



**5G DISCIPLESHIP:**  
*Becoming more like Christ.*

**GLORIFYING – Colossians 1:17-18**

Glory is giving God what He deserves as we stand in awe and worship Him. What have you done to worship God this week?

**GROWING – Colossians 1:27-28**

How is your relationship with Jesus Christ this past week? What spiritual disciplines have you done to foster spiritual growth?

**GRACIOUS – Colossians 3:12-14**

In what ways have you extended grace to others this week? What are some evidences of grace that you have experienced?

**GENEROUS – Colossians 3:17, 23**

Through time, talent or treasure, how have you been a steward of generosity? What is one generous act that you will do this week?

**GRATEFUL – Colossians 2:6**

Believers should live with an attitude of gratitude. What are you grateful for and how will you express your gratitude this week?



**MORAL GUARDRAILS:**  
*Asking the hard questions.*

1. Have I exposed myself to any explicit materials this week?
2. Am I aware of any unconfessed sin(s) in my life?
3. Have I been above reproach in all my finances this week?
4. Do I have anyone I need to forgive or ask for forgiveness?
5. Have I been caught up in the sins of gossip, jealousy, lying or demonstrating a critical or complaining spirit?
6. Have I been with a man or woman in such a way that was inappropriate or could have appeared like poor judgment?
7. Have I boldly stood for Christ in my home and workplace?
8. Have I intentionally looked for opportunities to share Christ or Scripture with any unsaved family, friends or co-workers?
9. How have I demonstrated love and respect to my spouse?
10. How have I sought to have spiritual input with my children?



**MY WEEKLY GAUGE:**  
*Sharing about your past week.*

1. This week was a blessing. My praise is \_\_\_\_\_
2. This week was great. My high was \_\_\_\_\_
3. This week was average. My low was \_\_\_\_\_
4. This week hurt. My challenges are \_\_\_\_\_
5. This week was crushing. My struggles are \_\_\_\_\_



**ONE VICTORY AND ONE FAIL:**  
*Praising, confessing, praying over the month.*

1. What is one spiritual victory from this past month?
2. What is one spiritual failure from this past month?
3. How are you being re-charged and motivated in your faith?
4. What has been draining or discouraging in your faith?
5. How can we pray for you or come alongside you?



**SPIRITUAL GROWTH POINTS:**  
*This semester, I want to grow in these areas:*

**Character Quality:** \_\_\_\_\_

\_\_\_\_\_

**Spiritual Discipline:** \_\_\_\_\_

\_\_\_\_\_

**Purposed Relationship:** \_\_\_\_\_

\_\_\_\_\_



## What is one character quality that you want to grow and change the next four months?

1. **Boldness** – not being afraid to share my faith and Scripture with confident assurance, while being gentle, kind and loving.
2. **Compassion** – empathy for another’s circumstance and being moved to acting on their behalf.
3. **Contentment** – being at peace rather than easily given to worry, anxiety, fear, jealousy, envy or the desire for more.
4. **Even Tempered** – not given to sinful anger or a quick temper.
5. **Faith** – absolute confidence in God and His promise of a good result regardless of the present circumstances.
6. **Forgiveness** – releasing someone from a wrong that has been done to you and not holding bitterness against them.
7. **Honesty** – being truthful and above reproach in all things and not being deceptive, hypocritical or slanting the truth.
8. **Initiative** – intentionally building relationships through encouragement, hospitality and by serving others.
9. **Kindness** – acting in love and grace by helping others.
10. **Patience** – a spirit of forbearance, mercy and humility.
11. **Peace** – a sense of fulfillment and joy that comes from being rightly related to God and rightly related to others.
12. **Purity** – thinking and acting in godly ways; maintaining not even a hint or flirting with lust or sexual immorality.
13. **Self-Controlled** – bringing thoughts, emotions, and actions under the control of the Holy Spirit rather than the flesh.
14. **Truth in Love** – willingness to speak truth in a humble spirit of grace while not being passive or overly harsh.
15. **Wholesome Speech** – quick to encourage and build others up with words that edify; not given to vulgarity, gossip, slander, course joking, lying or demeaning sarcasm.



## What spiritual discipline do you want to practice the next four months?

**Personal Bible Study** – hunger for Gods Word, regular time of reading, studying, meditating and working through Scripture.

**Prayer Life** - including a regular time of praise, confession, intercession for others, journaling and listening.

**Scripture Memory** – hiding God’s Word in your heart and mind by memorizing, reviewing, and reflecting on specific verses of Scripture.

**Giving** – cheerfully, generously, and sacrificially giving to the work and ministry of the Lord through your time, talents and treasure.

**Corporate Worship** – engaging with God and other believers through consistent participation in weekend worship services.

**Accountability** – connected in a meaningful side-by-side relationship for the purpose of transparency and growth.

**Serving** – actively shouldering weekly Kingdom responsibilities at church or Beyond Our Walls and in the community.

**Fasting** – routinely fasting (from food, media, activity) to meet with the Lord through prayer, focus and dependence on Him.

**Sabbath Rest** – intentionally setting aside time to cease working as a reminder that we are longing for our final rest in heaven.

Developing a rhythm and pattern of regularly resting in the Lord

## What purposed relationship will you focus on the next four months? What is your goal for this relationship?



- Spouse**
- Son**
- Daughter**
- Parent**
- Sibling**
- Neighbor**
- Co-Worker**
- Other**

*Accept, admonish, bear the burdens of, build up, care for, comfort, confess your faults, encourage, forgive, be honest, greet, honor, be hospitable, be kind, love, pray for, be of the same mind, serve, spur on, submit to, and be devoted to... one another.*