Doctrine Reading (Jones + Pearlman)

- Doctrine Primer (Required): Read the assigned introductory section(s) so you can name core beliefs clearly and biblically.
- Jones (Practicing Christian Doctrine, 2nd ed.): Jones Intro pp. 1–10
- Pearlman: Introduction — The Nature/Value/Classification/System of Doctrine
- Spiritual Disciplines Reading + Practice (Calhoun)
- Calhoun (Spiritual Disciplines Handbook): Calhoun: Rule for Life pp. 37–41
- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service
- confession • worship

### ■ What to Expect This Week

This week is orientation, not overload. We are building the covenant foundation that holds everything else. Because discipleship without covenant becomes performance—and performance always burns out. So we're establishing three anchors: (1) God adopts you into a family, (2) Scripture forms you like a mirror and a map, and (3) community is not optional—it's the environment where formation happens.

### ■ Big Idea

God forms disciples in covenant community— not isolation, not hiding, not performance.

### ■ Say It Out Loud

In Christ, I walk in Covenant & Identity. I anchor my mind in sound doctrine. I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

**Say-it-out-loud**

- I don't heal in hiding.
- I belong before I behave.
- I'm not performing for family—I'm forming in family.

**Scripture Focus (Core)**

Acts 2:42–47 • Deuteronomy 6:4–9 • 1 Peter 2:9–10

**Character Study Spotlight**

Peter — from fear-based belonging to Spirit-formed boldness. Watch how Jesus restores Peter (John 21) and how Peter becomes a pillar for covenant community (Acts 2).

**Hebrew + Greek Word Study (Talmid/Talmud Style)**

Flip-To: Front Matter (Hermeneutics: OIAP + Exegesis/Eisegesis) (Hermeneutics/Exegesis/Eisegesis) • BM-4.1 (p. 19) (OIAP Method) • Character Study Focus (this week) (Character Study) • BM-4.2 (Chavruta Template)

- בְּרִית (berit) — “covenant”: a binding relational promise, not a casual agreement.
- שָׁמֵא (shema) — “hear/obey”: listening that turns into practice (Deut 6).
- תַּלְמִיד (talmid) — “disciple/apprentice”: one who learns by following closely.
- μαθητής (mathētēs) — “disciple/learner”: the NT word for a follower shaped by a teacher.
- ἐκκλησία (ekklēsia) — “called-out assembly”: a gathered people with shared allegiance.

**Required Reading Assignments (Doctrine + Disciplines)**

Complete these before Wednesday Chavruta if possible (or no later than Saturday).

Doctrine (Beth Felker Jones, \*Practicing Christian Doctrine\*, 2nd ed.)

- Introduction: “To Practice Doctrine” (pp. 1–10)

Doctrine (Myer Pearlman, \*Knowing the Doctrines of the Bible\*)

- Introduction (I–IV): The Nature of Doctrine; The Value of Doctrine; The Classification of Doctrine; A System of Doctrine

Spiritual Disciplines (Adele Ahlberg Calhoun, \*Spiritual Disciplines Handbook\*)

- “The Spiritual Disciplines and Desires” (pp. 13–16)
- “Introduction: Discovering Your Desire” (pp. 17–26)

**Psych Tool of the Week — Relational Mode vs Enemy Mode**

Relational Mode is when your nervous system and your spirit are aligned for connection: you can be honest, curious, and present. Enemy Mode is when you feel threatened (even subtly) and your body shifts into protection: attack, avoid, appease, or shut down.

Quick self-check (circle one): Relational / Enemy

When I'm in Enemy Mode, I tend to:  Attack  Avoid  Appear  Freeze

Relational Reset (60 seconds):

- Name it: “I'm in Enemy Mode right now.”

- Breathe: 4-count inhale, 6-count exhale (x5).
- Need it: “What do I need to return to peace?” (safety, clarity, connection, time).
- Next step: choose one relational move (ask a question, tell the truth gently, request a pause).

### Baseline Assessments (Complete This Week)

These aren't labels; they're mirrors. You're learning your default scripts so Jesus can rewrite them.

- Parenting Styles baseline (how you learned authority, affection, discipline).
- Communication Styles baseline (passive, aggressive, passive-aggressive, assertive).

### Weekly Flow (Mon–Sun)

We move like Acts 2: Word → Table → Prayer → Witness → Family.

#### MONDAY — Orientation + Scripture (OIAP)

- Read: Acts 2:42–47
- OIAP: Observe 3 details • Interpret 1 meaning • Apply 1 action • Pray 5 sentences
- Action: Choose a Chavruta partner (or assigned pair) and exchange contact info.

#### TUESDAY — Covenant Identity

- Read: 1 Peter 2:9–10
- Journal: “Where do I still live like I'm not chosen?”
- Practice: Speak the Say-it-out-loud lines twice today.

#### WEDNESDAY — Chavruta (Small Group) | Talmud Style

- Read: Deuteronomy 6:4–9 (The Shema)
- Bring: Your notes from Jones (pp. 1–10) + Calhoun (pp. 13–26)
- Discussion rhythm: read aloud → ask hard questions → argue respectfully → land a practice

#### THURSDAY — Rule of Life (Minimum Viable)

- Read: John 15:1–11
- Draft: 3 daily anchors (Word, Prayer, Connection) + 1 weekly anchor (Shabbat/Rest)
- Share: Send your draft to your Chavruta partner for accountability.

#### FRIDAY — Shabbat Begins (Rest + Delight)

- Plan: stop-work time, simple meal, no hustle.
- Practice: Gratitude (3 gifts), Presence (one slow activity), Worship (one song or psalm).

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

#### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

SATURDAY — Reflection (3 Questions) → Response Moment Prep

- What did the Spirit highlight in me this week—identity, fear, or belonging?
- Where did I slip into Enemy Mode, and what did it cost me?
- What covenant action step will I take this Sunday to move toward community?

Write a 5–7 sentence response to God. Then choose ONE step for Sunday.

SUNDAY — Church Gathering + Covenant Action Step

- Worship + Word + Community
- Covenant Step (choose one): join a team, invite someone to lunch, share a testimony, ask for prayer, serve someone quietly.
- Close: Pray the Shema (Deut 6:4–5) and ask for grace to practice what you learned.

## WEEK 1 CHAVRUTA GUIDE (LEADER + GROUP)

### *Pillar Emphasis: Formation • Presence*

1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

- If discipleship is covenant community, what does “belonging” require of me this week?
- What's the difference between knowing doctrine and practicing doctrine?

- What does it mean to “hear” (shema) Scripture, not just read it?
  - Where do we confuse church attendance with covenant participation?
  - What’s one habit that would make Acts 2 more normal in my life?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
- Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
  - Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?

## **WEEK CHECKLIST**

- Read Acts 2:42–47; Deut 6:4–9; 1 Pet 2:9–10 (and complete OIAP at least twice).
- Complete Jones doctrine reading (pp. 1–10).
- Complete Calhoun discipline reading (pp. 13–26).
- Complete Pearlman Introduction (I–IV).
- Complete Parenting Styles + Communication Styles baselines.
- Attend Wednesday Chavruta and participate (ask at least one question).
- Draft your minimum Rule of Life and share it with your partner.
- Practice Shabbat (Fri/Sat).

# **WEEK 2 — SCRIPTURE & REVELATION**

*Pillar Emphasis: Formation*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Scripture & Revelation so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Teshuvah (תְּשׁוּבָה) / μετάνοια (metanoia)

Meaning: Return/repent; a changed mind that turns the body.

Formation Question: Where am I returning to Jesus in a concrete choice?

#### ■ What to Expect This Week

This week we build the backbone of discipleship: a Word-centered life. Not random verses. Not vibes. A formed mind, a trained heart, and a disciplined reading practice. You'll learn the difference between reading the Bible for information and letting the Bible read you for transformation—and you'll practice OIAP with hermeneutical integrity (exegesis, not eisegesis).

#### ■ Big Idea

Revelation is not just what God says—it's what God forms. Scripture doesn't only inform you; it reforms you.

#### ■ Say It Out Loud

In Christ, I walk in Scripture & Revelation. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## **SAY-IT-OUT-LOUD LINES**

“I don’t use the Word—The Word uses me.”

“I will interpret the text before I apply the text.”

“My life comes under Scripture, not Scripture under my life.”

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

#### ■ Field Manual — This Week’s Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.

- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

1. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: Front Matter (Hermeneutics: OIAP + Exegesis/Eisegesis) (Hermeneutics/Exegesis/Eisegesis) • BM-4.1 (p. 19) (OIAP Method) • Character Study Focus (this week) (Character Study) • BM-4.2 (Chavruta Template). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

2. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

3. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed).

State one doctrine claim in your words and one concrete change it demands.

4. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use Character Study Spotlight and your anchor text(s); name one moment, one trait being formed, and one obedience step.

## **WEEK 2 (CONTINUED)**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Safety & Belonging so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Teshuvah (תְּשׁוּבָה) / μετάνοια (metanoia)

Meaning: Return/repent; a changed mind that turns the body.

Formation Question: Where am I returning to Jesus in a concrete choice?

## WEEK 2 (CONTINUED)

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Teshuvah (תְּשׁוּבָה) / μετάνοια (metanoia)

Meaning: Return/repent; a changed mind that turns the body.

Formation Question: Where am I returning to Jesus in a concrete choice?

## SCRIPTURE BLOCK (LOCKED)

Daily Reading (Mon–Thu):

Monday: 2 Tim 3:14–17

Tuesday: Ps 119:9–16

Wednesday (Chavruta): Acts 17:10–12

Thursday: John 17:17

Character Study: Ezra (scribe + reformer) — Ezra 7:6–10

■ Memory Verse: 2 Timothy 3:16–17 (write it here)

## REQUIRED READING

Doctrine:

Jones (2nd ed.) — Ch. 2: Knowing God: Doctrines of Revelation and Scripture (pp. 31–54)

Pearlman — Ch. 1: The Scriptures (I. Need p.17; II. Inspiration p.19; III. Verification p.25)

Spiritual Disciplines (Calhoun):

Fixed-Hour Prayer (pp. 250–253)

Listening Prayer (pp. 266–268)

## PSYCH TOOL DEFINITION BOX (WEEK 2)

Flip-To: BM-C (Wise Mind) (Wise Mind) • BM-C.X (p. 29) (6 Human Needs Check-In) (Safety Signals Plan) • Front Matter (Hermeneutics: OIAP + Exegesis/Eisegesis) (Hermeneutics/Exegesis/Eisegesis)

Tool: Wise Mind (DBT)

Definition: Wise Mind integrates Emotion Mind (feelings/impulses) and Reasonable Mind (logic/facts) into a centered response. In discipleship language: it's the pause where the Spirit gets the microphone before your flesh does.

How we use it this week: Pause, breathe, and choose the next right step before you speak, text, teach, or shut down.

Tool: Safety Signals Plan

Definition: Safety signals are cues that tell your nervous system 'safe enough.' Threat signals are cues that activate fear, control, or withdrawal. Naming them gives you options instead of autopilot.

How we use it this week: Identify your top safety/threat signals and pick one daily 'reset' action you'll practice.

## MONDAY — ALIGN (OIAP SETUP)

Shema Prayer: "Lord, I hear You. I receive Your Word. Form me by truth today."

Scripture: 2 Tim 3:14–17

OIAP (write 3 lines):

- Observe: What does the text actually say?
- Interpret: What did it mean to them then? (context, author, audience)
- Apply: What is God asking of me now?
- Pray: Turn the text into a prayer.

## TUESDAY — TOOL DAY (HERMENEUTICS IN PLAIN LANGUAGE)

Definitions (write in your own words):

- Hermeneutics: the principles/rules of interpretation.
- Exegesis: drawing meaning out of the text (what it says).
- Eisegesis: reading my meaning into the text (what I want it to say).

Quick Integrity Check (circle one):

1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

Practice Rep (required): Today I will interpret first, then apply.

## WEDNESDAY — CHAVRUTA NIGHT (TALMUD STYLE)

Text: Acts 17:10–12

Mishnah (claim): A disciple is marked by hungry, humble searching—receiving the Word with readiness and testing it with Scripture.

Gemara (questions):

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
  - 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
  - 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
  - 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
    - Trigger: What set it off?
    - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
    - Old script: What did I tell myself / assume?
    - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
    - Repair: What is one relational repair or obedience step I will take?
  - 5) What happens to a community when Scripture is not examined daily?
  - 6) Case: How do you correct a wrong interpretation without shaming the person?
- Halakhah (practice ruling): This week I will do OIAP 4 days and bring one insight + one question to Chavruta.
- Aggadah (story): Ezra 'set his heart' to study, do, and teach (Ezra 7:10). What happens when the order gets reversed?
- Prayer: "Holy Spirit, open my eyes. Teach me truth. Deliver me from twisting Scripture to fit my desires."

## THURSDAY — INTEGRATION (WISE MIND + SAFETY)

Wise Mind Reset (90 seconds):

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

Safety Signals Plan (fill in):

My top 3 safety signals: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

My top 3 threat signals: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

My reset action (choose one):

- Pause + breathe + clarify  Step away respectfully for 10 minutes  Pray  Ask for support

Practice Rep (required): Before I respond today, I will pause and use Wise Mind one time.

## **FRIDAY — SHABBAT BEGINS**

Cease: lay down striving. Delight: choose something life-giving. Bless: speak blessing over your home/body.

Blessing prayer: “Father, let Your Word be my anchor. Teach me to rest in truth.”

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

5. Scripture + Character Formation (Text → Mirror): What did this week’s primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use Ezra (scribe + reformer) — Ezra 7:6–10 and your anchor text(s); name one moment, one trait being formed, and one obedience step.

6. Doctrine → Worship (Belief → Practice): What did this week’s doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference this week’s doctrine reading: Jones (2nd ed.) — Ch. 2: Knowing God: Doctrines of Revelation and Scripture (pp. 31–54); Pearlman — Ch. 1: The Scriptures (I. Need p.17; II. Inspiration p.19; III. Verification p.25). State one doctrine claim in your words and one concrete change it demands.

7. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week’s assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

8. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week’s Flip-To: tool(s): Flip-To: BM-C (Wise Mind) (Wise Mind) • BM-C.X (p. 29) (6 Human Needs Check-In) (Safety Signals Plan) • Front Matter (Hermeneutics: OIAP + Exegesis/Eisegesis) (Hermeneutics/Exegesis/Eisegesis). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

- 1) P’shat (Plain Sense): What does the text say? Quote one line that anchors the week.

- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

## SUNDAY — ATTEND CHURCH + JOURNAL REFLECTION

Attend your normal Sunday gathering (service + sermon + worship). Come ready to receive, respond, and reconnect.

After church (same day), complete this reflection in your journal:

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
  - Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
  - Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?
- 5) What is one prayer request I'm carrying into next week?

## WORD STUDY BOX (WEEK 2)

Hebrew (letters): תּוֹרָה

Transliteration: Torah — instruction/teaching (not just 'law')

Hebrew (letters): דְּבָרָה

Transliteration: dābār — word/speech; a spoken reality

Greek (letters): λόγος

Transliteration: logos — word/message; reasoned speech

Greek (letters): γραφή

Transliteration: graphē — Scripture/writing (God-breathed text)

Discipleship link: Torah is instruction that trains; logos is truth that makes you wise; graphē is the written Word that forms a stable life.

#### ■ Prayer Lab (Week 2) — Required

Fixed-Hour Prayer (3 times this week): set one alarm and pray 2 minutes: Adoration → Confession → Thanksgiving → Supplication.

Listening Prayer (daily 3 minutes): after Scripture, sit in silence and ask: “Holy Spirit, what are You highlighting?” Write one sentence.

## WEEK 2 (CONTINUED)

You’re not just completing a week—you’re walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that’s normal. But hear me: the goal is not perfection—it’s practice. So we’ll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let’s go.

#### Word Window (Hebrew/Greek)

Term: Teshuvah (תְּשׁוּבָה) / μετάνοια (metanoia)

Meaning: Return/repent; a changed mind that turns the body.

Formation Question: Where am I returning to Jesus in a concrete choice?

Completed OIAP at least 2 days

Attended Wed Chavruta (or completed the questions)

Completed Wise Mind + Safety Signals Plan

Practiced Fixed-Hour Prayer

Practiced Listening Prayer

Observed Shabbat

Completed Saturday reflection

Attended church + completed Sunday journal reflection

# WEEK 3 — GOD: ATTRIBUTES & AWE

## *Pillar Emphasis: Formation*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in God: Attributes & Awe so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Emunah (עֲמָנוֹת) / πίστις (pistis)

Meaning: Faithfulness/trust; reliance that shows up in action.

Formation Question: What would obedience look like if I trusted Jesus here?

#### ■ What to Expect This Week

This week is about upgrading your picture of God. Many believers love God, but relate to Him through a distorted lens—projecting pain, authority wounds, or shame onto the Father. Doctrine corrects distortion. Worship grows when God is seen clearly.

#### ■ Big Idea

When your view of God expands, your fear shrinks. Right doctrine produces right devotion.

#### ■ Say It Out Loud

In Christ, I walk in God: Attributes & Awe. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## SAY-IT-OUT-LOUD LINES

“God is not like my worst authority figure.”

“I can trust God’s heart and God’s power at the same time.”

“Awe is the antidote to anxiety.”

## WEEK 3 (CONTINUED)

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Scripture as Formation: How to Read the Bible so your life matches His kingdom. You may feel resistance

or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Emunah (עֲמָנוֹת) / πίστις (pistis)

Meaning: Faithfulness/trust; reliance that shows up in action.

Formation Question: What would obedience look like if I trusted Jesus here?

## **WEEK 3 (CONTINUED)**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Emunah (עֲמָנוֹת) / πίστις (pistis)

Meaning: Faithfulness/trust; reliance that shows up in action.

Formation Question: What would obedience look like if I trusted Jesus here?

## **SCRIPTURE BLOCK (LOCKED)**

Daily Reading (Mon–Thu):

Monday: Exodus 34:6–7

Tuesday: Psalm 145

Wednesday (Chavruta): Isaiah 6:1–8

Thursday: Romans 11:33–36

Character Study: Moses (the God-revealed life)

■ **Memory Verse: Exodus 34:6 (write it here)**

## **REQUIRED READING**

Doctrine:

Jones (2nd ed.) — Ch. 2: Knowing God (pp. 31–54)

Pearlman — Ch. 2: God (I. Existence p.33; II. Nature p.50; III. Attributes p.57)

Spiritual Disciplines (Calhoun):

Celebration (pp. 28–30)

## PSYCH TOOL DEFINITION BOX (WEEK 3)

Flip-To: BM-C.Y (p. 38) (Development Stages) • BM-C.W (Maturity Indicators)

Tool: Development Stages (Ilssley-Clarke & Dawson)

Definition: A formation lens that highlights what humans need at different stages to mature: secure receiving, responsibility, mutuality, sacrificial care, and wise community leadership. In discipleship, it helps us see where we're 'stuck' and what repair practice is needed.

How we use it this week: Locate your 'stuck stage' pattern and choose one repair practice for the week.  
(Flip-to: BM-3.Y (p. 38))

Tool: Life Model: Maturity Indicators (summary)

Definition: A discipleship mirror that tracks maturity fruit (joy, peace, resilience, secure connection) and stuck signs (fear bonds, disconnection, control, shutdown).

How we use it this week: Mark one maturity fruit you want to grow and one stuck sign you will repent of and replace. (Flip-to: BM-3.W (p. 38))

## MONDAY — ALIGN (ATTRIBUTE MAP)

Shema Prayer: "Lord, show me who You are. Correct my lens. Grow awe in me."

Scripture: Exodus 34:6–7

Attribute Map (write 5): God is \_\_\_\_\_, so I can \_\_\_\_\_.

Example: God is faithful, so I can stop panic-planning.

## TUESDAY — TOOL DAY (DISTORTED GOD-LENS)

Circle what you tend to believe under stress:

God is distant  God is angry  God is disappointed  God is unpredictable  God is unsafe

Replace with truth (write one Scripture-backed sentence):

"Because God is \_\_\_\_\_, I can \_\_\_\_\_."

## WEDNESDAY — CHAVRUTA NIGHT (TALMUD STYLE)

Text: Isaiah 6:1–8

Mishnah (claim): Encountering God's holiness exposes our false self and commissions our true self.

Gemara (questions):

1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
  - 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
  - 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
    - Trigger: What set it off?
    - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
    - Old script: What did I tell myself / assume?
    - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
    - Repair: What is one relational repair or obedience step I will take?
  - 5) Compare Psalm 145—how do God’s attributes stabilize community?  
Halakhah (practice ruling): This week I will practice Celebration daily as an act of trust, not escapism.
- Prayer: “Holy God, cleanse me and send me. Let awe make me obedient.”

## THURSDAY — INTEGRATION (FORMATION STAGES CHECK-IN)

Development Stages Check-In (quick):

Where do I feel stuck most?

- Receiving (I struggle to be cared for)
- Responsibility (I avoid ownership)
- Mutuality (I can’t do ‘with’ well)
- Sacrifice (I resent giving)
- Wisdom (I don’t steward community well)

Repair practice I will do this week (one sentence): \_\_\_\_\_

## FRIDAY — SHABBAT BEGINS

Celebrate on purpose. Awe produces joy. Joy restores strength.

Blessing prayer: “Father, I receive Your goodness. Teach me to delight without guilt.”

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

9. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use Moses (the God-revealed life) and your anchor text(s); name one moment, one trait being formed, and one obedience step.

10. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference this week's doctrine reading: Jones (2nd ed.) — Ch. 2: Knowing God (pp. 31–54); Pearlman — Ch. 2: God (I. Existence p.33; II. Nature p.50; III. Attributes p.57). State one doctrine claim in your words and one concrete change it demands.

11. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

12. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C.Y (p. 38) (Development Stages) • BM-C.W (Maturity Indicators). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

## SUNDAY – ATTEND CHURCH + JOURNAL REFLECTION

Attend your normal Sunday gathering (service + sermon + worship). Come ready to receive, respond, and reconnect.

After church (same day), complete this reflection in your journal:

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
  - Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
  - Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?
- 5) What is one prayer request I'm carrying into next week?

## WORD STUDY BOX (WEEK 3)

Hebrew (letters): קָבֹד

Transliteration: kāvôd — glory/weightiness—God's 'heaviness' of worth

Hebrew (letters): חֵסֶד

Transliteration: ḥesed — steadfast love/covenant mercy

Greek (letters): χάρις

Transliteration: charis — grace—unearned favor that empowers change

Greek (letters): ἅγιος

Transliteration: hagios — holy—set apart, wholly other

Discipleship link: When God's kavod becomes weightier than your fear, obedience becomes lighter.

■ **Prayer Lab (Week 3) — Required**

Celebration (daily 5 minutes): thank God out loud for 10 specific gifts. Then smile on purpose—train your body to agree with gratitude.

## **WEEK 3 (CONTINUED)**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Emunah (עֲמָנוֹת) / πίστις (pistis)

Meaning: Faithfulness/trust; reliance that shows up in action.

Formation Question: What would obedience look like if I trusted Jesus here?

Completed Attribute Map

Completed Distorted God-Lens replacement

Attended Wed Chavruta (or completed the questions)

Completed Development Stages Check-In (Flip-to BM-3.Y (p. 38))

Marked one maturity fruit + one stuck sign (Flip-to BM-3.W (p. 38))

Practiced Celebration

Observed Shabbat

Completed Saturday reflection

Attended church + completed Sunday journal reflection

## **WEEK 4 — THE TRINITY: GOD WE WORSHIP**

*Pillar Emphasis: Formation • Presence*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in The Trinity: God We Worship so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Hesed (חֶסֶד) / ἀγάπη (agapē)

Meaning: Covenant love; loyal love that moves first.

Formation Question: Who do I need to love with covenant consistency this week?

#### ■ What to Expect This Week

This week we don't 'figure God out'—we learn to worship God rightly. The Trinity is not a puzzle; it's a revelation. When you see Father, Son, and Spirit working together, you stop treating God like a vending machine and start relating to Him as covenant love. Trinity doctrine also heals attachment wounds.

#### ■ Big Idea

Trinitarian worship produces Trinitarian living: loved by the Father, formed in the Son, empowered by the Spirit.

#### ■ Say It Out Loud

In Christ, I walk in The Trinity: God We Worship. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## **SAY-IT-OUT-LOUD LINES**

“God is relationship, not isolation.”

“I'm adopted by the Father, united to the Son, filled with the Spirit.”

“Right worship reorders my relationships.”

## **WEEK 4 (CONTINUED)**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in The Trinity: God We Worship so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Hesed (חֶסֶד) / ἀγάπη (agapē)

Meaning: Covenant love; loyal love that moves first.

Formation Question: Who do I need to love with covenant consistency this week?

## WEEK 4 (CONTINUED)

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Hesed (**חֶסֶד**) / ἀγάπη (agapē)

Meaning: Covenant love; loyal love that moves first.

Formation Question: Who do I need to love with covenant consistency this week?

## SCRIPTURE BLOCK (LOCKED)

Daily Reading (Mon–Thu):

Monday: Matthew 3:13–17

Tuesday: John 1:1–18

Wednesday (Chavruta): 2 Corinthians 13:14

Thursday: Ephesians 1:3–14

Character Study: Jesus (Sonship)

■ Memory Verse: 2 Corinthians 13:14 (write it here)

## REQUIRED READING

Doctrine:

Jones (2nd ed.) — Ch. 3: Doctrine of the Trinity (pp. 55–76)

Pearlman — Ch. 2: God (IV. Trinity p.68)

Spiritual Disciplines (Calhoun):

Holy Communion (pp. 34–36)

## PSYCH TOOL DEFINITION BOX (WEEK 4)

Flip-To: BM-B.X (p. 47) (Schemas + Attachment) (Attachment Styles Quick Sheet) • BM-C.V (Love Bonds vs Fear Bonds) (Secure Move Script Builder)

Tool: Attachment Styles (God + People)

Definition: Attachment describes how you learned to give/receive closeness, trust, and care—secure, anxious, avoidant, or disorganized patterns. It often shows up in how you experience God and community.

How we use it this week: Notice your default protest pattern (cling/control/withdraw/shutdown) and practice one secure move (name need, ask clearly, stay present). (Flip-to: BM-2 (p. 47) Attachment tools)

## **MONDAY — ALIGN (TRINITY SNAPSHOT)**

Shema Prayer: “Father, Son, and Spirit—teach me worship. Teach me love.”

Scripture: Matt 3:13–17

Trinity Snapshot (write one line each):

Father: \_\_\_\_\_

Son: \_\_\_\_\_

Spirit: \_\_\_\_\_

## **TUESDAY — TOOL DAY (ATTACHMENT WITH GOD)**

Attachment Check-In (circle your tendency under stress):

I cling / over-pursue  I control / fix  I withdraw / shut down  I swing between

Secure Move (write one sentence you will practice):

“God, I’m feeling \_\_\_\_\_. I need \_\_\_\_\_. I choose to trust You with \_\_\_\_\_. ”

## **WEDNESDAY — CHAVRUTA NIGHT (TALMUD STYLE)**

Text: 2 Cor 13:14

Mishnah (claim): The Christian life is lived inside the grace of Jesus, the love of the Father, and the fellowship of the Spirit.

Gemara (questions):

- 1) P’shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

5) Compare Eph 1—what does ‘in Christ’ mean for identity?

Halakhah (practice ruling): This week I will practice Communion (or covenant remembrance) with reverence and gratitude.

■ **Prayer:** “Father, let me live as beloved. Jesus, let me live in grace. Spirit, make me present and connected.”

## THURSDAY — INTEGRATION (COMMUNION PREP)

Communion Prep (write 3 lines):

- 1) P’shat (Plain Sense): What does the text say? Quote one line that anchors the week.
  - 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
  - 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- Community Script (practice): “I want to stay connected with you. When I’m stressed, I tend to \_\_\_\_\_. This week I’m practicing \_\_\_\_\_. Can you help me by \_\_\_\_\_?”

## FRIDAY — SHABBAT BEGINS

Shabbat as Trinity practice: rest in the Father’s provision, receive the Son’s grace, welcome the Spirit’s peace.

Blessing prayer: “Father, thank You for adopting me. Jesus, thank You for redeeming me. Spirit, fill me with peace.”

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

13. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use Jesus (Sonship) and your anchor text(s); name one moment, one trait being formed, and one obedience step.

14. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference this week's doctrine reading: Jones (2nd ed.) – Ch. 3: Doctrine of the Trinity (pp. 55–76); Pearlman – Ch. 2: God (IV. Trinity p.68). State one doctrine claim in your words and one concrete change it demands.

15. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

16. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-B.X (p. 47) (Schemas + Attachment) (Attachment Styles Quick Sheet) • BM-C.V (Love Bonds vs Fear Bonds) (Secure Move Script Builder). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

## SUNDAY – ATTEND CHURCH + JOURNAL REFLECTION

Attend your normal Sunday gathering (service + sermon + worship). Come ready to receive, respond, and reconnect.

After church (same day), complete this reflection in your journal:

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
  - Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
  - Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?
- 5) What is one prayer request I'm carrying into next week?

## WORD STUDY BOX (WEEK 4)

Hebrew (letters): רוח

Transliteration: rûah — spirit/breath/wind

Greek (letters): κοινωνία

Transliteration: koinōnia — fellowship/participation/shared life

Greek (letters): χάρις

Transliteration: charis — grace—unearned favor that empowers change

Greek (letters): υἱοθεσία

Transliteration: huiotēsia — adoption as sons (Rom 8:15; Eph 1:5)

Discipleship link: Koinōnia isn't small talk—it's shared life under Father-love, Son-grace, and Spirit-presence.

#### ■ Prayer Lab (Week 4) — Required

Holy Communion (once this week): if you cannot take Communion, do a covenant remembrance—read 1 Cor 11:23–26 and thank Jesus for the cross.

Daily (2 minutes): Pray 2 Cor 13:14 over yourself and your community.

## WEEK 4 (CONTINUED)

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

#### Word Window (Hebrew/Greek)

Term: Hesed (חֵדֶד) / ἀγάπη (agapē)

Meaning: Covenant love; loyal love that moves first.

Formation Question: Who do I need to love with covenant consistency this week?

Completed Trinity Snapshot

Completed Attachment Check-In + Secure Move

Attended Wed Chavruta (or completed the questions)

Completed Communion Prep

Practiced Holy Communion / Covenant Remembrance

Observed Shabbat

Completed Saturday reflection

Attended church + completed Sunday journal reflection

## WEEK 5 — CREATION: IDENTITY + PURPOSE

*Pillar Emphasis: Formation • Presence*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Creation: Identity + Purpose so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Kadosh (קָדוֹשׁ) / ἅγιος (hagios)

Meaning: Holy/set-apart; distinct for God's purposes.

Formation Question: What boundary or practice sets me apart to God this week?

#### ■ **What to Expect This Week**

This week we go back to the beginning—not for trivia, but for identity. If you don't know what you are, you won't know what you're for. Creation doctrine tells you: you are made, named, and sent. It also clarifies warfare: the enemy attacks image, purpose, and peace.

#### ■ **Big Idea**

Identity is a gift from God, not a project of self. When image is restored, purpose becomes clear.

#### ■ **Say It Out Loud**

In Christ, I walk in Creation: Identity + Purpose. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## **SAY-IT-OUT-LOUD LINES**

“I am God-made, God-named, and God-sent.”

“I will not negotiate my identity with shame.”

“Discernment keeps me aligned with purpose.”

## **WEEK 5 (CONTINUED)**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Creation: Identity + Purpose so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Kadosh (קָדוֹשׁ) / ἅγιος (hagios)

Meaning: Holy/set-apart; distinct for God's purposes.

Formation Question: What boundary or practice sets me apart to God this week?

## WEEK 5 (CONTINUED)

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

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Meaning: Holy/set-apart; distinct for God's purposes.

Formation Question: What boundary or practice sets me apart to God this week?

## SCRIPTURE BLOCK (LOCKED)

Daily Reading (Mon–Thu):

Monday: Genesis 1:26–28

Tuesday: Psalm 19

Wednesday (Chavruta): Colossians 1:15–20

Thursday: Romans 8:18–25

Character Study: Adam/Eve

■ Memory Verse: Genesis 1:27 (write it here)

## REQUIRED READING

Doctrine:

Jones (2nd ed.) — Ch. 4: Doctrines of Creation and Providence (pp. 77–86)

Pearlman — Ch. 3: Angels (I. Angels p.81; II. Satan p.85; III. Wicked Spirits p.91)

Spiritual Disciplines (Calhoun):

Discernment (pp. 109–113)

## PSYCH TOOL DEFINITION BOX (WEEK 5)

Flip-To: BM-C (p. 29) (Boundaries) (Boundary Styles)

Tool: Boundary Styles

Definition: Boundary styles describe how people protect or abandon their limits: porous (over-giving/over-sharing), rigid (over-protected/closed), and healthy (clear, flexible, loving). Boundaries are stewardship, not walls.

How we use it this week: Identify your default boundary style and practice one clear boundary sentence that protects your purpose.

## MONDAY — ALIGN (IMAGO DEI IDENTITY)

Shema Prayer: “Creator God, name me again. Restore my image. Align my purpose.”

Scripture: Gen 1:26–28

Identity Lines (write 3):

Because I am made in God’s image, I am \_\_\_\_\_.

Because I am blessed, I can \_\_\_\_\_.

Because I am sent, I will \_\_\_\_\_.

## TUESDAY — TOOL DAY (DISCERNMENT PRACTICE)

Discernment Grid (write one situation you’re facing):

Situation: \_\_\_\_\_

What might be God’s invitation? \_\_\_\_\_

What might be my flesh/impulse? \_\_\_\_\_

What might be enemy pressure? \_\_\_\_\_

Next obedient step (small + specific): \_\_\_\_\_

## WEDNESDAY — CHAVRUTA NIGHT (TALMUD STYLE)

Text: Col 1:15–20

Mishnah (claim): Jesus is the image of the invisible God; when we are in Him, our image and purpose are restored.

Gemara (questions):

- 1) P’shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

5) What does reconciliation include—only souls, or all creation?

Halakhah (practice ruling): This week I will practice one boundary that protects my purpose.

■ **Prayer:** “Jesus, restore my image. Reconcile what’s disordered. Strengthen my boundaries. Keep me aligned.”

## THURSDAY — INTEGRATION (BOUNDARY STYLES)

Circle your default under stress:  Porous  Rigid  Healthy

Write one boundary sentence you will practice (assertive + honoring):

“I can’t do that right now, but I can do \_\_\_\_\_.”

“That doesn’t work for me. Here’s what I can offer: \_\_\_\_\_.”

Practice Rep (required): Today I will protect what God is forming, without guilt.

## FRIDAY — SHABBAT BEGINS

Shabbat is a boundary. It says, ‘I am not Pharaoh and I am not a slave.’

Blessing prayer: “Father, teach me limits. Teach me delight. Restore my dignity.”

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week’s Reps

- Practice Rep: Choose 1 discipline from this week’s disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

17. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use Adam/Eve and your anchor text(s); name one moment, one trait being formed, and one obedience step.

18. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference this week's doctrine reading: Jones (2nd ed.) – Ch. 4: Doctrines of Creation and Providence (pp. 77–86); Pearlman – Ch. 3: Angels (I. Angels p.81; II. Satan p.85; III. Wicked Spirits p.91). State one doctrine claim in your words and one concrete change it demands.

19. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

20. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (p. 29) (Boundaries) (Boundary Styles). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

## SUNDAY — ATTEND CHURCH + JOURNAL REFLECTION

Attend your normal Sunday gathering (service + sermon + worship). Come ready to receive, respond, and reconnect.

After church (same day), complete this reflection in your journal:

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?

- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?

- Old script: What did I tell myself / assume?

- Truth rehearsal: What Scripture/doctrine truth did I practice instead?

- Repair: What is one relational repair or obedience step I will take?

5) What is one prayer request I'm carrying into next week?

## WORD STUDY BOX (WEEK 5)

Hebrew (letters): תְּלֵם

Transliteration: tselem — image/representation (Gen 1:26–27)

Hebrew (letters): שָׁמַר

Transliteration: shāmar — to keep/guard/watch—stewardship language

Greek (letters): κτίσις

Transliteration: ktisis — creation—what God made and sustains

Greek (letters): εἰκόνων

Transliteration: eikōn — image—visible representation (Col 1:15)

Discipleship link: Boundaries are shāmar—guarding what God entrusted—so your tselem can reflect Him without distortion.

### ■ Prayer Lab (Week 5) — Required

Discernment (daily 3 minutes): ask, “Holy Spirit, what is the wise next step?” Write one line. Do it.

Optional: pray Psalm 19 slowly and let creation theology turn into worship.

## WEEK 5 (CONTINUED)

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in following Jesus in truth and love so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Kadosh (קָדוֹשׁ) / ἅγιος (hagios)

Meaning: Holy/set-apart; distinct for God's purposes.

Formation Question: What boundary or practice sets me apart to God this week?

Completed Identity Lines

Completed Discernment Grid

Attended Wed Chavruta (or completed the questions)

Completed Boundary Styles check + boundary sentence

Practiced Discernment discipline

Observed Shabbat

Completed Saturday reflection

Attended church + completed Sunday journal reflection

# WEEK 6 — PROVIDENCE: TRUSTING GOD'S CARE

## *Pillar Emphasis: Formation*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Providence: Trusting God's Care so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Shalom (שָׁלוֹם) / εἰρήνη (eirēnē)

Meaning: Wholeness/peace; integration under God.

Formation Question: Where do I need peace through repair rather than avoidance?

#### ■ What to Expect This Week

You'll sit in Matthew 6 and Joseph's story and practice a new internal script: from anxiety-driven control to covenantal trust. You'll also learn a core family systems lens—because God often forms us inside relationships, patterns, and pressures, not outside of them.

#### ■ Big Idea

Providence means God is actively present and wisely working—often through ordinary events and imperfect people—to accomplish His purposes without violating His character or abandoning His promises.

#### ■ Say It Out Loud

In Christ, I walk in Providence: Trusting God's Care. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

Flip-To: BM-C (Family Systems Theory) • BM-4.2 (p. 20) (Chavruta Template)

## **KEY TERMS**

- Hebrew: הַשְׁגַחָה פָּרָטִית (Hashgachah Pratit) — “particular providence,” God's attentive care over details (a Jewish way of naming God's ongoing oversight).
- Greek: πρόνοια (prónoia) — “forethought/providence,” the idea of wise foresight and provision.

- Formation phrase: “God is with me, God is for me, and God is working—so I can obey without panic.”

## SCRIPTURE READING PLAN (MON–THU)

- Matthew 6:25–34 — Jesus’ formation for anxious hearts
- Genesis 50:20 — Joseph names providence after betrayal
- Romans 8:28 — God works in and through the story
- James 1:2–5 — trials as formation + wisdom as the ask

## CHARACTER STUDY

**\*\*Joseph\*\*** — a man formed in a dysfunctional family system who learned to steward power without revenge, pain without cynicism, and promotion without forgetting God.

## REQUIRED READING

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\*** — Chapter 4, pp. 87–96
- \*\*Myer Pearlman\*\*** — Chapter 4: \*Man\* (Origin p.97; Nature p.101; God’s Image p.115)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\*** — \*Confession & Self-Examination\*, pp. 101–104

## DOCTRINE FOCUS

### Providence: God’s Care in the Middle of the Story

- Providence is not denial. It’s not pretending the betrayal didn’t hurt.
- Providence is not fatalism. It’s not “whatever happens happens.”
- Providence is covenant confidence: God can redeem what people intended for evil (Gen 50:20).
- Jesus trains us to live one day at a time—with borrowing tomorrow’s pain (Matt 6:34).

You see... anxiety often masquerades as responsibility. And so Jesus doesn’t just give you comfort—He gives you formation. Meaning: He rewrites how you interpret your needs, your future, and your Father’s heart.

## PRACTICE FOCUS: CONFESSION & SELF-EXAMINATION

This discipline is not self-hate; it’s truth-telling with God. Providence forms you when you stop hiding, stop performing, and start letting the Father care for the real you.

- Self-examination names what’s true (without excuses).
- Confession releases what’s sin (without shame).
- Grace restores connection (without fear).

## PSYCH / FORMATION TOOL

### Family Systems Lens (Flip-To: BM-C (p. 29))

Family systems teaches us that people don't just have "issues"—they have patterns. And patterns often repeat until someone gets healed, gets honest, and changes their response.

- \*\*Triangles:\*\* when stress rises, we pull in a third person to stabilize anxiety (often through blame, gossip, or alliance).
- \*\*Roles:\*\* families assign survival roles (hero, scapegoat, lost child, caretaker). Roles can become identities.
- \*\*Differentiation:\*\* staying connected while staying clear; being in relationship without being controlled by it.

Joseph's family system was full of favoritism, jealousy, and betrayal. Providence didn't ignore the system —God formed Joseph inside it, then used Joseph to redeem it.

## WORKSHEET: JOSEPH'S PROVIDENCE MAP (WORK IN THE WORKBOOK; JOURNAL ANSWERS IN YOUR YOUR JOURNAL/ NOTEBOOK)

### A) Storyline

21. Name one moment of pain or disappointment you're carrying right now (one sentence).
22. Name the meaning you've been attaching to it (the 'story' you've been telling yourself).
23. Name one way God may be forming you through it (character, courage, wisdom, humility, patience).

### B) Family Systems Snapshot

Draw a quick triangle map (stick figures is fine).

- Who are the three points of the triangle?
- What is the anxiety in the system right now?
- What is your usual move (fight, fix, freeze, flee, please)?
- What would a differentiated, Spirit-led move look like this week?

## OIAP BIBLE STUDY GUIDE (DAILY)

### O — Observation

- What does Jesus command in Matthew 6? What does He forbid? What does He promise?
- What words repeat (anxious/worry, seek, Father, tomorrow)?

**I — Interpretation**

- What is Jesus revealing about the Father's care?
- How does Joseph interpret his suffering differently in Genesis 50:20?

**A — Application**

- What is one anxious pattern you will not feed this week?
- What is one obedient step you will take anyway (even if you feel fear)?

**P — Prayer**

- Pray Matthew 6 aloud. Then pray, "Father, I receive Your care."
- If you pray in tongues, take 5 minutes to pray in tongues after OIAP, then write one sentence: "I sense God is inviting me to..." (in your journal/notebook).

**WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 6: PROVIDENCE + ANXIETY + DIFFERENTIATION**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20) (Standardized Chavruta Template).

Purpose: We are learning to read Jesus' words (Matthew 6) and Joseph's story (Genesis 50) in a way that rewrites our anxiety script and changes how we show up in our relationships.

**1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.**

Read aloud together:

- Matthew 6:33–34
- Genesis 50:20

Group prayer (short): "Father, train our hearts to seek first Your kingdom and trust Your care."

**2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?**

Pair up (2–3 people). Work like a Beit Midrash: read the text, ask, answer, challenge, refine. One person reads; the other summarizes; then switch.

**■ Chavruta Questions (Talmud-style: 'What does the text say? What does it mean? What does it demand of me?')**

24. TEXT: What is Jesus forbidding in Matthew 6, and what is He commanding instead? Name the exact words/phrases.
25. TEXT: In Genesis 50:20, what two intentions are named—and how does Joseph hold them together without denial?
26. MEANING: Where does Jesus locate the root of anxiety—future scarcity, identity, or trust in the Father?

27. MEANING: What does “seek first” look like in one sentence (not religious activity—alignment)?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

28. DEMAND: What is one anxious ‘tomorrow’ you’ve been borrowing? What would obedience look like today?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

### **3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)**

As a group, apply the Family Systems lens to one real scenario (use Joseph as the model).

29. Name the triangle: Who gets pulled in when anxiety rises (me + person + third point)?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

30. Name your default move: fight/fix/freeze/flee/please. (Be honest; no shame.)

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

31. Practice a differentiated move: write and say one sentence you could actually use this week (truth + honor + boundary + next step).

Examples of differentiated sentences:

- “I care about us, and I’m not going to argue in the moment. I’ll come back to this tonight at 7.”
- “I hear you. I need a day to pray and think. I will respond tomorrow.”
- “I’m not asking you to agree; I’m asking you to respect this decision.”

### **4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?**

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

Quietly (2 minutes): ask the Spirit, “Where have I been using control as a substitute for trust?”

Round-robin share (one sentence each):

- One place I noticed anxiety/control/avoidance this week...
- One truth I’m choosing to rehearse instead (Matt 6:33).

### **5) Commissioning Prayer + Outreach Micro-Rep (5 minutes)**

Pray in pairs for courage and trust. If your tradition practices tongues, take 60–90 seconds to pray in tongues and then pray one clear sentence in English: “Father, I receive Your care and I will obey today.”

Micro-Rep (simple): Before next Wednesday, text one person encouragement anchored in providence (one sentence + Scripture). Example: “God is with you and He’s working—Matthew 6:33. I’m praying for you.”

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### **■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

32. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.
33. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.
34. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
35. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **SUNDAY WEEKLY REVIEW (WRITE IN YOUR JOURNAL/NOTEBOOK)**

36. Where did I experience God's care this week (even in small ways)?
37. What did I learn about my anxious ‘default move’ (control/avoid/please)?
38. What is one providence declaration I will repeat this week?

## TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)

- Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_
- Trigger I noticed: \_\_\_\_\_
- Old move: \_\_\_\_\_
- New response I practiced: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

### ONE-SENTENCE PRAYER

Father, I release the need to control what I cannot carry; I receive Your care, and I will seek Your kingdom first—one day at a time.

## WEEK 7 – IMAGE OF GOD + MATURITY

### *Pillar Emphasis: Formation*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Image of God + Maturity so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Yoke (עֲלֵי / ol) / ζυγός (zygos)

Meaning: A way of life under a teacher.

Formation Question: What is Jesus' 'easy yoke' inviting me to release and receive?

#### ■ What to Expect This Week

We're going to ground your identity in Scripture (Genesis 1, Psalm 139, Ephesians 2) and then connect that identity to \*\*maturity\*\*—how humans actually grow over time. We'll practice the discipline of \*\*silence\*\* (not emptiness—presence), and we'll use a developmental lens (Erikson) to name where you may be stuck and how discipleship repairs what life interrupted.

### ■ Big Idea

\*\*Imago Dei (Image of God) is your starting point. Maturity is your pathway. Discipleship is your process.\*\*

### ■ Say It Out Loud

In Christ, I walk in Image of God + Maturity. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## KEY TERMS (HEBREW + GREEK)

- Hebrew: \*\*אֶלְעָלָגִים\*\* (\*tzelem Elohim\*) — “image of God” (Genesis 1:26).
- Hebrew: \*\*לְמַמְוֹת\*\* (\*demut\*) — “likeness” (Genesis 1:26).
- Greek: \*\*εἰκὼν\*\* (\*eikōn\*) — “image” (cf. Col 1:15; the idea of representation and reflection).
- Greek: \*\*καὶ νέος κτίσις\*\* (\*kainē ktisis\*) — “new creation” (2 Cor 5:17).

You see... in Scripture, identity is not what you \*feel\* today. It's what God \*spoke\* over you. And so maturity is learning to live from what God said—especially when your emotions disagree. Meaning: discipleship is learning to “wear the image” again—reflecting God's character in real life.

## SCRIPTURE READING PLAN (MON–THU)

- \*\*Psalm 139\*\* — God's intentional design and nearness
- \*\*Genesis 1:26–28\*\* — image, blessing, and assignment
- \*\*Ephesians 2:1–10\*\* — grace, identity, and good works prepared
- \*\*2 Corinthians 5:17\*\* — new creation identity in Christ

## CHARACTER STUDY: GIDEON (IDENTITY UNDER PRESSURE)

Gideon's calling story (Judges 6) is a masterclass in identity formation. God names him differently than he names himself: “mighty man of valor,” while Gideon is hiding in fear. That gap—God's word versus your self-story—is where discipleship happens.

- Watch Gideon's \*\*self-definition\*\*: “least... weakest... who am I?”
- Watch God's \*\*naming\*\*: “The Lord is with you... go... I will be with you.”
- Watch the \*\*maturity process\*\*: fear → questions → small obedience → strengthened courage.

## REQUIRED READING (LOCKED)

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 5, pp. 97–116
- \*\*Myer Pearlman\*\* — Chapter 5: \*Sin\* (Fact p.121; Origin p.124; Nature p.129; Consequences p.134)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Silence\*, pp. 121–124

## DOCTRINE FOCUS

### **Imago Dei + New Creation**

- Image of God means you have \*\*inherent dignity\*\* (worth) and \*\*assigned purpose\*\* (calling).
- Sin distorts—not by erasing God’s image, but by \*\*warping\*\* how we reflect Him (see Pearlman).
- Grace doesn’t just forgive you; it \*\*re-forms you\*\* into who you were meant to be (Eph 2:10).
- New creation means your old labels don’t get final authority (2 Cor 5:17).

And so... we don't disciple from shame. We disciple from \*\*grace\*\*—grace that tells the truth, grace that heals, grace that sends you back into the world as a living reflection.

## SPIRITUAL DISCIPLINE: SILENCE (CALHOUN)

Silence is not punishment. Silence is \*\*presence training\*\*. It's how you learn to stop performing, stop explaining, stop defending—and let God's voice become louder than your inner critic.

- Silence helps you notice what's driving you: fear, approval, control, avoidance.
- Silence creates space for the Spirit to expose \*false stories\* and restore \*true identity\*.
- Silence is how you practice: "I am loved even when I'm not productive."

### **Silence Rep (10 minutes, 3x this week)**

39. Sit with God. No music. No phone. No fixing.
40. Pray one sentence: "Father, I receive Your love." Then breathe slowly.
41. Notice what rises (thoughts, urges, shame, excuses). Don't wrestle—just name it.
42. Close with: "Jesus, form Your image in me."

## PSYCH / FORMATION TOOL

### **Erikson Development Stages (Flip-To: BM-C.X (p. 29))**

Erikson gives a simple map: people grow through stages with core tasks. When a task is unmet (because of trauma, neglect, chaos, or misattunement), we often develop survival strategies that show up later as insecurity, control, avoidance, or shame.

- \*\*Goal of this tool:\*\* identify your current “stuck point” and choose a discipleship repair practice.
- \*\*How we use it:\*\* not as a label—as a \*\*formation lens\*\* (where God is healing and maturing you).

### **Quick Map (high-level)**

- Trust vs Mistrust → can I rest in God's care?
- Autonomy vs Shame/Doubt → can I act without fear of failure?
- Initiative vs Guilt → can I pursue purpose without self-condemnation?
- Industry vs Inferiority → can I grow competence without comparison?

- Identity vs Role Confusion → can I know who I am and where I'm going?
- Intimacy vs Isolation → can I attach in love without losing myself?

Flip-To: BM-C.Y (p. 38) (Developmental Stages, Tasks, and Needs) and BM-C.W (Maturity Indicators) for a quick lookup.

## **WORKED EXERCISE: IMAGE OF GOD → MATURITY → ONE REPAIR PRACTICE**

### **A) Imago Dei Declaration (write in your journal/notebook)**

43. From Genesis 1:26–28, write one sentence that starts: “Because I bear God’s image, I will...”
44. From Ephesians 2:10, write one sentence that starts: “God prepared good works for me—so this week I will...”

### **B) Development Stage Check (circle one primary growth edge)**

- My main struggle is TRUST (rest, surrender, receiving care).
- My main struggle is SHAME/DOUBT (fear of trying, fear of being seen).
- My main struggle is IDENTITY (confusion, comparison, false labels).
- My main struggle is INTIMACY (avoidance, walls, fear of needs).

### **C) Choose One Repair Practice (pick ONE)**

- \*\*Trust repair:\*\* daily “care rehearsals” — read Matt 6:33 and thank God for 3 provisions.
- \*\*Shame repair:\*\* name the lie + speak the truth aloud (2 Cor 5:17).
- \*\*Identity repair:\*\* ask, “What does God call me?” then act on one small obedience.
- \*\*Intimacy repair:\*\* practice one safe connection: honest sentence + request + follow-up.

## **OIAP BIBLE STUDY GUIDE (DAILY)**

### **O — Observation**

- In Genesis 1, what does God give humans (identity + assignment)?
- In Psalm 139, what does God reveal about His nearness and intentionality?
- In Ephesians 2, what is gift and what is response?

### **I — Interpretation**

- What does it mean to bear God’s image in everyday life (speech, integrity, love)?
- How does “new creation” confront your old labels?

**A — Application**

- What is one identity-based action you will take this week (not mood-based)?
- What is one maturity edge you will practice (trust, courage, connection, responsibility)?

**P — Prayer**

- Pray: “Father, form Your image in me. Heal the places shame tried to name me.”
- If you pray in tongues: 3–5 minutes after OIAP, then write one sentence in your journal: “I sense the Spirit inviting me to...”

**WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 7: IMAGE OF GOD + MATURITY**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20) (Standardized Chavruta Template).

**Assigned Anchor Texts (Read Aloud)**

- Genesis 1:26–28
- Ephesians 2:8–10

**■ Chavruta Questions (Talmud-style: Text → Meaning → Demand)**

45. TEXT: In Genesis 1:26–28, what verbs/actions does God give humans (identity + assignment)? Quote them.

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

46. MEANING: What does “image of God” change about how you treat yourself and others this week?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

47. DEMAND: What is one obedience step that proves you are living from identity (not from shame or fear)?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

**Tool Practice Rep (Erikson Lens)**

48. Name one developmental ‘stuck point’ you recognize (trust/shame/identity/intimacy).

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

49. Name the survival strategy you use there (control/avoid/please/perfect/withdraw).

50. Write one repair practice you will do before next Wednesday (from the list above).

**WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

51. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.
52. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.
53. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
54. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **SUNDAY WEEKLY REVIEW (WRITE IN YOUR JOURNAL/NOTEBOOK)**

55. Where did I reflect God's image well this week (even small)?
56. Where did I fall back into an old label or old script?
57. What is my one identity declaration for next week?

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

- Tool (Flip-To): \*\*Erikson Development Stages\*\* (Flip-To: BM-C.X (p. 29) • BM-C.W)
- Trigger I noticed: \_\_\_\_\_
- Old move: \_\_\_\_\_
- New response I practiced: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## ONE-SENTENCE PRAYER

Father, thank You that I bear Your image and I am a new creation in Christ—form maturity in me so I live from truth, not fear.

# WEEK 8 — GRACE IDENTITY VS SHAME IDENTITY

### *Pillar Emphasis: Formation • Presence*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Grace Identity vs Shame Identity so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Chavruta (חַבְרוּתָה)

Meaning: Paired learning through dialogue and holy wrestling.

Formation Question: What question do I need to bring into community instead of hiding?

#### ■ What to Expect This Week

We're going to watch shame enter the human story (Genesis 3), then watch Jesus dismantle shame with love (Luke 15). We'll anchor your heart in Romans 8:1 (no condemnation) and Hebrews 4:14–16 (bold access). Then we'll practice \*\*solitude\*\*—not isolation, but intentional presence with God—so you can hear grace louder than accusation.

#### ■ Big Idea

\*\*Shame hides. Grace heals. Shame drives performance. Grace forms sonship.\*\* Discipleship is learning to live from grace identity, not shame identity.

#### ■ Say It Out Loud

In Christ, I walk in Grace Identity vs Shame Identity. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

Flip-To: BM-B.X (Schemas + Attachment Worksheets) • BM-B.Z (Strongholds Rep Plan) • BM-C.V (Love Bonds vs Fear Bonds) • BM-4.2 (p. 20) (Chavruta Template)

## KEY TERMS (HEBREW + GREEK)

- Hebrew: \*\*גָּבֻר\*\* (\*chen\*) — “grace/favor,” unearned kindness.
- Hebrew: \*\*חֶסֶד\*\* (\*chesed\*) — “steadfast covenant love,” loyal mercy.
- Hebrew: \*\*בּוֹשָׁה\*\* (\*bushah\*) — “shame,” disgrace/exposure.
- Greek: \*\*χάρις\*\* (\*charis\*) — “grace,” gift-favor that empowers a new life.
- Greek: \*\*κατάκριμα\*\* (\*katakrima\*) — “condemnation” (Rom 8:1).
- Greek: \*\*παρρεσία\*\* (\*parrēsia\*) — “boldness/confidence” to approach (Heb 4:16).

You see... shame doesn't just say, “you did wrong.” Shame says, “you are wrong.” And so grace doesn't just forgive your sin—grace \*\*restores your name\*\*. Meaning: the gospel is not God tolerating you. It's God \*\*adopting\*\* you and forming you.

## SCRIPTURE READING PLAN (MON–THU)

- \*\*Genesis 3\*\* — shame, hiding, blame, and God's pursuing presence
- \*\*Luke 15\*\* — the Father's running love (lost sheep/coin/sons)
- \*\*Romans 8:1\*\* — no condemnation in Christ
- \*\*Hebrews 4:14–16\*\* — Jesus our High Priest; bold access to mercy and grace

## CHARACTER STUDY: PETER (FAILURE → RESTORATION → COMMISSION)

Peter is what shame tries to steal: a disciple who failed publicly but was restored intentionally. Peter denied Jesus (Luke 22), but Jesus rebuilt Peter's identity and calling (John 21).

- Shame moment: denial, fear, self-protection.
- Grace moment: Jesus cooks breakfast—then asks for love, not perfection.
- Commission: “Feed My sheep.” Grace doesn't erase your story; it redeems it.

## REQUIRED READING (LOCKED)

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 6, pp. 117–140
- \*\*Myer Pearlman\*\* — Chapter 6: \*The Lord Jesus Christ\* (Nature p.141; Offices p.165; Work p.171)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Solitude\*, pp. 128–131

## DOCTRINE FOCUS

### Grace Identity: Union with Christ + No Condemnation

- Grace is not permission to stay the same; grace is power to become new.
- Romans 8:1 is not a mood—it's a verdict: \*\*no condemnation\*\* in Christ Jesus.
- Hebrews 4:16 isn't arrogance; it's covenant access: you come boldly because Jesus is your High Priest.

- Shame pushes you away from God; grace pulls you toward God—right where you are.
- And so... the goal is not “try harder.” The goal is “come closer.” Because closeness is where formation happens.

## SPIRITUAL DISCIPLINE: SOLITUDE (CALHOUN)

Solitude is how you let God love you without performance. It is not loneliness. It is not punishment. It is a chosen space where your heart can stop running.

### **Solitude Rep (10–15 minutes, 3x this week)**

58. Find a quiet place. Put your phone away.
59. Read Romans 8:1 slowly out loud.
60. Sit in silence for 3 minutes. When shame thoughts show up, don’t argue—name them: “That’s condemnation.”
61. Pray: “Jesus, I receive mercy and grace right now.” (Heb 4:16)
62. If you pray in tongues: 2–3 minutes, then write one sentence in your journal/notebook: “Grace is naming me as...”

## PSYCH / FORMATION TOOL

### **Shame Identity vs Grace Identity (Tool Snapshot)**

This tool helps you catch the identity script running under your behavior. Most people don’t sin because they want to destroy their life—they sin because they’re trying to \*\*manage pain\*\*. Shame is a master at making pain look like identity.

- \*\*Shame identity script:\*\* “I am unsafe, unseen, unworthy... I must hide, perform, control, or numb.”
- \*\*Grace identity script:\*\* “I am loved, covered, and being formed... I can come close, tell the truth, and obey.”

### **The Identity Flip (worked exercise)**

Use this as your weekly replacement practice. Write responses in your \*\*your journal/notebook\*\*.

63. 1) P’shat (Plain Sense): What does the text say? Quote one line that anchors the week.
  64. 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
  65. 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
  66. 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
- Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?

- Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?
67. 5) New move: One obedience step I can take without fear.

## **OIAP BIBLE STUDY GUIDE (DAILY)**

### **O — Observation**

- In Genesis 3, what are the first fruits of shame? (hiding, fear, blame, distance)
- In Luke 15, what does the Father do that shame says God will never do?
- What does Romans 8:1 actually declare (not suggest)?

### **I — Interpretation**

- Why does shame distort our picture of God?
- How does Jesus' priesthood (Heb 4) change how you approach God after failure?

### **A — Application**

- What is one shame pattern you will not feed this week?
- What is one 'come close' practice you will do instead?

### **P — Prayer**

- Pray: "Father, I refuse condemnation. I come to the throne for mercy and grace."
- Pray for restoration where shame has named you incorrectly.

## **WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 8: SHAME VS GRACE IDENTITY**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20) (Standardized Chavruta Template).

### **Assigned Anchor Texts (Read Aloud)**

- Genesis 3:1–13 (shame + hiding + blame)
- Luke 15:11–24 (the Father's running grace)

### **■ Chavruta Questions (Talmud-style: Text → Meaning → Demand)**

68. TEXT: In Genesis 3, what does Adam/Eve do immediately after sin—and what does God do? Quote the actions.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

69. MEANING: In Luke 15, what does the Father's response reveal about God's posture toward returning sinners?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

70. DEMAND: What is one 'come close' action you will take this week instead of hiding (a confession, a request, an honest prayer)?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

### **Tool Practice Rep (Identity Flip)**

71. Name one trigger from this week where shame showed up.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

72. Name the shame statement ("I am \_\_\_\_").

73. Replace it with a grace truth (Rom 8:1 / Heb 4:16 / Luke 15) and write one new move you will practice.

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### **■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

74. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

75. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

76. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

77. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## SUNDAY WEEKLY REVIEW (WRITE IN YOUR YOUR JOURNAL/NOTEBOOK)

78. Where did I practice ‘no condemnation’ this week (real example)?
79. What did I learn about my shame triggers?
80. What is my one grace declaration for next week?

## TOOL REP FOR THE WEEK (COMPLETE IN YOUR YOUR JOURNAL/NOTEBOOK)

- Tool: \*\*Shame Identity → Grace Identity Flip\*\* (use this week’s Identity Flip exercise)
- Trigger I noticed: \_\_\_\_\_
- Old move: \_\_\_\_\_
- Grace truth I rehearsed: \_\_\_\_\_
- New response I practiced: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## ONE-SENTENCE PRAYER

Jesus, I reject condemnation and I come boldly for mercy and grace—rename me by Your love and form Your life in me.

# WEEK 9 — ATONEMENT: THE CROSS

### *Pillar Emphasis: Formation*

This week is about the \*\*center of the gospel\*\*: Jesus didn’t just inspire you—He \*\*atoned\*\* for you. The cross is where sin is dealt with, shame is disarmed, and your new life begins. If you get the cross wrong, everything else becomes either performance or despair.

### Word Window (Hebrew/Greek)

Term: Ruach (רוּחַ) / πνεῦμα (pneuma)

Meaning: Spirit/breath; God’s empowering presence.

Formation Question: Where do I need the Spirit’s power instead of my striving?

### ■ What to Expect This Week

We will read Isaiah 53 and Mark 15 with sober honesty and deep gratitude. You’ll learn what atonement means, why the cross is necessary, and how Jesus’ suffering heals more than your record—it heals your

identity. Then we'll practice Scripture \*\*memorization\*\* as a discipline for replacing strongholds with truth you can actually carry when life hits.

### ■ Big Idea

\*\*Atonement means Jesus took our sin and its consequences upon Himself, so we could receive forgiveness, healing, and reconciliation with God.\*\*

### ■ Say It Out Loud

In Christ, I walk in Atonement: The Cross. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

Flip-To: BM-B.Z (Strongholds Rep Plan) • BM-C.V (Love Bonds vs Fear Bonds) • BM-C.Z (Needs Triage: Maslow Lens) • BM-4.2 (p. 20) (Chavruta Template)

## KEY TERMS (HEBREW + GREEK)

- Hebrew: \*\*כִּפְרָה\*\* (\*kāphar\*) — “to cover / make atonement” (root of Yom Kippur imagery).
- Hebrew: \*\*כִּפְרִים\*\* (\*kippurim\*) — “atonements” / day of atonement language.
- Greek: \*\*ἱλασμός\*\* (\*hilasmós\*) — “atoning sacrifice” (propitiation/expiation language in the NT).
- Greek: \*\*λύτρον\*\* (\*lýtron\*) — “ransom” (the price paid for release).
- Greek: \*\*καταλλαγή\*\* (\*katallagē\*) — “reconciliation” (restored relationship).

You see... the cross is not God losing His temper. It's God keeping His covenant. And so the cross doesn't just remove guilt—it restores access. Meaning: you don't have to hide; you can come home.

## SCRIPTURE READING PLAN (MON–THU)

- \*\*Isaiah 53\*\* — the suffering servant: substitution + healing
- \*\*Mark 15\*\* — the crucifixion narrative: Jesus' obedience unto death
- \*\*Hebrews 9\*\* — blood, covenant, and once-for-all sacrifice
- \*\*1 Peter 2:24\*\* — substitution + healing + new way of living

## CHARACTER STUDY: THE CENTURION (SEEING JESUS CLEARLY)

The centurion is an outsider who sees what insiders miss. Standing under the cross, he confesses what many religious leaders denied.

- \*\*Observation:\*\* What does the centurion see/hear that moves him to confession? (Mark 15:39)
- \*\*Confession:\*\* “Truly this man was the Son of God.”
- \*\*Formation point:\*\* Sometimes the cross breaks through cynicism faster than arguments. The cross reveals who Jesus is.

## REQUIRED READING (LOCKED)

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 7, pp. 141–153
- \*\*Myer Pearlman\*\* — Chapter 7: \*The Atonement\* (OT p.185; NT p.195)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Memorization\*, pp. 194–196

## DOCTRINE FOCUS

### What the Cross Accomplishes (Atonement Outcomes)

- \*\*Substitution:\*\* Jesus suffers in our place (Isa 53:5–6; 1 Pet 2:24).
- \*\*Forgiveness:\*\* sin's debt is dealt with; guilt is removed (Heb 9).
- \*\*Reconciliation:\*\* relationship is restored; enemies become family (katallagē).
- \*\*Healing:\*\* not only spiritual status—also soul-level repair as truth displaces lies (Isa 53:5).

And so... we don't just admire the cross. We \*\*receive\*\* it. We don't just preach it. We \*\*live from it\*\*.

## SPIRITUAL DISCIPLINE: MEMORIZATION (CALHOUN)

Memorization is discipleship under pressure. When temptation, accusation, or fear hits, you need truth \*\*inside\*\* you—not just on a page. Memorization is how the Word becomes a weapon and a refuge.

### ■ Memory Verse Options (choose ONE)

- \*\*1 Peter 2:24\*\* (recommended): “He Himself bore our sins...”
- \*\*Isaiah 53:5\*\*: “He was pierced for our transgressions...”

### Memorization Method (10 minutes/day)

81. Write the verse by hand once (slow).
82. Read it aloud 5 times (with meaning).
83. Chunk it into 2–3 phrases; repeat each phrase 5 times.
84. Say it from memory; check accuracy; repeat.
85. Pray it: turn the verse into a personal prayer.

## PSYCH / FORMATION TOOL

### Stronghold Exchange (Flip-To: BM-B.Z (p. 79); definitions BM-C)

A stronghold is a \*\*repeated thought–emotion–behavior pattern\*\* that has become fortified in you—often built for survival, reinforced by repetition, and defended by fear. Strongholds don't break by willpower alone; they break by \*\*replacement\*\*: truth rehearsed until it becomes your new default.

- \*\*Negative mental stronghold:\*\* a lie-based track (“God won't come through,” “I'm unworthy,” “I must control”).

- \*\*Kingdom stronghold:\*\* a truth-based track (“God provides,” “I am adopted,” “I can trust and obey”).
- \*\*Replacement practice:\*\* repeat truth in the moment of trigger + act in alignment with it.

### **Worked Exercise: Cross → Truth → Replacement (do in workbook; write details in your journal/notebook)**

86. 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
87. 2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
88. 3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
89. 4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
  - Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
  - Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?
90. 5) New response: one action you will take \*from truth\* this week (not from fear).  
Flip-To: BM-B.Z (p. 79) Strongholds (inventory + replacement map + rep plan).

## **OIAP BIBLE STUDY GUIDE (DAILY)**

### **O — Observation**

- In Isaiah 53, what words describe what Jesus bears and what we receive?
- In Mark 15, what does Jesus endure? What does He say? What do others say?
- In Hebrews 9, what is contrasted (repeated sacrifices vs once-for-all)?

### **I — Interpretation**

- What does substitution mean without making God cruel?
- How does the cross address both guilt and shame?

### **A — Application**

- What lie is the cross confronting in you this week?
- What truth will you memorize and rehearse when you're triggered?

**P — Prayer**

- Pray: “Jesus, thank You for bearing what I could not carry. Teach me to live from the cross.”
- If you pray in tongues: 3–5 minutes after OIAP; then write one sentence in your journal/notebook: “The cross is changing my...”

**WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 9: THE CROSS + STRONGHOLD EXCHANGE**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20) (Standardized Chavruta Template).

**Assigned Anchor Texts (Read Aloud)**

- Isaiah 53:4–6
- 1 Peter 2:24

**■ Chavruta Questions (Talmud-style: Text → Meaning → Demand)**

91. TEXT: In Isaiah 53:4–6, what does the Servant carry, and what do we receive? Quote the exchange words.

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

92. MEANING: How does 1 Peter 2:24 connect the cross to both forgiveness and new living?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

93. DEMAND: What is one lie/stronghold the cross confronts in you—and what truth will replace it this week?

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

**Tool Practice Rep (Stronghold Exchange)**

94. Name one current trigger and the stronghold statement it activates.

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

95. Choose your memory verse (1 Pet 2:24 or Isa 53:5) and speak it aloud as your replacement truth.

96. Write one ‘new response’ action you will take this week that proves you believe the truth.

**WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week’s Reps**

- Practice Rep: Choose 1 discipline from this week’s disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.

- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

97. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.
98. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.
99. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
100. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **SUNDAY WEEKLY REVIEW (WRITE IN YOUR JOURNAL/NOTEBOOK)**

101. Where did I practice truth replacement this week (specific moment)?
102. What did I learn about how accusation/temptation works in me?
103. What is my one cross-centered declaration for next week?

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

- Tool (Flip-To): \*\*Stronghold Exchange\*\* (Flip-To: BM-B.Z (p. 79))
- Trigger I noticed: \_\_\_\_\_
- Stronghold statement: \_\_\_\_\_
- Replacement truth/verse: \_\_\_\_\_
- New response I practiced: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## ONE-SENTENCE PRAYER

Jesus, thank You for the cross—break every lie in me with Your truth, and form in me a life that matches Your sacrifice.

# WEEK 10 — SALVATION + HEALING (STABILIZATION)

### *Pillar Emphasis: Formation*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Salvation + Healing (Stabilization) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Ekklesia (ἐκκλησία)

Meaning: The called-out assembly; the church as a people on mission.

Formation Question: How will I show up as the church—not just attend church?

#### ■ What to Expect This Week

We'll read John 3 and Ephesians 2 and let grace reset the foundation. Then we'll practice \*\*fasting\*\* (not religious punishment—training the will and the appetites). We'll also use a Life Model lens (Type A / Type B trauma) to name how pain shapes patterns—and how God restores you to relational maturity. Finally, we'll take a leadership baseline (MLQ-informed) to identify your default drift under stress.

#### ■ Big Idea

\*\*Salvation is God's grace that rescues, renews, and re-forms you—then teaches you how to live as a healed disciple.\*\*

#### ■ Say It Out Loud

In Christ, I walk in Salvation + Healing (Stabilization). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## KEY TERMS (HEBREW + GREEK)

- Greek: \*\*σωτηρία\*\* (\*sōtēria\*) — salvation, rescue, deliverance.
- Greek: \*\*χάρις\*\* (\*charis\*) — grace, gift-favor that empowers new life.
- Greek: \*\*πίστις\*\* (\*pistis\*) — faith, trustful reliance.
- Greek: \*\*ιάομαι\*\* (\*iaomai\*) — to heal (often linked to restoration).
- Hebrew: \*\*יְשׁוּעָה\*\* (\*yeshu‘ah\*) — salvation/deliverance.
- Hebrew: \*\*רָפָא\*\* (\*rapha\*) — to heal, restore, make whole.

## SCRIPTURE READING PLAN (MON–THU)

- \*\*John 3\*\* — new birth and God’s love
- \*\*Ephesians 2:8–10\*\* — saved by grace for good works
- \*\*Titus 3:4–7\*\* — washing, renewal, heirs of hope
- \*\*Romans 5:1–5\*\* — peace with God; suffering → endurance → hope

## CHARACTER STUDY: ZACCHAEUS (SALVATION THAT CHANGES BEHAVIOR)

Zacchaeus didn’t just “believe”—he \*\*re-ordered his life\*\*. His encounter with Jesus produced repentance, restitution, and a new relational posture (Luke 19). That’s stabilization: salvation touching the story and changing the pattern.

- Watch Jesus’ initiative: “I must stay at your house.”
- Watch Zacchaeus’ response: repentance + restitution (repair).
- Watch the outcome: “Today salvation has come...” (a present reality).

## REQUIRED READING (LOCKED)

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 7, pp. 154–166
- \*\*Myer Pearlman\*\* — Chapter 8: \*Salvation\* (Nature p.219; Justification p.227; Regeneration p.242; Sanctification p.249; Security p.267)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Fasting\*, pp. 245–249

## DOCTRINE FOCUS

### Saved by Grace, Formed for Good Works

- Salvation is God’s initiative: you don’t earn it; you receive it (Eph 2:8–9).
- Salvation produces formation: you are remade for purpose (Eph 2:10).
- Healing is not instant perfection; it’s stable obedience over time (Rom 5:1–5).
- Security in Christ is not complacency; it’s confidence that fuels growth (Pearlman).

You see... a disciple doesn't just ask, "Am I forgiven?" A disciple also asks, "Am I becoming whole?" And so stabilization is where we stop living from crisis and start living from covenant. Meaning: the gospel trains your body and brain to trust again.

## SPIRITUAL DISCIPLINE: FASTING (CALHOUN)

Fasting is not a hunger strike to make God move. Fasting is training your appetites so your spirit can lead your life.

### **Fasting Rep (choose one)**

- \*\*Option A:\*\* 1 meal fast (drink water) + pray John 3:16–17 and Eph 2:8–10.
- \*\*Option B:\*\* 12-hour fast (sunrise to sunset) + replace hunger pangs with a 60-second prayer.
- \*\*Option C:\*\* Fast one “comfort habit” (social media/sweets) for 24 hours and use that time for Scripture + silence.

Medical note: if you have medical concerns (e.g., diabetes, pregnancy, eating disorder history), choose Option C.

## PSYCH / FORMATION TOOL

### **Life Model Lens: Type A + Type B Trauma (Flip-To: BM-C.W (p. 38))**

This lens helps you name the difference between \*\*shock trauma\*\* and \*\*relational/developmental trauma\*\*, and how each shapes your body, beliefs, and relationships.

- \*\*Type A (shock) trauma:\*\* discrete overwhelming events (accidents, violence, sudden loss).
- \*\*Type B (relational) trauma:\*\* repeated misattunement/neglect/abuse/instability that shapes attachment and identity over time.
- \*\*Formation link:\*\* trauma often creates survival-based patterns (control, avoidance, numbness, people-pleasing).
- \*\*Discipleship repair:\*\* safety + truth + connection + practice (repeatable reps) restores relational maturity.

Flip-To: BM-C.W (p. 38) (Life Model: Maturity Indicators + formation lens).

### **Stabilization Mini-Plan (do in workbook; write details in your journal/notebook)**

- 104.1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 105.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 106.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)
- 107.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
  - Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
  - Old script: What did I tell myself / assume?
  - Truth rehearsal: What Scripture/doctrine truth did I practice instead?
  - Repair: What is one relational repair or obedience step I will take?
- 108.5) Choose one obedience step (small, specific, scheduled).

## **LEADERSHIP TOOL (BASELINE)**

### **MLQ-Informed Drift Check (Flip-To: BM-C.L (p. 96) (Leadership Styles + MLQ) • BM-C.L (p. 96))**

Leadership isn't a title—it's influence. This baseline helps you spot your \*\*default drift under stress\*\*: transformational (vision + development), transactional (exchange + correction), or avoidant (laissez-faire).

- Baseline action: complete the Week 10 self-assessment (BM-C.L (Leadership Styles + MLQ)).
- Name drift: “Under stress, I tend to \_\_\_\_\_. ”
- Choose one transformational rep for the week (BM-C.L).

## **OIAP BIBLE STUDY GUIDE (DAILY)**

### **O — Observation**

- In John 3, what does Jesus say is necessary? Who initiates the new birth?
- In Eph 2, what is gift and what is response?
- In Rom 5, what chain of formation is described?

### **I — Interpretation**

- What does grace change about how you see yourself today?
- How does security in Christ fuel change rather than passivity?

### **A — Application**

- What is one stabilization step you will practice daily this week?
- What is one behavior salvation is already touching in you (like Zacchaeus)?

### **P — Prayer**

- Pray: “Father, I receive salvation as rescue and renewal. Stabilize my heart in Your love.”
- If you pray in tongues: 3–5 minutes after OIAP; then write one sentence in your journal: “Hope is rising in me because...”

## **WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 10: SALVATION + STABILIZATION**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20).

### **Assigned Anchor Texts (Read Aloud)**

- Ephesians 2:8–10
- Romans 5:1–5

#### **■ Chavruta Questions (Text → Meaning → Demand)**

109.TEXT: In Eph 2:8–10, what is gift and what is purpose? Quote the phrases.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

110.MEANING: In Rom 5:1–5, how does God form hope through pressure?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

111.DEMAND: What is one stabilization rep you will practice daily this week (safety + connection + obedience)?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

### **Tool Practice Rep (Life Model + Leadership Baseline)**

112.Name one pattern you recognize as Type A-driven (shock) or Type B-driven (relational).

Week-specific cue: Apply this week's readings, practices, and tools concretely.

113.Name your default stress drift (transformational/transactional/avoidant).

114.Choose one transformational rep you will practice before next Wednesday.

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

#### **■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

115.Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

116. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.
117. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
118. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **SUNDAY WEEKLY REVIEW (WRITE IN YOUR YOUR JOURNAL/NOTEBOOK)**

119. Where did I experience God's grace this week (specific moment)?
120. What did I learn about my drift under stress (control, avoidance, exchange)?
121. What is my one next step of obedience for next week?

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR YOUR JOURNAL/NOTEBOOK)**

- Tool (Flip-To:): \*\*Life Model Stabilization\*\* (Flip-To: BM-C.W (p. 38)) + \*\*MLQ Baseline\*\* (Flip-To: BM-C.L (Leadership Styles + MLQ) • BM-C.L)
- Trigger I noticed: \_\_\_\_\_
- Old move: \_\_\_\_\_
- Stabilization rep I practiced: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## **ONE-SENTENCE PRAYER**

Father, thank You for saving me by grace—stabilize my heart in Your love so I can live healed, obedient, and hopeful.

# **WEEK 11 — HOLY SPIRIT: FRUIT OF THE SPIRIT (PART 1)**

*Pillar Emphasis: Presence*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Holy Spirit: Fruit of the Spirit (Part 1) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

## Word Window (Hebrew/Greek)

Term: Charismata (*χαρίσματα*)

Meaning: Grace-gifts for building up the Body.

Formation Question: Which gift might God be stirring—and how will I use it in love?

### ■ What to Expect This Week

We'll sit in Galatians 5 and John 15 and learn the difference between striving and abiding. We'll practice \*\*gratitude\*\* as a discipline that reorients your attention from scarcity to God's presence. And we'll use an Emotional Intelligence framework to build awareness: naming emotions, reading signals, and responding with wisdom instead of impulse.

### ■ Big Idea

\*\*The Spirit forms Christlike character in you as you abide, obey, and practice.\*\* Fruit is not forced; it is cultivated.

### ■ Say It Out Loud

In Christ, I walk in Holy Spirit: Fruit of the Spirit (Part 1). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## KEY TERMS (GREEK + HEBREW)

- Greek: \*\*πνεῦμα\*\* (\*pneuma\*) — Spirit, breath, wind (God's empowering presence).
- Greek: \*\*καρπός\*\* (\*karpos\*) — fruit, outcome, visible result.
- Greek: \*\*μένω\*\* (\*menō\*) — abide, remain (John 15).
- Hebrew: \*\*רָעַח\*\* (\*ruach\*) — spirit, breath (OT background for Spirit language).

## SCRIPTURE READING PLAN (MON–THU)

- \*\*Galatians 5:16–26\*\* — flesh vs Spirit; fruit vs works
- \*\*John 15\*\* — abiding in the Vine
- \*\*Romans 12\*\* — renewed mind and embodied love
- \*\*Psalm 1\*\* — rooted life; fruit in season

## CHARACTER STUDY: DANIEL (FRUIT UNDER PRESSURE)

Daniel shows us fruit doesn't require perfect circumstances. It requires practiced allegiance. In Babylon, Daniel stays rooted: disciplined, humble, courageous, prayerful.

- Daniel chooses conviction without arrogance.
- Daniel practices wisdom under authority.
- Daniel maintains prayer rhythms under threat.
- Fruit shows up as steadiness, courage, and integrity.

## REQUIRED READING (LOCKED)

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 8, pp. 167–178
- \*\*Myer Pearlman\*\* — Chapter 9: \*The Holy Spirit\* (Nature p.281; OT p.290; In Christ p.298; Human Experience p.303)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Gratitude\*, pp. 31–33

## DOCTRINE FOCUS

### **Who the Spirit Is + What the Spirit Does**

- The Holy Spirit is not a force; He is God present and active (Pearlman).
- The Spirit unites you to Christ and empowers new living (Rom 12; Gal 5).
- Fruit is the evidence of abiding, not a performance metric.

You see... the Spirit doesn't just want you to \*stop sinning\*. He wants you to \*start living\*—from love, joy, peace, patience. And so fruit is God's character becoming your default. Meaning: discipleship is learning to walk in the Spirit with reps, not hype.

## SPIRITUAL DISCIPLINE: GRATITUDE (CALHOUN)

Gratitude is a spiritual weapon against bitterness, entitlement, and despair. It trains your nervous system to notice God's presence and provision.

### **Gratitude Rep (3 minutes/day)**

- 122.Name 3 gifts from God today (small counts).
- 123.Name 1 hard thing you can reframe as formation.
- 124.Pray one sentence: "Father, thank You for being with me in this."

## PSYCH / FORMATION TOOL

### Emotional Intelligence Framework (Tool Snapshot)

Emotional intelligence is not being “emotional.” It is the ability to \*\*notice\*\*, \*\*name\*\*, \*\*interpret\*\*, and \*\*respond\*\* with wisdom. This is discipleship at the level of the nervous system.

- \*\*Self-awareness:\*\* What am I feeling? What is my body signaling?
- \*\*Self-management:\*\* What response aligns with the Spirit (Gal 5) rather than impulse?
- \*\*Social awareness:\*\* What might be happening in the other person?
- \*\*Relationship management:\*\* How do I speak truth with love and pursue repair?

Flip-To: BM-C (p. 29) (CBT Lens) (Thought–Feeling–Behavior Loop) and BM-C (p. 29) (Wise Mind) (Wise Mind) for practice reps.

### Worked Exercise: Fruit Check-In (write details in your journal/notebook)

125.1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

126.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

127.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week?  
(When/where/how.)

Week-specific cue: Apply this week's readings, practices, and tools concretely.

128.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

## OIAP BIBLE STUDY GUIDE (DAILY)

### O — Observation

- In Gal 5, what contrasts are given? What are the works of the flesh? What is the fruit?
- In John 15, what happens when we abide? What happens when we don't?

**I — Interpretation**

- What does “walk by the Spirit” mean practically (not abstract)?
- How does abiding shift you from striving to fruitfulness?

**A — Application**

- What one fruit will you focus on this week (love/joy/peace/patience)?
- What rep will you practice when your body signals threat or irritation?

**P — Prayer**

- Pray: “Holy Spirit, grow Your fruit in me. Teach me to abide and obey.”
- If you pray in tongues: 3–5 minutes; then write one sentence in your journal: “The Spirit is forming...”

**WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 11: FRUIT (PART 1)**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20).

**Assigned Anchor Texts (Read Aloud)**

- Galatians 5:16–26
- John 15:4–8

**■ Chavruta Questions (Text → Meaning → Demand)**

129.TEXT: In Gal 5, what are the contrasts between flesh and Spirit? Quote one line that stands out.

130.MEANING: In John 15, what does abiding practically require (time, obedience, staying)?

131.DEMAND: What fruit will you focus on this week, and what rep will you practice when tested?

**Tool Practice Rep (EI + Fruit)**

132.Name one emotion you felt strongly this week and what it was signaling.

133.Name the ‘flesh move’ you wanted to do.

134.Write one Spirit-aligned response sentence (fruit-based) you will use next time.

**WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week’s Reps**

- Practice Rep: Choose 1 discipline from this week’s disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

135. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.
136. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.
137. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
138. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **SUNDAY WEEKLY REVIEW (WRITE IN YOUR JOURNAL/NOTEBOOK)**

139. Where did I abide well this week (specific)?  
140. Where did I drift into striving or impulse?  
141. What fruit am I pursuing next week with intention?

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

- Tool: \*\*Emotional Intelligence Fruit Check-In\*\* (Flip-To: BM-C (p. 29) (Wise Mind) • BM-C (p. 29) (CBT Lens))
- Trigger I noticed: \_\_\_\_\_
- Emotion + signal: \_\_\_\_\_
- Old move (flesh): \_\_\_\_\_
- Spirit fruit response: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## ONE-SENTENCE PRAYER

Holy Spirit, make me fruitful—grow love, joy, peace, and patience in me as I abide in Jesus and obey in real life.

# WEEK 12 — FRUIT OF THE SPIRIT (PART 2) + COMMUNICATION

*Pillar Emphasis: Presence • Connection • Formation*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Fruit of the Spirit (Part 2) + Communication so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Diakonia (διακονία)

Meaning: Service/ministry; love in action.

Formation Question: Where is my next act of service meant to be worship?

#### ■ What to Expect This Week

We'll build a biblical communication framework from Ephesians 4 and James 1, then practice the discipline of \*\*control of the tongue\*\*. You'll learn assertive communication (not passive, not passive-aggressive) and you'll write a repair script you can actually use. This week also includes a leadership checkpoint: building your personal leadership micro Rule of Life—follow-through + repair as a lifestyle.

#### ■ Big Idea

\*\*Fruit becomes visible through speech. Discipleship is learning to speak truth with love—at the right time, in the right tone, for the right purpose.\*\*

#### ■ Say It Out Loud

In Christ, I walk in Fruit of the Spirit (Part 2) + Communication. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. I am becoming a faithful talmid of Rabbi Yeshua—obedient, present, and teachable.

## KEY TERMS (GREEK + HEBREW)

- Greek: \*\*λόγος\*\* (\*logos\*) — word/speech (Eph 4:29 emphasizes what builds up).
- Greek: \*\*σαπρός\*\* (\*sapros\*) — rotten/corrupt talk (Eph 4:29).
- Greek: \*\*οἰκοδομή\*\* (\*oikodomē\*) — building up/edification.
- Greek: \*\*ταχύς\*\* (\*tachys\*) — quick (James 1:19: quick to hear).
- Hebrew: \*\*לְשׁוֹן\*\* (\*lashon\*) — tongue; speech (OT wisdom literature background).

## SCRIPTURE READING PLAN (MON–THU)

- \*\*Ephesians 4:25–32\*\* — put off/put on; words that build
- \*\*James 1:19–27\*\* — quick to hear; slow to speak/anger
- \*\*Proverbs 15\*\* — gentle answer; life and death in the tongue
- \*\*Colossians 3:12–17\*\* — speech shaped by compassion and peace

## CHARACTER STUDY: ABIGAIL (WISE, COURAGEOUS COMMUNICATION)

Abigail (1 Samuel 25) models courage, timing, emotional regulation, and peacemaking. She tells truth without disrespect, intervenes without escalation, and prevents bloodshed.

- She moves \*\*quickly\*\* but not impulsively (James 1:19 in action).
- She speaks truth with honor (Eph 4:29).
- She protects the future by addressing the present.

## REQUIRED READING (LOCKED)

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 8, pp. 179–190
- \*\*Myer Pearlman\*\* — Chapter 9: \*The Holy Spirit\* (Gifts p.320; In the Church p.335)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Control of the Tongue\*, pp. 208–211

## DOCTRINE FOCUS

### Spirit-Formed Speech

- Fruit is not only internal; it becomes relational through speech.
- Ephesians 4 gives a discipleship pattern: put off → renew → put on.
- Words can grieve the Spirit (Eph 4:30) or partner with the Spirit (Col 3:16).

You see... you can't claim spiritual maturity while practicing verbal chaos. And so God trains your tongue to match your covenant. Meaning: the Spirit doesn't just give you power—He gives you a new language of love.

## SPIRITUAL DISCIPLINE: CONTROL OF THE TONGUE (CALHOUN)

This discipline is about restraint and intentionality—speaking less, listening more, and choosing words that build rather than burn.

### Tongue Rep (daily, 3 minutes)

142. Before you speak in a tense moment, pause and inhale slowly twice.
143. Ask: “Will this build up? Is this the right time? Is my tone aligned with love?”
144. Speak one sentence—then stop. Let the sentence land.

## PSYCH / FORMATION TOOL

### Communication Styles: Passive • Passive-Aggressive • Assertive (Flip-To: BM-C (p. 108).CS (Communication Styles))

Assertive communication is truth + honor + clarity. It's not aggression; it's courage with respect.

- \*\*Passive:\*\* avoids truth to keep peace; later resentful.
- \*\*Passive-aggressive:\*\* communicates indirectly through sarcasm, delay, or withdrawal.
- \*\*Assertive:\*\* names needs and boundaries with respect; stays present.

Flip-To: BM-C (p. 108).CS (Communication Styles) (Communication worksheet set).

### Repair Script Builder (worked exercise)

Write these in your journal/notebook and practice them out loud.

- 145.1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 146.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

- 147.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

Week-specific cue: Apply this week's readings, practices, and tools concretely.

- 148.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

149.5) Blessing/commitment: “I want us to be good. I’m for us.”

Week-specific cue: Apply this week’s readings, practices, and tools concretely.

## **LEADERSHIP TOOL (CHECKPOINT)**

### **Micro Rule of Life (Follow-Through + Repair) (Flip-To: BM-4.1 (p. 19) • BM-C.L (Leadership Styles + MLQ) • BM-C.L)**

Mature leaders don’t wait for motivation; they build rhythms. This checkpoint turns ideals into reps.

- Write a 7-day micro Rule of Life using the program rhythm (BM-4.1).
- Choose one follow-through rep (calendar + accountability).
- Choose one repair rep (use your script; initiate one repair this week).

## **OIAP BIBLE STUDY GUIDE (DAILY)**

### **O — Observation**

- In Eph 4:29, what kind of words are forbidden? What kind are commanded?
- In James 1:19–20, what sequence is given for conflict moments?
- In Prov 15, what outcomes are tied to tone?

### **I — Interpretation**

- Why does speech reveal the heart and shape the atmosphere?
- What does it mean to “grieve the Spirit” through communication?

### **A — Application**

- What one communication pattern will you stop feeding this week?
- What assertive sentence will you practice (repair or boundary)?

### **P — Prayer**

- Pray: “Holy Spirit, set a guard over my mouth. Teach me to speak life.”
- If you pray in tongues: 2–3 minutes after OIAP; then write one sentence: “My mouth will be used for...”

## **WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 12: FRUIT + COMMUNICATION**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20).

### **Assigned Anchor Texts (Read Aloud)**

- Ephesians 4:29–32
- James 1:19–20

#### **■ Chavruta Questions (Text → Meaning → Demand)**

150.TEXT: In Eph 4:29–32, list the put-offs and put-ons. Quote one that hits you.

151.MEANING: Why does James connect listening and anger? What does it protect?

152.DEMAND: What is one repair you will initiate this week using an assertive script?

### **Tool Practice Rep (Assertive + Repair)**

153.Name your default style under stress (passive/passive-aggressive/aggressive).

154.Write one assertive sentence you will use this week (boundary or repair).

155.Choose one follow-through rep from your Micro Rule of Life and commit to it.

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

#### **■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Witness Rep (Phase 1): Pray daily for 1 person and look for 1 opportunity to bless/serve with the love of Christ.

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

156.Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

157.Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

158.Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

159.Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## SUNDAY WEEKLY REVIEW (WRITE IN YOUR JOURNAL/NOTEBOOK)

160.Where did I speak life this week (specific moment)?

161.Where did I drift into sarcasm, silence, or heat?

162.What is my one communication rep for next week?

## TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)

- Tool (Flip-To:): \*\*Communication Styles + Repair Script\*\* (Flip-To: BM-C.CS (Communication Styles)) + \*\*Micro Rule of Life\*\* (Flip-To: BM-4.1 (p. 19) • BM-C.L (Leadership Styles + MLQ) • BM-C.L)
- Trigger I noticed: \_\_\_\_\_
- Old move: \_\_\_\_\_
- New sentence I practiced: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## ONE-SENTENCE PRAYER

Holy Spirit, form my speech—make my words clean, courageous, and kind so I build what You are building.

# WEEK 13 — GIFTS OF THE SPIRIT (SERVE THE BODY)

### *Pillar Emphasis: Equipping*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Gifts of the Spirit (Serve the Body) so your life matches His kingdom. You may feel resistance or old

scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

## Word Window (Hebrew/Greek)

Term: Euangelion (εὐαγγέλιον)

Meaning: Good news; the announcement of Jesus' reign.

Formation Question: How will I speak and show the gospel with clarity and compassion?

### ■ What to Expect This Week

We'll read 1 Corinthians 12 and Acts 6 and learn why gifts require love, order, and maturity. You'll practice \*\*compassion\*\* as a discipline—because discipleship without compassion becomes control. You'll also build your "3 Names List" and identify one "Person of Peace" (Luke 10) as your first outreach rep in Phase 2.

### ■ Big Idea

\*\*Gifts are grace-tools for building the church and serving the mission—under the lordship of Jesus and the leadership of love.\*\*

### ■ Say It Out Loud

In Christ, I walk in Gifts of the Spirit (Serve the Body). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

Flip-To: BM-C.GS (Spiritual Gifts) • BM-C.FR (Fruit of the Spirit) • Character Study Focus (this week) (Character Study) • BM-4.2 (p. 20) (Chavruta Template)

## KEY TERMS (GREEK + HEBREW)

- Greek: \*\*χάρισμα\*\* (\*charisma\*) — grace-gift (spiritual gift).
- Greek: \*\*διακονία\*\* (\*diakonia\*) — service/ministry.
- Greek: \*\*οἰκοδομή\*\* (\*oikodomē\*) — edification/building up.
- Greek: \*\*σῶμα\*\* (\*sōma\*) — body (1 Cor 12: one body, many members).
- Hebrew: \*\*חֶסֶד\*\* (\*chesed\*) — covenant love expressed in mercy/faithfulness (compassion posture).

## SCRIPTURE READING PLAN (MON–THU)

- \*\*1 Corinthians 12\*\* — gifts, unity, and the body
- \*\*Romans 12:3–8\*\* — humility and grace gifts
- \*\*1 Peter 4:10–11\*\* — stewarding gifts for God's glory

- \*\*Acts 6\*\* — Spirit-filled service and leadership under pressure

## **CHARACTER STUDY: STEPHEN (SPIRIT-FILLED SERVICE WITH POWER + COMPASSION)**

Stephen is the prototype for Phase 2 discipleship: full of faith and the Spirit, serving tables with dignity, speaking truth with courage, and forgiving with a Christlike heart (Acts 6–7).

- Stephen serves faithfully before he speaks boldly.
- Stephen operates with power without ego.
- Stephen forgives under persecution—love over fear.

## **REQUIRED READING (LOCKED)**

- \*\*Jones (Practicing Christian Doctrine, 2nd ed.)\*\* — Chapter 9, pp. 191–202
- \*\*Myer Pearlman\*\* — Chapter 9: \*The Holy Spirit\* (Gifts p.320)
- \*\*Calhoun (Spiritual Disciplines Handbook)\*\* — \*Compassion\*, pp. 205–207

## **DOCTRINE FOCUS**

### **Gifts for the Body, Not the Ego**

- Spiritual gifts are distributed by the Spirit for the common good (1 Cor 12).
- Every member matters; no gift is superior; love is the measure (1 Cor 12–13).
- Acts 6 shows gifts must be ordered: character + wisdom + Spirit-filled service.

You see... gifts without love become noise. Gifts without maturity become manipulation. And so God forms your character so your gift becomes safe. Meaning: the Spirit's power flows best through a surrendered heart.

## **SPIRITUAL DISCIPLINE: COMPASSION (CALHOUN)**

Compassion is love with movement. It is the discipline of noticing suffering and responding as Jesus would—with no savior complex, without avoidance, with wisdom and humility.

### **Compassion Rep (choose one this week)**

- Serve one person quietly (no announcement).
- Practice a compassion prayer: “Lord, show me who needs mercy today.” Then obey one nudge.
- Give one tangible gift (time, meal, ride, encouragement) with honor.

## PSYCH / FORMATION TOOL

### Gifts Discernment Map (Tool Snapshot)

This tool helps you discern gifts by looking at: \*\*joy\*\*, \*\*fruit\*\*, \*\*affirmation\*\*, and \*\*need\*\*. Gifts are confirmed in community, not just by self-perception.

- \*\*Joy:\*\* what service energizes you (even when it costs)?
- \*\*Fruit:\*\* where do you see real impact over time?
- \*\*Affirmation:\*\* what do mature believers consistently confirm in you?
- \*\*Need:\*\* where is the Body lacking—and does your grace meet it?

### Discernment Grid (write in your journal/notebook)

163.1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

164.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

165.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week?  
(When/where/how.)

Week-specific cue: Apply this week's readings, practices, and tools concretely.

166.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

## OUTREACH REP (PHASE 2 BEGINS)

### Build Your “3 Names List” + Identify 1 Person of Peace (Luke 10)

This is how Jesus taught outreach: not random pressure—\*\*relational targeting with prayer\*\*. A “person of peace” is receptive, relationally connected, and open to you and your message.

167. Write 3 names of people you will intentionally disciple/pray for over the next 12 weeks.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

168. Circle 1 person of peace candidate (most receptive).

Week-specific cue: Apply this week's readings, practices, and tools concretely.

169. Pray for each by name daily this week.

170. Ask God for open doors (Col 4:3–6) and one simple touchpoint (text/call/invite).

## LEADERSHIP TOOL (APPLICATION)

### **Transformational Reps in One Relationship (Flip-To: BM-C.L (p. 96) (Leadership Styles + MLQ) • BM-C.L (p. 96))**

This week you will lead one discipleship relationship with transformational reps: vision, encouragement, and follow-up—not control.

- Choose 1 person (from your 3 Names List) for a discipleship touchpoint this week.
- Use a simple structure: connect → Scripture → tool rep → next step.
- Follow-up within 72 hours (encouragement + accountability).

## OIAP BIBLE STUDY GUIDE (DAILY)

### **O — Observation**

- In 1 Cor 12, what is repeated about unity and diversity?
- In Acts 6, what problem arises and how is it solved?

### **I — Interpretation**

- What does it mean that gifts are for the “common good”?
- Why does Acts 6 emphasize character and wisdom for leadership?

### **A — Application**

- What gift/service will you test in a humble, accountable way this week?
- What outreach touchpoint will you do for your person of peace?

### **P — Prayer**

- Pray: “Holy Spirit, show me how You’ve graced me to serve. Make my gift safe through love.”
- If you pray in tongues: 3–5 minutes; then write one sentence: “I sense the Spirit nudging me toward...”

## **WEDNESDAY CHAVRUTA (SMALL GROUP) — WEEK 13: GIFTS + BODY HEALTH + OUTREACH**

Template Note: This week follows the standardized Chavruta structure. Flip-To: BM-4.2 (p. 20).

### **Assigned Anchor Texts (Read Aloud)**

- 1 Corinthians 12:4–11
- Acts 6:1–7

**■ Chavruta Questions (Text → Meaning → Demand)**

171.TEXT: In 1 Cor 12:4–11, what does the Spirit give and for what purpose? Quote the purpose phrase.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

172.MEANING: In Acts 6, why does organizing service protect the mission?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

173.DEMAND: What is one gift/service you will test this week and one outreach touchpoint you will do?

Week-specific cue: Apply this week's readings, practices, and tools concretely.

**Tool Practice Rep (3 Names + Person of Peace)**

174.Write your 3 Names List and circle 1 person of peace candidate.

Week-specific cue: Apply this week's readings, practices, and tools concretely.

**REQUIRED READING**

Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

- Scripture Reading: (see this week's assigned passages below)
- Character Study Focus: (see this week's character below)

Doctrine Reading (Jones + Pearlman)

- Doctrine Core (Required): Read the full assigned doctrine sections and bring one “so what” application to Chavruta.
- Jones (Practicing Christian Doctrine, 2nd ed.): Jones Ch9 pp. 191–202
- Pearlman: Ch.. 9 — The Holy Spirit

Spiritual Disciplines Reading + Practice (Calhoun)

- Calhoun (Spiritual Disciplines Handbook): Calhoun: Compassion pp. 205–207
- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service
- confession • worship

175.Choose one touchpoint you will do before next Wednesday (text/call/invite).

176.Choose one transformational follow-up rep you will practice (encouragement + next step).

**WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.

- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

177. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

178. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

179. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

180. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## SUNDAY WEEKLY REVIEW (WRITE IN YOUR JOURNAL/NOTEBOOK)

181. Where did I build the Body this week (service, encouragement, follow-through)?

182. Where did I drift into ego, avoidance, or control?

183. What is my one discipleship move for next week?

## TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)

- Tool: \*\*Gifts Discernment Map + Outreach Map\*\* (Flip-To: BM-4.3 (p. 119) for outreach tracker)
- 3 Names List: \_\_\_\_\_
- Person of Peace: \_\_\_\_\_
- Touchpoint completed: \_\_\_\_\_
- One rep I will repeat next week: \_\_\_\_\_

## ONE-SENTENCE PRAYER

Holy Spirit, make me a faithful steward—give me love, wisdom, and courage to serve the Body and reach my person of peace.

# WEEK 14 — PRAYER + TONGUES (ORDER + LOVE) — POWER CORRIDOR BEGINS

### *Pillar Emphasis: Presence*

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Prayer + Tongues (Order + Love) — Power Corridor Begins so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Matheuteusate (μαθητεύσατε)

Meaning: Make disciples; apprentice others into Jesus' way.

Formation Question: Who is one person I will intentionally invest in this week?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Prayer + Tongues (Order + Love) — Power Corridor Begins with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Prayer + Tongues (Order + Love) — Power Corridor Begins. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

## Week Flow Map (Phase 2: Making Disciples)

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.
- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

Character Study: (see this week's character focus)

Doctrine Reading (Jones + Pearlman)

Spiritual Discipline Reading: (see assigned discipline chapter for this week)

Optional/Notes:

- Scripture Reading: (see this week's assigned passages below) |
- Character Study Focus: (see this week's character below) |
- Doctrine Core (Required): Read the full assigned doctrine sections and bring one “so what” application to Chavruta. |
- Jones (Practicing Christian Doctrine, 2nd ed.): Jones Ch9 pp. 203–214 |
- Pearlman: Ch.. 9 — The Holy Spirit | Spiritual Disciplines Reading + Practice (Calhoun) |
- Calhoun (Spiritual Disciplines Handbook): Calhoun: Praying Scripture pp. 278–280 |
- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service • confession • worship

## REQUIRED READING

\*\*Doctrine + Formation Reading:\*\* Jones Ch9 pp. 203–214; Pearlman — Ch. 9: The Holy Spirit (Human Experience p.303; Gifts p.320) | Calhoun: Praying Scripture pp. 278–280

\*\*Scripture (Mon–Thu):\*\* Acts 2:1–21; 1 Cor 14; Jude 20–21; 1 Thess 5:16–18

\*\*Character Study:\*\* Paul

\*\*Outreach Rep:\*\* Do a 15-minute prayer walk (or pray in place) for your 3 Names + Person of Peace. Ask for boldness + wisdom; write one next step for each person. If possible, pray in a pair (Luke 10:1).

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Prayer Lab (Mon–Sun template)

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

184. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

185. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed). State one doctrine claim in your words and one concrete change it demands.

186. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

187. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

# **WEEK 15 — COVENANT COMMUNITY: CHURCH AS FAMILY — POWER CORRIDOR**

### ***Pillar Emphasis: Connection***

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Covenant Community: Church as Family — Power Corridor so your life matches His kingdom. You may

feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

## Word Window (Hebrew/Greek)

Term: Parakaleo (παρακαλέω)

Meaning: Encourage/exhort/comfort; strengthening others' courage.

Formation Question: Who needs strengthening—and what will I actually say/do?

### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

### ■ Big Idea

Jesus is forming me to live Covenant Community: Church as Family — Power Corridor with a renewed mind, a yielded heart, and obedient reps.

### ■ Say It Out Loud

In Christ, I walk in Covenant Community: Church as Family — Power Corridor. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

## Week Flow Map (Phase 2: Making Disciples)

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.
- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).

- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: \*\*Doctrine + Formation Reading:\*\* Jones Ch10 pp. 215–226; Pearlman — Ch. 10: The Church (Nature p.345; Founding p.348; Membership p.349) | Calhoun: Community pp. 149–151

Character Study: \*\*Outreach Rep:\*\* Hospitality/Table rep—invite ONE person (preferably your Person of Peace) to coffee or a meal. Give them a clear pathway: (1) connect with you, (2) Sunday, or (3) Chavruta/ small group. Log the response.

Doctrine Reading: \*\*Scripture (Mon–Thu):\*\* Acts 2:42–47; Eph 4:1–16; 1 Pet 2:4–10; Heb 10:24–25

Spiritual Discipline Reading: \*\*Character Study:\*\* Priscilla & Aquila

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Repair Cycle + Covenant Agreements

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week’s Reps

- Practice Rep: Choose 1 discipline from this week’s disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

**188.Scripture + Character Formation (Text → Mirror):** What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

**189.Doctrine → Worship (Belief → Practice):** What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

## REQUIRED READING

Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

- Scripture Reading: (see this week's assigned passages below)
- Character Study Focus: (see this week's character below)

Doctrine Reading (Jones + Pearlman)

- Doctrine Core (Required): Read the full assigned doctrine sections and bring one “so what” application to Chavruta.
- Jones (Practicing Christian Doctrine, 2nd ed.): Jones Ch10 pp. 215–226
- Pearlman: Ch.. 10 — The Church

Spiritual Disciplines Reading + Practice (Calhoun)

- Calhoun (Spiritual Disciplines Handbook): Calhoun: Community pp. 149–151
- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service • confession • worship

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed).

State one doctrine claim in your words and one concrete change it demands.

**190.Discipline → Formation (Practice → Fruit):** Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

**191.Whole-Life Integration (Tools + Community + Mission):** Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/ NOTEBOOK)

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 16 — SPIRITUAL WARFARE: RESIST LIES, NOT PEOPLE — POWER CORRIDOR

**Pillar Emphasis: Presence • Connection • Formation**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Spiritual Warfare: Resist Lies, Not People — Power Corridor so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

## Word Window (Hebrew/Greek)

Term: Koinonia (κοινωνία)

Meaning: Fellowship/participation; shared life.

Formation Question: What does covenant community require of me this week?

### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

### ■ Big Idea

Jesus is forming me to live Spiritual Warfare: Resist Lies, Not People — Power Corridor with a renewed mind, a yielded heart, and obedient reps.

### ■ Say It Out Loud

In Christ, I walk in Spiritual Warfare: Resist Lies, Not People — Power Corridor. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

## Week Flow Map (Phase 2: Making Disciples)

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).

- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.
- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

#### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: (see daily Mon–Thu plan in this week)

Character Study: (see this week's character focus)

Doctrine Reading: (see assigned doctrine text for this week)

Spiritual Discipline Reading: (see assigned discipline chapter for this week)

Optional/Notes: \*\*Doctrine + Formation Reading:\*\* Jones Ch10 pp. 227–236; Pearlman — Ch. 3: Angels (Satan p.85; Wicked Spirits p.91) | Calhoun: Intercessory Prayer pp. 258–261 | \*\*Scripture (Mon–Thu):\*\* Eph 6:10–18; 2 Cor 10:3–5; James 4:7–8; 1 Pet 5:8–10 | \*\*Character Study:\*\* Jesus (Matt 4) |

\*\*Outreach Rep:\*\* Serve outside your circle (one tangible act of love). Keep it simple: bless, help, encourage—then connect it to Jesus in one sentence. | \*\*Leadership Focus:\*\* Apply BM-C.L (p. 96) (Leadership Styles + MLQ) to one conflict/pressure moment—standards with grace; directness without shame; follow-through within 72 hours. Flip-To: BM-C.L (p. 96) (Leadership Styles + MLQ) • BM-C.L (p. 96)

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Enemy Mode vs Relational Mode

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

## REQUIRED READING

Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

- Scripture Reading: (see this week's assigned passages below)
- Character Study Focus: (see this week's character below)

Doctrine Reading (Jones + Pearlman)

- Doctrine Core (Required): Read the full assigned doctrine sections and bring one “so what” application to Chavruta.

• Jones (Practicing Christian Doctrine, 2nd ed.): Jones Ch10 pp. 227–236

• Pearlman: Ch.. 3 — Angels

Spiritual Disciplines Reading + Practice (Calhoun)

• Calhoun (Spiritual Disciplines Handbook): Calhoun: Intercessory Prayer pp. 258–261

- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service
- confession • worship

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

192.Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

193. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed). State one doctrine claim in your words and one concrete change it demands.

194. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

195. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR YOUR JOURNAL/NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 17 — MISSION + WITNESS

## *Pillar Emphasis: Outreach*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Mission + Witness so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### Word Window (Hebrew/Greek)

Term: Sōphrosynē (σωφροσύνη)

Meaning: Sound mind/self-control; Spirit-led restraint.

Formation Question: Where is self-control a form of love in my relationships?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Mission + Witness with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Mission + Witness. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

### Week Flow Map (Phase 2: Making Disciples)

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.
- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.

- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

## REQUIRED READING

Scripture Reading: Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

Character Study: (see this week's character focus)

Doctrine Reading (Jones + Pearlman)

Spiritual Discipline Reading: (see assigned discipline chapter for this week)

Optional/Notes: • Scripture Reading: (see this week's assigned passages below) | • Character Study Focus: (see this week's character below) | • Doctrine Core (Required): Read the full assigned doctrine sections and bring one "so what" application to Chavruta. | • Jones (Practicing Christian Doctrine, 2nd ed.): Jones Benediction pp. 237–238 | • Pearlman: Ch.. 10 — The Church | Spiritual Disciplines Reading + Practice (Calhoun) | • Calhoun (Spiritual Disciplines Handbook): Calhoun: Witness pp. 180–182 | • Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service • confession • worship | Weekly Targets | Know: the core doctrine/theme for the week and how it shapes everyday life. | Become: one character shift the Spirit is growing in you. | Do: one repeatable practice (a "rep") that reinforces discipleship as a lifestyle.

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## REQUIRED READING

\*\*Doctrine + Formation Reading:\*\* Jones Benediction pp. 237–238; Pearlman – Ch. 10: The Church (Work p.351) | Calhoun: Witness pp. 180–182  
 \*\*Scripture (Mon–Thu):\*\* Matt 28:18–20; Acts 8; Rom 10; 2 Cor 5:17–21  
 \*\*Character Study:\*\* Philip  
 \*\*Outreach Rep:\*\* Share a 2–3 minute testimony (permission-based) and offer a simple prayer. Then ask one clear next-step question: “Would you like to take a next step toward Jesus?” (Options: prayer, Scripture, meet again, come to Sunday/Chavruta). Debrief in Chavruta.

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Values → Practices Map

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

196. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

197. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed).  
State one doctrine claim in your words and one concrete change it demands.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed).  
State one doctrine claim in your words and one concrete change it demands.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/ NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 18 – KINGDOM LIVING

## (HOLINESS/JUSTICE/MERCY)

**Pillar Emphasis: Equipping • Outreach • Formation**

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Kingdom Living (Holiness/Justice/Mercy) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

**Word Window (Hebrew/Greek)**

Term: Dunamis ( $\deltaύναμις$ )

Meaning: Power; capacity supplied by God.

Formation Question: Where do I need power for witness, not performance?

**■ What to Expect This Week**

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

**■ Big Idea**

Jesus is forming me to live Kingdom Living (Holiness/Justice/Mercy) with a renewed mind, a yielded heart, and obedient reps.

**■ Say It Out Loud**

In Christ, I walk in Kingdom Living (Holiness/Justice/Mercy). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose —pray, invite, follow up, and model the way of Jesus.

**Week Flow Map (Phase 2: Making Disciples)**

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.

- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: \*\*Doctrine + Formation Reading:\*\* Jones review (Creation/Providence ethics); Pearlman — Ch. 8: Salvation (Sanctification p.249) | Calhoun: Justice pp. 218–220

Character Study: \*\*Outreach Rep:\*\* Follow up with one person from your list (text/call/coffee). Ask one caring question, listen well, and offer prayer.

Doctrine Reading: \*\*Scripture (Mon–Thu):\*\* Micah 6:8; Matt 5–7 (selected); James 2; Isa 58

Spiritual Discipline Reading: \*\*Character Study:\*\* Boaz

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Needs + Motives Lens

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

## REQUIRED READING

Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

- Scripture Reading: (see this week’s assigned passages below)

- Character Study Focus: (see this week's character below)

Doctrine Reading (Jones + Pearlman)

- Doctrine Core (Required): Read the full assigned doctrine sections and bring one “so what” application to Chavruta.

- Jones (Practicing Christian Doctrine, 2nd ed.): Jones review (Creation/Providence ethics)

- Pearlman: Ch.. 8 – Salvation

Spiritual Disciplines Reading + Practice (Calhoun)

- Calhoun (Spiritual Disciplines Handbook): Calhoun: Justice pp. 218–220

- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service  
• confession • worship

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## **WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)**

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### **■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

**198. Scripture + Character Formation (Text → Mirror):** What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

**199. Doctrine → Worship (Belief → Practice):** What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed). State one doctrine claim in your words and one concrete change it demands.

**200. Discipline → Formation (Practice → Fruit):** Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

201.Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 19 — DISCIPLESHIP IN THE HOME (PARENTING STYLES)

## *Pillar Emphasis: Equipping • Outreach • Formation*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Discipleship in the Home (Parenting Styles) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Logismoi (λογισμοί)

Meaning: Thought patterns/reasonings.

Formation Question: Which thought pattern must be replaced with truth this week?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Discipleship in the Home (Parenting Styles) with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Discipleship in the Home (Parenting Styles). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

### **Week Flow Map (Phase 2: Making Disciples)**

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.

- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

#### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.

## REQUIRED READING

Scripture Reading: Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

Character Study: (see this week's character focus)

Doctrine Reading (Jones + Pearlman)

Spiritual Discipline Reading: (see assigned discipline chapter for this week)

Optional/Notes: • Scripture Reading: (see this week's assigned passages below) | • Character Study Focus: (see this week's character below) | • Doctrine Core (Required): Read the full assigned doctrine sections and bring one "so what" application to Chavruta. | • Jones (Practicing Christian Doctrine, 2nd ed.): Jones review (Image of God) | • Pearlman: Ch.. 4 — Man | Spiritual Disciplines Reading + Practice (Calhoun) | • Calhoun (Spiritual Disciplines Handbook): Calhoun: Encouragement/Blessing Others pp. 198–201 | • Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service • confession • worship | Become: one character shift the Spirit is growing in you. | Do: one repeatable practice (a "rep") that reinforces discipleship as a lifestyle.

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## REQUIRED READING

\*\*Doctrine + Formation Reading:\*\* Jones review (Image of God); Pearlman — Ch. 4: Man (God's Image p.115) | Calhoun: Encouragement/Blessing Others pp. 198–201

\*\*Scripture (Mon–Thu):\*\* Deut 6; Eph 6:1–4; Prov 4; Col 3:12–17

\*\*Character Study:\*\* Hannah

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Parenting Styles

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

202. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

203. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed). State one doctrine claim in your words and one concrete change it demands.

**204.Discipline → Formation (Practice → Fruit):** Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

**205.Whole-Life Integration (Tools + Community + Mission):** Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

# **WEEK 20 — HEARING GOD (DISCERNMENT, NOT HYPE)**

### ***Pillar Emphasis: Formation***

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You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Hearing God (Discernment, Not Hype) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Nikaō (νικάω)

Meaning: To overcome/conquer.

Formation Question: What am I overcoming this week—and what is my next faithful step?

### **■ What to Expect This Week**

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

### ■ Big Idea

Jesus is forming me to live Hearing God (Discernment, Not Hype) with a renewed mind, a yielded heart, and obedient reps.

### ■ Say It Out Loud

In Christ, I walk in Hearing God (Discernment, Not Hype). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose —pray, invite, follow up, and model the way of Jesus.

### **Week Flow Map (Phase 2: Making Disciples)**

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.
- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## **REQUIRED READING**

Scripture Reading: \*\*Doctrine + Formation Reading:\*\* Jones review (Pneumatology); Pearlman — Ch. 9: The Holy Spirit (Human Experience p.303) | Calhoun: Listening Prayer pp. 266–268

Character Study: \*\*Leadership Focus:\*\* Use leadership styles as a teamwork lens for outreach (initiative, clarity, follow-through). Flip-To: BM-C.L (p. 96) (Leadership Styles + MLQ) • BM-C.L (p. 96)

Doctrine Reading: \*\*Scripture (Mon–Thu):\*\* John 10; 1 Kings 19; Acts 13:1–3; Rom 8:14

Spiritual Discipline Reading: \*\*Character Study:\*\* Samuel

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Discernment Grid

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

## REQUIRED READING

Bible Reading + OIAP (Flip-To: BM-4.1 (p. 19))

- Scripture Reading: (see this week's assigned passages below)
- Character Study Focus: (see this week's character below)

Doctrine Reading (Jones + Pearlman)

- Doctrine Core (Required): Read the full assigned doctrine sections and bring one “so what” application to Chavruta.

- Jones (Practicing Christian Doctrine, 2nd ed.): Jones review (Pneumatology)
- Pearlman: Ch.. 9 — The Holy Spirit

Spiritual Disciplines Reading + Practice (Calhoun)

- Calhoun (Spiritual Disciplines Handbook): Calhoun: Listening Prayer pp. 266–268
- Discipline Practice Rep (choose 1): prayer • Scripture meditation • fasting • simplicity • solitude • service
- confession • worship

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

**206. Scripture + Character Formation (Text → Mirror):** What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

**207. Doctrine → Worship (Belief → Practice):** What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed).

State one doctrine claim in your words and one concrete change it demands.

**208. Discipline → Formation (Practice → Fruit):** Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

**209. Whole-Life Integration (Tools + Community + Mission):** Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 21 — MENTORING + MULTIPLICATION

## *Pillar Emphasis: Equipping • Outreach • Formation*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Mentoring + Multiplication so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Pistis + Praxis

Meaning: Trust that becomes practice.

Formation Question: What is one repeatable rep that will shape me over time?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Mentoring + Multiplication with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Mentoring + Multiplication. I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

### **Week Flow Map (Phase 2: Making Disciples)**

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.

- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: \*\*Doctrine + Formation Reading:\*\* Jones review (theology shapes life); Pearlman — Ch. 10: The Church (Organization p.359) | Calhoun: Mentoring pp. 164–166

Character Study: \*\*Outreach Rep:\*\* Identify one person to disciple for 90 days. Make a clear ask (time/place/plan) and schedule the first meeting.

Doctrine Reading: \*\*Scripture (Mon–Thu):\*\* 2 Tim 2:1–2; Titus 2; Col 1:28–29; Acts 18

Spiritual Discipline Reading: \*\*Character Study:\*\* Timothy

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Mentor Map

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

**210. Scripture + Character Formation (Text → Mirror):** What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

**211. Doctrine → Worship (Belief → Practice):** What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed). State one doctrine claim in your words and one concrete change it demands.

**212. Discipline → Formation (Practice → Fruit):** Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

**213. Whole-Life Integration (Tools + Community + Mission):** Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 22 — FIVEFOLD GIFTS (EQUIPPING THE SAINTS)

## *Pillar Emphasis: Equipping*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Fivefold Gifts (Equipping the Saints) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Oikos (οἶκος)

Meaning: Household network; relational field for ministry.

Formation Question: Where is God sending me within my natural relationships?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Fivefold Gifts (Equipping the Saints) with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Fivefold Gifts (Equipping the Saints). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose —pray, invite, follow up, and model the way of Jesus.

### **Week Flow Map (Phase 2: Making Disciples)**

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.

- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: \*\*Doctrine + Formation Reading:\*\* Jones review (Ecclesiology); Pearlman — Ch. 10: The Church (Work p.351) | Calhoun: Discipling pp. 155–157

Character Study: (see this week’s character focus)

Doctrine Reading: \*\*Scripture (Mon–Thu):\*\* Eph 4:7–16; 1 Cor 12; Acts 11–13; 1 Pet 4:10–11

Spiritual Discipline Reading: \*\*Character Study:\*\* Apollos

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Fivefold Markers (equipping)

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

**214. Scripture + Character Formation (Text → Mirror):** What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

Week-specific cue: Use this week's character study + key passages and your anchor text(s); name one moment, one trait being formed, and one obedience step.

**215. Doctrine → Worship (Belief → Practice):** What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

Week-specific cue: Reference your assigned doctrine reading for this week (Jones/Pearlman as listed). State one doctrine claim in your words and one concrete change it demands.

**216. Discipline → Formation (Practice → Fruit):** Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.

Week-specific cue: Tie your answer to the week's assigned spiritual discipline(s). Report your reps (when/how) and the fruit or resistance it exposed.

**217. Whole-Life Integration (Tools + Community + Mission):** Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

Week-specific cue: Use the week's Flip-To: tool(s): Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear). Name one real-life moment you applied it (relationship/needs/stronghold/repair) and one outreach rep you took.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 23 — LEADERSHIP UNDER LOVE (LIGHT LEADERSHIP STYLES)

## *Pillar Emphasis: Equipping*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Leadership Under Love (Light Leadership Styles) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Maranatha (מָרָנוּתָה / μαράθω αὐθά)

Meaning: 'Our Lord, come'—hope that fuels holiness.

Formation Question: How does hope change the way I endure and lead today?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Leadership Under Love (Light Leadership Styles) with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Leadership Under Love (Light Leadership Styles). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose—pray, invite, follow up, and model the way of Jesus.

### **Week Flow Map (Phase 2: Making Disciples)**

- \*\*Start here:\*\* Read the Word Window and carry the key term through your week.
- \*\*Scripture (OIAP):\*\* Observe → Interpret → Apply → Pray (daily reps Mon–Thu).
- \*\*Character Study:\*\* Watch how this week's biblical character obeys, fails, repents (teshuva), and grows.

- \*\*Doctrine + Discipline:\*\* Let doctrine shape your mind; let discipline shape your body (practice reps, not perfection).
- \*\*Formation/Psych Tool:\*\* Name the pattern (need/attachment/schema/life trap/stronghold) and choose the new response.
- \*\*Disciple-Making Rep:\*\* Identify 1 person; pray daily; take 1 outreach step (invite/serve/follow up/share your story).
- \*\*Wednesday Chavruta:\*\* Bring 1 insight + 1 question + 1 obedience rep + 1 outreach update.
- \*\*Shabbat (Fri/Sat):\*\* Rest, reflect, repair. Close with Weekly Beit Midrash Reflection (Talmud-style).
- \*\*Sunday:\*\* Attend church + review the week + choose your next faithful step.

### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

Scripture Reading: \*\*Doctrine + Formation Reading:\*\* Jones review (Trinity shapes leadership); Pearlman — Ch. 2: God (Attributes p.57) | Calhoun: Rest pp. 74–76 + Sabbath review pp. 42–45

Character Study: (see this week’s character focus)

Doctrine Reading: \*\*Scripture (Mon–Thu):\*\* Mark 10:42–45; Phil 2:1–11; 1 Pet 5:1–4; Prov 11:14

Spiritual Discipline Reading: \*\*Character Study:\*\* Nehemiah

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: Leadership Styles (Light)

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

**■ Field Manual — This Week's Reps**

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

218. Scripture + Character Formation (Text → Mirror): What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.
219. Doctrine → Worship (Belief → Practice): What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.
220. Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
221. Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/ NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_

# WEEK 24 — COMMISSIONING + HOPE (FINISH FAITHFUL)

## *Pillar Emphasis: Outreach*

You're not just completing a week—you're walking with Rabbi Yeshua. This week, Jesus is forming you in Commissioning + Hope (Finish Faithful) so your life matches His kingdom. You may feel resistance or old scripts rise up; that's normal. But hear me: the goal is not perfection—it's practice. So we'll learn in Beit Midrash rhythm: text → wrestle → walk → return. Let's go.

### **Word Window (Hebrew/Greek)**

Term: Shaliach (שְׁלַיחַ) / ἀπόστολος (apostolos)

Meaning: Sent one; commissioned representative.

Formation Question: Where am I being sent—and how will I carry Jesus well?

#### ■ What to Expect This Week

This week is about formation with traction: Scripture in your hands, Jesus in your center, and one clear practice you can actually repeat. You're not just learning information—you're rehearsing a new way of living.

#### ■ Big Idea

Jesus is forming me to live Commissioning + Hope (Finish Faithful) with a renewed mind, a yielded heart, and obedient reps.

#### ■ Say It Out Loud

In Christ, I walk in Commissioning + Hope (Finish Faithful). I anchor my mind in sound doctrine (What did this week's doctrine reading clarify about God, the gospel, t...). I practice Choose 1 discipline from this week's disciplines reading and do it 3 t... as a rep, not a performance. And I disciple someone on purpose —pray, invite, follow up, and model the way of Jesus.

#### Weekly Targets

- Know: the core doctrine/theme for the week and how it shapes everyday life.
- Become: one character shift the Spirit is growing in you.
- Do: one repeatable practice (a “rep”) that reinforces discipleship as a lifestyle.

## REQUIRED READING

\*\*Doctrine + Formation Reading:\*\* Jones Ch10 review pp. 215–236 + Benediction pp. 237–238;  
 Pearlman – Ch. 11: The Last Things (Death p.361; Resurrection p.370; Second Coming p.385) | Calhoun:  
 Prayer of Recollection pp. 281–283

\*\*Scripture (Mon–Thu):\*\* Rev 21; Heb 12:1–2; 2 Tim 4:6–8; 1 Pet 1:3–9

\*\*Character Study:\*\* Paul

\*\*Outreach Rep:\*\* Submit your 90-day disciple-making plan: who you will disciple, your weekly touchpoint, and your first outreach step this week.

\*\*Leadership Focus:\*\* Reassess MLQ-informed style drift + write your Leadership Rule of Life (accountability + reps). Flip-To: BM-C.L (p. 96) (Leadership Styles + MLQ) • BM-C.L (p. 96) (Leadership Styles + MLQ) • BM-C.L (p. 96)

## PSYCH / FORMATION TOOL SNAPSHOT

Tool: 90-Day Rule of Life + Disciple-Making Plan

Flip-To: BM-C (Glossary) • BM-B.X (Schemas + Attachment) • BM-B.Y (Life Traps + MDE) • BM-B.Z (Strongholds) • BM-C.X (p. 29) (6 Human Needs) • BM-C.V (Love vs Fear)

\*\*Saturday (Reflection):\*\* 3 guided questions; write responses in your journal/notebook.

## WEEKLY BEIT MIDRASH REFLECTION (TALMUD-STYLE)

Answer in your journal in a Beit Midrash spirit: text → question → wrestle → walk → return.

### ■ Field Manual — This Week's Reps

- Practice Rep: Choose 1 discipline from this week's disciplines reading and do it 3 times (minimum).
- Chavruta Target (Wed): Bring one Scripture insight + one doctrine clarification + one next-step obedience rep.
- Outreach Rep (Phase 2): Identify 1 person to disciple/pray for; take 1 concrete action this week. (Flip-To: BM-4.3 (p. 119))

Write your answers in your journal/notebook. Come ready to share one insight in Chavruta.

**222. Scripture + Character Formation (Text → Mirror):** What did this week's primary passage(s) and character study expose in me? Include the moment in the text, the trait God highlighted, and the one correction Jesus is making in your thinking/living.

**223. Doctrine → Worship (Belief → Practice):** What did this week's doctrine reading clarify about God, the gospel, the church, or Kingdom living—and what must change because of it? State the doctrine in your words, why it matters, and one behavior change.

- 224.Discipline → Formation (Practice → Fruit): Which spiritual discipline did you practice, and what fruit did it produce—or what resistance did it expose? Be concrete: what you did, what it produced, what it revealed.
- 225.Whole-Life Integration (Tools + Community + Mission): Where did this week show up in real life—and how will you respond differently next week? Include one tool you used, one relational action, and one mission action.

## **TOOL REP FOR THE WEEK (COMPLETE IN YOUR JOURNAL/ NOTEBOOK)**

Tool (Flip-To: BM-\_\_\_\_): \_\_\_\_\_

Trigger I noticed: \_\_\_\_\_

Old move: \_\_\_\_\_

New response I practiced: \_\_\_\_\_

One rep I will repeat next week: \_\_\_\_\_



# BACK MATTER

## BM-A — QUICK FIND

### Back Matter Map

- Need a definition or key term? Flip-To: BM-C (Glossary + Reference)
- Need a worksheet or tracker to fill out? Flip-To: BM-B (Tools + Worksheets)
- Need a chart / quick-reference visual? Flip-To: BM-C (Charts + Reference)
- Need small-group structure (Chavruta templates)? Flip-To: BM-B (Templates)

### Tool Index (by type)

Tool Type	Flip-To
Worksheets / Trackers / Reps	BM-B
Small Group Templates	BM-B
Charts / Quick References	BM-C
Glossary / Definitions	BM-C

### Chart Index (quick-reference)

All charts and quick-reference visuals live in BM-C. Use the BM-C codes in Flip-To lines throughout the weeks.

## BM-C — CHARTS + REFERENCE

Quick-reference visuals, psych charts, and glossary definitions. Use Flip-To codes in the weekly sections to jump here.

## BM-C.FR — FRUIT OF THE SPIRIT QUICK-REFERENCE

**Definition:** Fruit is Christlike character formed in you by the Holy Spirit over time. Fruit stabilizes gifts; gifts express fruit in service.

The Fruit (Galatians 5:22–23): love • joy • peace • patience • kindness • goodness • faithfulness • gentleness • self-control

Use this when: you need a maturity target for the week (not just behavior management).

Rep (7-day fruit sprint):

226.1 P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

227.2 Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

228.3 Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

229.4 Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

230.5) Review on Sunday and bring one story to Chavruta.

■ **Prayer cue:** “Holy Spirit, grow Your fruit in me. Make love my default and obedience my reflex.”

## BM-C.GS — GIFTS OF THE SPIRIT QUICK-REFERENCE

Definition: Gifts are Spirit-empowerments for building up the body and bearing witness (1 Corinthians 12). Gifts serve love; they never replace character.

Use this when: you are discerning how God uses you to strengthen others and advance mission.

Discernment prompts (bring to Chavruta):

231.1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

232.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

233.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week?  
(When/where/how.)

234.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

Guardrail: gifts without fruit create harm. Pair this with BM-C.FR (Fruit).

Rep (this week): choose one small, accountable expression of your gifting (pray, serve, encourage, teach, invite).

■ Prayer cue: “Spirit of God, give me power to serve with humility. Build others up through my yes.”

## BM-C.I — GRACE-BASED IDENTITY SNAPSHOT

Definition: GRACE-Based identity is the lived belief that my worth, belonging, and purpose are secured in Christ—not earned through performance or protected through control.

Use this when: shame rises, you start performing for love, you hide, you people-please, or you feel “not enough.”

Rep (5–10 minutes):

235.1) P’shat (Plain Sense): What does the text say? Quote one line that anchors the week.

236.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

237.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week?  
(When/where/how.)

238.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

■ Prayer cue: “Jesus, anchor my identity in Your finished work. Teach me to live loved, not to perform for love.”

## **BM-4.1 — OIAP METHOD (OBSERVATION • INTERPRETATION • APPLICATION • PRAYER)**

Purpose: A master-level Scripture reading method that forms both mind and life. OIAP keeps you in context, guards against eisegesis, and drives obedience.

Use every week with the assigned passage(s).

### **THE FOUR MOVES**

- \*\*O — Observation:\*\* What does the text say? (keywords, repeated ideas, genre, setting, audience)
- \*\*I — Interpretation:\*\* What does the text mean? (context, author intent, original audience, canonical harmony)
- \*\*A — Application:\*\* What does obedience look like today? (one specific action)
- \*\*P — Prayer:\*\* Turn the Word into prayer (confession, surrender, intercession, blessing).

### **GUARDRAILS (MASTER-LEVEL)**

- Start with context: chapter flow + book purpose before “my verse.”
- Interpretation must be plausible for the original audience.
- Application is specific, measurable, and relational (love God/love people).
- If you feel shame, move to BM-C.I (GRACE Identity) before applying.

## BM-4.2 — STANDARDIZED CHAVRUTA TEMPLATE (WEDNESDAY)

BM-4.2 — Standardized Chavruta Template (Wednesday Small Group)

Use this template every Wednesday. Each week, swap in the assigned passages, character focus, and tool for the week. The goal is not discussion for discussion's sake—it's formation: Scripture → practice → accountability → prayer.

Time Block: 60–75 minutes (recommended)

0:00–0:05 Opening + settle (5 min)

0:05–0:15 Read the text aloud (10 min)

0:15–0:35 Chavruta pair work (20 min)

0:35–0:55 Tool practice + skill rep (20 min)

0:55–1:10 Share + accountability (10–15 min)

1:10–1:15 Commissioning prayer + microrep (5 min)

Materials Needed

Bible + this workbook

Participant your journal/notebook (for private reflection)

Week's Tool Flip-To: code (BM-C / BM-B.X / BM-B.Y / BM-B.Z / BM-C.X / BM-C.V / BM-4.1 (p. 19) / BM-4.2 / BM-4.3)

1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

Leader: "We're here to be shaped by the Word—not just informed. Let's invite the Spirit."

One-sentence check-in: "My week in one word is \_\_\_\_\_."

Short prayer (30–60 seconds): "Father, open our eyes to see and our hearts to obey."

2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

Read the two assigned anchor passages (usually 8–15 verses total).

Read slowly. No commentary yet. Let the Word land.

Leader prompt: "Listen for one phrase that confronts you, comforts you, or calls you forward."

3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

Pair up (2–3 people). Work like a Beit Midrash: read, ask, answer, challenge, refine. One person reads; the other summarizes; then switch.

The Three Questions (Talmud-style)

TEXT — What does the passage explicitly say? (Quote the words.)

MEANING — What does it reveal about God, people, and the Kingdom?

DEMAND — What is one act of obedience this passage requires this week?

Four Follow-ups (use as needed)

Where do I see myself in the text—faith, fear, pride, avoidance, hunger?

What is the “old script” this text confronts? (fear script)

What is the “new script” this text offers? (love script)

What does covenant faithfulness look like in this exact situation?

4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

This is where the week becomes real. Don’t skip it.

Name the tool for the week (Flip-To: BM-\_\_\_\_).

Leader gives a 60-second tool reminder (definition + why it matters this week).

Each person completes a ‘mini rep’ out loud (a sentence, a plan, or a practice).

Mini Rep Options (pick one each week)

\*\*Script Rep:\*\* craft a one-sentence declaration anchored in the week’s passage.

\*\*Repair Rep:\*\* write + practice one repair sentence (truth + honor + next step).

\*\*Boundary Rep:\*\* write + practice one boundary sentence.

\*\*Renewal Rep:\*\* identify one stronghold/schema/life trap and the replacement truth.

\*\*Regulation Rep:\*\* practice Wise Mind / safety signals reset for 60 seconds.

5) Share + Accountability (10–15 minutes)

Each person shares (30–60 seconds): “My one obedience step is \_\_\_\_\_. ”

Each person shares (30–60 seconds): “My tool rep is \_\_\_\_\_. ”

Partner assignment: “Who will ask me about this by next Wednesday?”

6) Commissioning Prayer + Micro-Rep (5 minutes)

Leader: “We leave as doers, not hearers.”

Pray in pairs (2 minutes): courage + clarity + consistency.

If your tradition practices tongues: 60–90 seconds in tongues, then one clear sentence prayer in English.

Micro-Rep: one simple action before next Wednesday (text encouragement, serve someone, invite a conversation, pray for a person of peace).

Leader Notes (keep it tight)

Keep Scripture central: more quoting the text, less storytelling.

Keep it safe: no fixing, no shaming, no preaching at each other.

Keep it practical: one rep > ten insights.

Keep it covenantal: honor people, speak truth, pursue repair.

## **BM-4.3 — OUTREACH MAP (PERSONS OF PEACE LIST + PRAYER + TOUCHPOINTS)**

Purpose: Discipleship multiplies through prayer, presence, and purposeful touchpoints—not pressure. This tool helps you identify, pray for, and pursue people with love and clarity.

### **STEP 1 — PERSONS OF PEACE LIST (3–7 NAMES)**

- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Where I see openness:  
\_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Where I see openness:  
\_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Where I see openness:  
\_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Where I see openness:  
\_\_\_\_\_

### **STEP 2 — PRAYER PLAN (DAILY 2–5 MINUTES)**

- Ask God for favor, timing, and compassion.
- Bless their household and ask for openness to the gospel.
- Pray one Scripture over them (write it here): \_\_\_\_\_

### **STEP 3 — TOUCHPOINTS (ONE STEP PER WEEK)**

- Touchpoint options: text check-in • coffee invite • serve a need • share a story • invite to church • pray with them
- This week's step (one): \_\_\_\_\_
- What I learned from the interaction: \_\_\_\_\_
- Next step (one): \_\_\_\_\_

Guardrail: Stay relational, not performative. If fear rises, Flip-To: BM-C.V (p. 47) (Love vs Fear) and choose love-bond presence.



















































## BM-C.P — PSYCH TOOL DEFINITION BOXES (WEEKS 2–5)

### Week 2 — Psych Tool Definition Box

Flip-To: BM-C (Wise Mind) (Wise Mind) • BM-C.X (p. 29) (6 Human Needs Check-In) (Safety Signals Plan) • Front Matter (Hermeneutics: OIAP + Exegesis/Eisegesis) (Hermeneutics/Exegesis/Eisegesis)

Tool: Wise Mind (DBT)

Definition: Wise Mind integrates Emotion Mind (feelings/impulses) and Reasonable Mind (logic/facts) into a centered response. In discipleship language: it's the pause where the Spirit gets the microphone before your flesh does.

How we use it this week: Pause, breathe, and choose the next right step before you speak, text, teach, or shut down.

Tool: Safety Signals Plan

Definition: Safety signals are cues that tell your nervous system 'safe enough.' Threat signals are cues that activate fear, control, or withdrawal. Naming them gives you options instead of autopilot.

How we use it this week: Identify your top safety/threat signals and pick one daily 'reset' action you'll practice.

### Week 3 — Psych Tool Definition Box

Flip-To: BM-C.Y (p. 38) (Development Stages) • BM-C.W (Maturity Indicators)

Tool: Development Stages (Ilssley-Clarke & Dawson)

Definition: A formation lens that highlights what humans need at different stages to mature: secure receiving, responsibility, mutuality, sacrificial care, and wise community leadership. In discipleship, it helps us see where we're 'stuck' and what repair practice is needed.

How we use it this week: Locate your 'stuck stage' pattern and choose one repair practice for the week.  
(Flip-to: BM-3.Y (p. 38))

Tool: Life Model: Maturity Indicators (summary)

Definition: A discipleship mirror that tracks maturity fruit (joy, peace, resilience, secure connection) and stuck signs (fear bonds, disconnection, control, shutdown).

How we use it this week: Mark one maturity fruit you want to grow and one stuck sign you will repent of and replace. (Flip-to: BM-3.W (p. 38))

## **Week 4 — Psych Tool Definition Box**

Flip-To: BM-B.X (p. 47) (Schemas + Attachment) (Attachment Styles Quick Sheet) • BM-C.V (Love Bonds vs Fear Bonds) (Secure Move Script Builder)

Tool: Attachment Styles (God + People)

Definition: Attachment describes how you learned to give/receive closeness, trust, and care—secure, anxious, avoidant, or disorganized patterns. It often shows up in how you experience God and community.

How we use it this week: Notice your default protest pattern (cling/control/withdraw/shutdown) and practice one secure move (name need, ask clearly, stay present). (Flip-to: BM-2 (p. 47) Attachment tools)

## **Week 5 — Psych Tool Definition Box**

Flip-To: BM-C (p. 29) (Boundaries) (Boundary Styles)

Tool: Boundary Styles

Definition: Boundary styles describe how people protect or abandon their limits: porous (over-giving/over-sharing), rigid (over-protected/closed), and healthy (clear, flexible, loving). Boundaries are stewardship, not walls.

How we use it this week: Identify your default boundary style and practice one clear boundary sentence that protects your purpose.

# BACK MATTER (APPENDICES) —

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- BM-4.3 — Outreach Map (Persons of Peace List + Prayer + Touchpoints)
- BM-4.2 — Standardized Chavruta Template (Wednesday)
- BM-4.1 — OIAP Method (Observation • Interpretation • Application • Prayer)

### PROGRAM TEMPLATES (BM-4 (P. 210) SERIES — FLIP-TO: BM-4 (P. 210) (PROGRAM TEMPLATES).

- BM-C.L — Leadership Styles + MLQ Definitions (Transformational / Transactional / Laissez-Faire)
- BM-C.CS — Communication Styles + Repair Script
- BM-C.PS — Parenting Styles + Discipleship Implications
- BM-C.GS — Gifts of the Spirit Quick-Reference
- BM-C.FR — Fruit of the Spirit Quick-Reference
- BM-C.I — GRACE-Based Identity Snapshot
- BM-C.Z — Maslow's Hierarchy (supporting triage lens; Kingdom reframe at the top)
- BM-C.X — 6 Human Needs (Kingdom translation + prayer cue)
- BM-C.V — Love Bonds vs Fear Bonds (relationship formation chart)
- BM-C.W — Maturity Indicators (Life Model-informed summary chart)
- BM-C.Y — Development Stages, Tasks, and Needs (formation lens summary)

## BACK MATTER (BM) APPENDIX INDEX

Use these codes whenever you see “Flip-To: BM-...”.

### BM-C — GLOSSARY

**Kingdom Stronghold (Positive Stronghold)** — A practiced, Spirit-anchored truth-pattern built through Scripture, repentance, and repeated obedience. It becomes the new ‘default script’—renewed mind + embodied practice—producing freedom, love, and stability under pressure. (See BM-B.Z)



## BM-B — TOOLS + WORKSHEETS

Worksheets, trackers, and templates you fill out or practice. Use Flip-To codes in the weekly sections to jump here.

**Stronghold (Negative Mental Stronghold)** — A settled, survival-based belief-pattern that resists truth and repeatedly shapes perception, emotions, and behavior. Often formed through fear, pain, lies, or unresolved trauma; it becomes a ‘default script’ that feels like protection but produces bondage. (See BM-B.Z)

- BM-C — Glossary (Kingdom + Clinical)

### Master Worksheets

- BM-B.Y — BM-C Life Trap + Missing Developmental Experience (MDE)
- BM-B.X — Schemas + Attachment (LOCKED)
- BM-B.Z — Negative Strongholds → Positive Kingdom Strongholds (LOCKED)

## BM-C — QUICK-REFERENCE CHARTS

- BM-C — Quick-Reference Charts (Series Index)
- BM-C.V — BM-C Love Bonds vs Fear Bonds
- BM-C.X — BM-C 6 Human Needs (diagnostic + discipleship lens)
- BM-C.Z — BM-C Maslow (supporting triage lens; not primary)
- BM-C.L — BM-C Transformational Leadership (discipleship translation)
- BM-C.Y — BM-C.Y Developmental Stages, Tasks, and Needs (2-page spread)
- BM-C.W — BM-C.W Life Model: Maturity Indicators (workbook-original summary chart)
- BM-C.FR — Fruit of the Spirit Tracker (growth evidence + repentance plan)
- BM-C.GS — Gifts of the Spirit (Charismata) Quick Reference
- BM-C.PS — Parenting Styles (Formation Lens)
- BM-C.CS — Communication Styles (Passive → Assertive)

## BM-4 — PROGRAM TEMPLATES

- BM-4 — Program Templates (Series Index)
- BM-4.1 — BM-4.1 OIAP Method (Observation • Interpretation • Application • Prayer)
- BM-4.2 — BM-4.2 Standardized Chavruta Template (Wednesday format + question prompts)

- BM-4.3 — BM-4.3 Outreach Map: Persons of Peace List + Prayer + Touchpoints (Phase 2)

## **BM-C — GLOSSARY (KINGDOM + CLINICAL)**

- Keep it practice-forward: complete the smallest rep that builds obedience.
- When you see “Flip-To: BM-\_\_\_” in a week, turn here and complete the rep.

## **HOW TO USE THE APPENDICES**

## **BM-4 — PROGRAM TEMPLATES (SERIES INDEX)**

### **BM-4.1 — BM-4.1 OIAP METHOD (OBSERVATION • INTERPRETATION • APPLICATION • PRAYER)**

- BM-4.1 OIAP Method (Observation • Interpretation • Application • Prayer)
- BM-C Disciple / Discipleship (μαθητής / μαθητεία)
- BM-C Kingdom (βασιλεία) + Kingdom Socialization
- BM-C Covenant (בְּרִית, berit) + Covenantal Community
- BM-C Shalom (שָׁלוֹם, shalom) as wholeness/ordering under God

#### **Psych Tools + Integration Terms**

- BM-C Attachment (secure/insecure; anxious/avoidant/disorganized)
- BM-C Schema (core belief pattern)
- BM-C Trigger → Pattern Loop (cue → interpretation → response)
- BM-C Wise Mind (DBT)
- BM-C Family Systems (roles, triangles, differentiation)

### **BM-B.Y — LIFE TRAPS + BASIC PSYCHOLOGICAL NEEDS / MISSING DEVELOPMENTAL EXPERIENCE (MDE)**

- BM-C Life Trap + Missing Developmental Experience (MDE)
- BM-C Stronghold (survival-based pattern) + Renewed Mind

## **BM-C — QUICK-REFERENCE CHARTS (SERIES INDEX)**

### **BM-C.V — LOVE BONDS VS FEAR BONDS**

- BM-C Love Bonds vs Fear Bonds

### **BM-C.X — THE 6 HUMAN NEEDS (DIAGNOSTIC + DISCIPLESHIP LENS)**

- BM-C 6 Human Needs (diagnostic + discipleship lens)

### **BM-C.Z — MASLOW'S HIERARCHY OF NEEDS (SUPPORTING TRIAGE LENS; NOT PRIMARY)**

- BM-C Maslow (supporting triage lens; not primary)

### **BM-C.L — TRANSFORMATIONAL LEADERSHIP (MLQ LENS; DISCIPLESHIP TRANSLATION)**

- BM-C Transformational Leadership (discipleship translation)
- BM-C Transactional Leadership (discipleship translation)
- BM-C Laissez-Faire Leadership (discipleship translation)

## **MASTER WORKSHEETS (BM-B SERIES)**

Reusable forms referenced weekly instead of reprinting.

### **BM-B.X — SCHEMAS + ATTACHMENT (LOCKED)**

#### **Schemas + Attachment (LOCKED)**

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#### **Attachment Styles (God + People) (LOCKED)**

- BM-B.X (Schemas + Attachment) Attachment Styles Quick Sheet (secure/anxious/avoidant/disorganized)
- BM-C.V (Love Bonds vs Fear Bonds) Secure Move Script Builder (name need + ask + stay present)

### **Life Traps + Basic Needs / MDE (LOCKED)**

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### **BM-B.Z – NEGATIVE STRONGHOLDS → POSITIVE KINGDOM STRONGHOLDS (LOCKED)**

#### **Negative Strongholds → Positive Kingdom Strongholds (LOCKED)**

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### **Core Communication + Boundaries Packet**

- BM-C.CS (Communication Styles) Passive–Aggressive–Assertive Communication (worksheet set)
- BM-C (Boundaries) Boundary Styles (worksheet set)
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### **Core Emotional Regulation Packet**

- BM-C (Wise Mind) Wise Mind (worksheet + prompts)
- BM-C (CBT Lens) CBT Basics: Thought–Feeling–Behavior Loop (worksheet)
- BM-C.X (6 Human Needs Check-In) Safety Signals Plan (threat/safety cues + reset actions)

## **BM-C — QUICK-REFERENCE CHARTS (SERIES INDEX)**

Charts = quick lookups; minimal reading; maximum clarity.

### **Development + Formation (LOCKED)**

## **BM-C.Y — BM-C.Y DEVELOPMENTAL STAGES, TASKS, AND NEEDS (2-PAGE SPREAD)**

- BM-C.Y Developmental Stages, Tasks, and Needs (2-page spread)

## **BM-C.W — BM-C.W LIFE MODEL: MATURITY INDICATORS (WORKBOOK-ORIGINAL SUMMARY CHART)**

- BM-C.W Life Model: Maturity Indicators (workbook-original summary chart)
- BM-C.V Love Bonds vs Fear Bonds (one-page chart)

### **Needs + Prioritization (LOCKED)**

- BM-C.X 6 Human Needs Quick-Reference Chart (Kingdom translation + prayer cue)
- BM-C.Z Maslow's Hierarchy (supporting Needs Triage lens; Kingdom reframe at the top)

### **Identity + Relational Anchors**

- BM-C.I GRACE-Based Identity Snapshot (one-page summary)
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### **Parenting Styles**

- BM-C.PS Parenting Styles + Discipleship Implications (Quick-Reference)
- Character Study Focus (this week) Communication Skills + Repair Tools (Quick-Reference)

### **Leadership Styles**

- BM-C.L Leadership Styles Quick-Reference (Transformational / Transactional / Laissez-Faire)

## **PROGRAM TEMPLATES (BM-4 SERIES)**

- BM-4.1 Weekly Rule of Life Template (Mon–Sun)

## **BM-4.2 — BM-4.2 STANDARDIZED CHAVRUTA TEMPLATE (WEDNESDAY FORMAT + QUESTION PROMPTS)**

- BM-4.2 Standardized Chavruta Template (Wednesday format + question prompts)
- BM-4.3 Shabbat Reflection Page (Fri/Sat)
- Sunday Church + Weekly Review Journal Page
- Sunday Weekly Review (journal page copy)
- Saturday Reflection (3 questions)

## **BM-4.3 — BM-4.3 OUTREACH MAP: PERSONS OF PEACE LIST + PRAYER + TOUCHPOINTS (PHASE 2)**

- BM-4.3 Outreach Map: Persons of Peace List + Prayer + Touchpoints (Phase 2)
- Scripture Memory & Meditation Tracker

## **BM-C.FR — FRUIT OF THE SPIRIT TRACKER (GROWTH EVIDENCE + REPENTANCE PLAN)**

## **BM-C.GS — GIFTS OF THE SPIRIT (CHARISMATA) QUICK REFERENCE**

Formation Lens: Gifts are power-tools for love and mission, not identity badges. Character (fruit) is the root; gifts are the branches.

Primary Scripture Anchors: 1 Corinthians 12–14 • Romans 12:3–8 • Ephesians 4:11–16 • 1 Peter 4:10–11

Definition: Spiritual gifts are Spirit-empowered capacities given to believers to build up the Body of Christ and extend the witness of Jesus.

Three Buckets (simple map):

- Speaking/Teaching gifts (e.g., prophecy, teaching, exhortation, tongues/interpretation)
- Serving/Support gifts (e.g., helps, mercy, giving, administration)
- Power/Sign gifts (e.g., healing, miracles, discerning of spirits, faith)

Discernment Questions (use in prayer + community):

- 1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.

2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?

3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week? (When/where/how.)

Guardrails (order + humility):

- Gifts operate best under love (1 Cor 13), scripture, and accountable leadership.
- Do not force manifestations; do not manipulate emotion; test everything (1 Thess 5:19–22).

Practice Rep (weekly): Choose 1 gift you sense God highlighting. Pray, ask permission, serve one person, then debrief with your Chavruta partner.

- Fruit of the Spirit Tracker (growth evidence + repentance plan)

## **BACK MATTER — FLIP-TO TOOLS (BM SERIES)**

These two tools are designed to be used week-to-week. They are short, direct, and practice-forward.

### **BM-C.PS — PARENTING STYLES (FORMATION LENS)**

If discipleship is Kingdom Socialization, then parenting patterns are one of the earliest ‘training environments’ we were formed in. This tool helps you name what you received, what you internalized, and what you want to reproduce or repair in Christ.

#### **Tool Power Format — How to use this page**

Read the definitions once.

Identify the style you experienced most (and the style you default to under stress).

Use the 5–10 minute Rep to choose one ‘authoritative love’ action this week.

Bring your rep to Wednesday Chavruta (Flip-To BM-4.2 (p. 20)).

### **1) P’SHAT (PLAIN SENSE): WHAT DOES THE TEXT SAY? QUOTE ONE LINE THAT ANCHORS THE WEEK.**

Parenting styles are predictable patterns of warmth, structure, and responsiveness. They shape attachment, emotion regulation, responsibility, and how we interpret authority. In this workbook, we use them as a formation lens—not a label to shame parents or yourself.

## **2) DRASH (WRESTLE/INTERPRET): WHAT QUESTION DOES THIS RAISE IN ME—AND WHAT MIGHT RABBI YESHUA BE CONFRONTING OR INVITING?**

You don't just relate to people—you relate through a script. Many people also relate to God through that script. When we name the script, we can stop repeating it and start practicing a new one under Christ.

## **3) HALAKHAH (WALKING IT OUT): WHAT IS ONE SPECIFIC OBEDIENCE STEP JESUS IS ASKING FOR THIS WEEK? (WHEN/WHERE/HOW.)**

Style	Core pattern	Common fruit in the child	Common drift in adulthood
Authoritative (warm + firm)	High warmth, high structure	Secure, resilient, responsible	Can drift to over-coaching or high expectations
Authoritarian (firm, low warmth)	High structure, low responsiveness	Obedience, fear, shame, distance	Control, intimidation, performance
Permissive (warm, low structure)	High warmth, low boundaries	Entitlement or anxiety, low frustration tolerance	Avoids conflict; inconsistent follow-through
Uninvolved/Neglectful (low + low)	Low warmth, low structure	Self-reliance, numbness, mistrust	Disconnection becomes the norm

## **4) TESHUVAH + TOOL SYNERGY (RETURN + REPAIR): WHERE DID I NOTICE A PATTERN THIS WEEK (SCHEMA/LIFE TRAP/STRONGHOLD/FEAR-BOND/ATTACHMENT MOVE/NEED) AND HOW AM I RETURNING TO JESUS?**

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

- you feel triggered by authority (leaders, mentors, rules, correction)
- you over-control, people-please, avoid conflict, or ‘shut down’ in relationships
- you can’t tolerate discomfort and you escape (numbing, procrastination, spiritual avoidance)
- you lead, parent, or disciple others and your ‘tone’ becomes harsh or passive
- you want to build covenant community without repeating your family system

## **5) QUICK DIAGNOSTIC (60 SECONDS)**

Question	Circle one
What did I receive most growing up?	Authoritative / Authoritarian / Permissive / Uninvolved / Mixed
What do I default to under stress?	Control / Comply / Avoid / Over-give / Shut down
What is my ‘core fear’ in relationships?	Rejection / Failure / Conflict / Being unseen / Being controlled

## **6) THE REP (5–10 MINUTES): AUTHORITATIVE LOVE PRACTICE**

Authoritative love is the Kingdom pattern: warmth + truth + structure + repair. Choose one rep below and do it this week (small is fine; consistent is better).

- Warmth rep: give one specific encouragement (not flattery) that names fruit you see.
- Structure rep: clarify one expectation using an agreement: ‘Here’s what success looks like...’

- Boundary rep: say one honest ‘no’ with love and follow-through.
- Repair rep: apologize without excuses: ‘I was wrong. I’m sorry. Here’s what I will do next.’
- Coaching rep: teach one skill in steps (don’t just correct the outcome).

## 7) WORKED EXAMPLE (FULLY MODELED)

Scenario: A disciple/teen/volunteer misses commitments.

Style response	What it sounds like	What it produces
Authoritarian	‘This is unacceptable. Do better.’	Fear + compliance (short term), distance (long term)
Permissive	‘It’s okay—don’t worry about it.’	Confusion + inconsistency
Uninvolved	No follow-up; quiet resentment	Disconnection
Authoritative (Kingdom)	‘I’m glad you’re here. Let’s clarify expectations and supports so you can succeed. What’s getting in the way?’	Growth + responsibility + belonging

## 8) PRAYER CUE (20–60 SECONDS)

Father, heal what I learned under fear. Teach me warmth and wisdom together. Make me a safe person who tells the truth, keeps agreements, and repairs quickly. Amen.

## 9) RETURN ROUTE (WEEK LINKAGE)

If a week references BM-4.1 (p. 19), bring one specific rep to Wednesday Chavruta (Flip-To: BM-4.2) and report: What rep did you do? What fruit did it produce? What adjustment will you make next week?

**BM-C.CS — COMMUNICATION STYLES (PASSIVE → ASSERTIVE)**

Most conflict isn't a 'content' problem—it's a communication style problem. This tool helps you move from fear-based communication to truth-with-love communication that builds covenant community.

**Bottom line**

Passive hides truth to keep peace.

Aggressive uses truth to break peace.

Passive-aggressive punishes without honesty.

Assertive tells the truth with love, boundaries, and responsibility.

**1) P'SHAT (PLAIN SENSE): WHAT DOES THE TEXT SAY? QUOTE ONE LINE THAT ANCHORS THE WEEK.**

Communication styles are default ways we express needs, limits, and emotions—especially under stress. In discipleship, we train for the style of the Kingdom: truth with tenderness.

**2) DRASH (WRESTLE/INTERPRET): WHAT QUESTION DOES THIS RAISE IN ME—AND WHAT MIGHT RABBI YESHUA BE CONFRONTING OR INVITING?**

Jesus forms a people who can speak truth, repair quickly, and stay connected. Mature disciples don't ghost, explode, or manipulate. They confess, clarify, and commit to repair.

**3) HALAKHAH (WALKING IT OUT): WHAT IS ONE SPECIFIC OBEDIENCE STEP JESUS IS ASKING FOR THIS WEEK? (WHEN/WHERE/HOW.)**

Style	Core pattern	Common phrases	Common outcome
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Passive	Avoids conflict; minimizes self	'It's fine.' 'Whatever you want.'	Resentment, anxiety, invisibility
Aggressive	Dominates; violates boundaries	'You always...' 'You're wrong.'	Fear bonds, defensiveness, distance
Passive-aggressive	Indirect anger; punishes quietly	Sarcasm, silence, 'fine' with heat	Confusion, mistrust, instability
Assertive (Kingdom)	Clear, calm, honest; respects boundaries	'I feel... I need... I will...'	Love bonds, clarity, repair

#### **4) TESHUVAH + TOOL SYNERGY (RETURN + REPAIR): WHERE DID I NOTICE A PATTERN THIS WEEK (SCHEMA/LIFE TRAP/STRONGHOLD/FEAR-BOND/ATTACHMENT MOVE/NEED) AND HOW AM I RETURNING TO JESUS?**

- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?

- you don't say what you mean until you're exploding
- you feel 'stuck' between being nice and being honest
- you use sarcasm, silence, or withdrawal to communicate hurt
- you feel guilty for setting boundaries or naming needs
- conflict keeps repeating because nothing gets repaired

## 5) QUICK DIAGNOSTIC (60 SECONDS)

Question	Answer
When I'm stressed, I tend to...	Shut down / Please / Control / Attack / Avoid / Punish quietly
My biggest communication fear is...	Rejection / Conflict / Being controlled / Being exposed / Being ignored
My usual 'after-conflict' pattern is...	Stonewall / Argue / Apologize too fast / Ghost / Over-explain

## 6) THE REP (5–10 MINUTES): ASSERTIVE KINGDOM SCRIPT

Use this script exactly. Don't preach. Don't explain your whole life story. One clean truth is enough.

Assertive Script (copy/paste):

- 239.1) P'shat (Plain Sense): What does the text say? Quote one line that anchors the week.
- 240.2) Drash (Wrestle/Interpret): What question does this raise in me—and what might Rabbi Yeshua be confronting or inviting?
- 241.3) Halakhah (Walking it Out): What is one specific obedience step Jesus is asking for this week?  
(When/where/how.)
- 242.4) Teshuvah + Tool Synergy (Return + Repair): Where did I notice a pattern this week (schema/life trap/stronghold/fear-bond/attachment move/need) and how am I returning to Jesus?
- Trigger: What set it off?
- Body signal: What did I feel in my body (tight chest, numb, heat, etc.)?
- Old script: What did I tell myself / assume?
- Truth rehearsal: What Scripture/doctrine truth did I practice instead?
- Repair: What is one relational repair or obedience step I will take?
  
  
- 243.5) What I will do next is \_\_\_\_ (boundary / next step).
- 244.6) Can we agree on \_\_\_\_ (one agreement) and revisit on \_\_\_\_ (time)?

## 7) WORKED EXAMPLE (FULLY MODELED)

Scenario: A friend cancels last minute repeatedly.

Style	Example response
Passive	'No worries! Totally fine.' (but you feel dismissed)
Aggressive	'You're so selfish. Don't bother making plans.'
Passive-aggressive	'It's cool.' (then you ignore them for a week)
Assertive (Kingdom)	'When plans change last minute, I feel unimportant. I need clearer communication. Can we confirm earlier next time? If not, I'll stop scheduling evenings and we'll do something flexible instead.'

## 8) PRAYER CUE (20–60 SECONDS)

Jesus, set a guard over my mouth and heal the fear under my silence. Make me brave enough to speak truth, humble enough to own my part, and loving enough to repair. Amen.

## 9) RETURN ROUTE (WEEK LINKAGE)

If a week references Character Study Focus (this week), come to Wednesday Chavruta (Flip-To: BM-4.2 (p. 20)) ready to share: What conversation did you have? Which line of the script was hardest? What fruit did you see?