

This guide is part of Antioch's Spiritual Formation Series and outlines a lifestyle-based path to spiritual maturity through the 7 Commitments. Each commitment reflects an ongoing journey of growth, not a checklist — helping believers deepen their faith and impact others. The guide includes learning modules, tools, and next-step planning for individual or group use.

Spiritual Formation Series

Developing in Maturity
Through the Commitments

Pastor Hawkins





The 7 Commitments

At Antioch, spiritual growth happens through a grace-filled journey — one that's supported by **three interconnected frameworks**:

- **Identity Through Purpose** — You are uniquely made by God. Discover your identity and live with intentionality.
- **Community Through Ubuntu** — We grow better together. Our Ubuntu care systems help us love and support one another.
- **Maturity Through the 7 Commitments** — Growth doesn't happen by accident. These commitments help you take real steps forward in your faith.

This document focuses on the **7 Commitments** — our lifestyle framework for maturity in Christ. These aren't boxes to check, but spiritual practices that shape the way we live, love, and lead.

Whether you start with one or engage them all, each commitment is an invitation to grow.

The 7 Commitments of Spiritual Growth

A Lifestyle, Not a Ladder

Spiritual growth isn't a one-size-fits-all formula. It's a lifestyle marked by intentional steps that strengthen your faith, deepen your relationships, and help you follow Jesus more fully. At Antioch, we call these steps **The 7 Commitments** — and they form a flexible, grace-filled pathway for growth.

Start Your Journey

Before diving into the modules, take a moment to reflect and make it personal.

[Digital Commitment Card](#)

This card is your way of saying, “I’m ready to grow.” You can start with one commitment or pledge to explore all seven. Either way, you’re invited to take the next step in your walk with God.

What You’ll Need

To get the most out of these modules, we recommend:

- A quiet space to reflect and pray
- A journal or notebook (or use our Weekly Worship Journal for Commitment 5)
- A Bible
- A friend or small group — growth happens best in community!
- Access to the internet to view sermons

How to Engage

You can walk through these modules:

- **Individually** — on your own schedule, with a journal and Bible in hand.
- **With a Group** — ideally, with an **Antioch Discipleship Group**, where you’ll find care, accountability, and conversation.
- **With a Growth Partner or Circle** — even if you’re not yet in a formal group, find one or two others and grow together.

Each Learning Module Follows a Simple Framework:

LOVE

Start with love. Every journey begins with God’s love for us — and our loving response to Him.

LEARN

Dig into Scripture. Watch the sermon and explore biblical truth to understand the heart of the commitment.

LIVE

Put it into practice. Reflect, apply, and create a growth plan based on where God is leading you.

LEAD

Help someone else grow. Walk with others in love and truth as they begin their own journey of transformation.

This framework helps you fully incorporate each commitment into your life — not just learning information, but living transformation.

Tips for Your Journey

- **Go at Your Own Pace** — Growth takes time.
- **Start Where God Is Leading** — You don’t have to go in order.
- **Revisit Often** — Come back as life changes and new steps emerge.
- **Progress, Not Perfection** — Growth is about direction, not arrival.
- **Bring a Friend Along** — You don’t have to grow alone. Invite someone into the journey.

Contents

 Learning Module 1: Fully Surrender to God.....	4
 Learning Module 2: Discover and Live My Purpose	9
 Learning Module 3: Embracing Spiritual Rhythms.....	14
 Learning Module 4: Belonging to a Discipleship Group	19
 Learning Module 5: Prioritize Corporate Worship	24
 Learning Module 6: Share My Faith with Other.....	29
 Learning Module 7: Care for and Disciple Others.....	34



Learning Module 1: Fully Surrender to God

Movements: Love → Learn → Live → Lead

Time Commitment:

- **Individual:** 30-60 minutes (plus optional journaling)
- **Group:** 1 to 3 sessions

Introduction: Embracing Surrender

Fully Surrender to God

“Surrender your heart to God.”

- Reflect using the Surrender Assessment
- Obey God as an act of trust
- Revisit this commitment regularly

◆ *Whether you’re just starting your spiritual journey, returning to faith, or seeking deeper transformation—this guide is for you.*

This commitment is about learning to release control, trust God fully, and live with an open heart toward His will. Surrender isn’t a one-time decision; it’s a daily posture that reshapes how we live, grow, and care for others.

“Surrender is not the finish line. It’s a rhythm of life that keeps us open to God’s direction.”

❤️ SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

Start with love. Surrender is a response to the God who loved us first.

Surrender begins with love. Not rules. Not pressure. **Love.**

God's love for us is relentless, sacrificial, and deeply personal. Before we even knew to surrender, Jesus surrendered Himself for us.

We love because He first loved us — and surrender is our loving response to a God who gave us everything.

When we truly love God with our heart, soul, and mind, we trust Him with our decisions, our desires, and our direction.

We release control not because we're forced to... but because we're loved.

"The greatest commandment is to love the Lord your God... and to love your neighbor as yourself." — Matthew 22:37–39

Surrender is how we live that love out loud.

****Reflect on Love:**

- What does God's love for you stir up in you right now?
- Where is your love for Him calling you to trust Him more deeply?
- What would it look like to surrender something today as an act of love?
- How does loving God invite you to surrender something today?
- How can you love yourself by trusting God's control over your own?
- Who around you might experience God's love through your decision to surrender?

◆ **Facilitator Tip:** Encourage boldness and vulnerability. Set the tone by going first in sharing how God's love has drawn you to surrender.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Explore the biblical foundation and heart behind surrender.

Watch or Listen to the Sermon

 Watch: [Better Discipleship – Commitment 1: Fully Surrender to God](#)

This sermon lays the biblical and pastoral foundation for everything in this guide. Watch or listen before moving forward.

Scripture Focus

- **Matthew 16:24–27** — Jesus lays out the call to deny ourselves, take up our cross, and follow Him. What does it mean for you to "lose your life" for His sake?
- **Romans 12:1–2** — Paul calls believers to offer themselves as living sacrifices. How is God inviting you to renew your mind?
- **1 Corinthians 6:19–20** — You are not your own; you were bought with a price. Where are you still holding on to control?

Key Insights from the Sermon

1. A fully surrendered life allows Jesus to set the terms.
2. A fully surrendered life takes ownership of their choices.
3. A fully surrendered life trusts Jesus with the outcome.

Personal Reflection Prompts

- Where am I still trying to negotiate with Jesus?
- When was the last time I told myself “no” for His sake?
- What outcomes have I been clinging to that I need to release?

◆ **Facilitator Tip:** Pause after each Scripture to invite personal or group reflection. Use the prompts as journaling or discussion questions.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Practice surrender through real steps and rhythms.

Take the Surrender Index Assessment

Use the assessment provided or complete it online.

 [Click here to take the Surrender Index Assessment online](#)

Reflect on each of the six areas:

- What area had my lowest score? What does that reveal?
- Where is God already growing surrender in me?
- What next step is He inviting me into?

Surrender Practice Plan

As you reflect and prepare to live out surrender, consider the following areas. Choose one or more to focus on this week. Write your plan individually or as a group.

Consider:

- A daily prayer of surrender: "God, I give You control today."
- An area where you need to deny yourself
- A decision or situation where you need to trust God with the outcome
- A moment where you choose sacrifice over self-gratification

Your Individual or Group Plan:

◆ **Facilitator Tip:** Invite participants to write their own application plan and check back in next session for updates or reflection.

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Help others grow in this commitment by walking with them in love and truth.

The goal of this section is simple: help someone else grow in *this* commitment — to fully surrender to God. Whether it begins with a moment of care, a spiritual conversation, or an intentional relationship, you can walk with someone through the same journey you've just taken.

Use the **Cycle of Christian Care** to guide your approach:

1. **Start with Compassion** – Let your care be motivated by love, not obligation.
2. **Be Present** – Show up and create a safe space.
3. **Listen Well** – Ask questions to understand.
4. **Show Empathy** – *Experience their feelings, then express them back to them.*
5. **Meet Needs** – Offer to walk through this commitment together using this guide.
 -  **Love** – Begin by helping them reflect on God's love and how surrender is a response to that love. Remind them that God invites us to trust Him fully.
 -  **Learn** – Read Scripture together. Share insights from the sermon. Reflect on how surrender shows up in God's Word and in their life.
 -  **Live** – Invite them to take one small, faithful step. Help them identify an area to release control or trust God more deeply. If helpful, walk through the Surrender Assessment together.
 -  **Lead** – Encourage them to think about someone they could walk with next. Remind them: you don't have to be perfect to help someone else grow.

◆ **Facilitator Tip:** Encourage participants to focus on helping someone grow in this one commitment. They don't need to teach — they just need to share what they've experienced.

Congratulations! After working through all four sections for this commitment — remember, the goal is progress, not perfection — you're now ready to move to another module.



Learning Module 2: Discover and Live My Purpose Movements: Love → Learn → Live → Lead

Time Commitment:

- **Individual:** 30–60 minutes (plus optional journaling)
- **Group:** 1 to 3 sessions

Introduction

Commitment 2: Discover and Live My Purpose

For every person created by God, there is a unique purpose shaped by His love, wisdom, and grace. This commitment calls us to intentionally seek and live out that purpose—not just in theory, but in every part of our lives.

But what happens when we've wandered? What if we've ignored God's voice or gone our own way?

This module isn't just for those discovering purpose for the first time. It's also for those who, like the people of Judah in Jeremiah 29, must reclaim a purpose that was once known but has since been rejected or lost.

Through Scripture, reflection, and testimony, this module will guide you to:

- Recognize the **consequences** of rejecting God's purpose
- Marvel at God's **unshakable commitment** to His people
- Return to the **closeness of His presence**
- Rest in the **certainty of His promises**

Whether you're just beginning to explore your purpose or you're coming back to it after a detour—God's purpose for your life is still on the table.

♥ SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

Start with love. Purpose flows from the heart of a God who knows and loves us deeply.

Purpose isn't primarily about performance — it's about relationship.

We are not random. We are not forgotten. We were created on purpose, for purpose, by a God who designed us with care and called us with love.

Even when we drift, even when we reject His direction, even when we find ourselves in "Babylon," God still comes for us. He still calls us back.

Why?

Because His commitment to us is rooted in love. His purpose for us was never based on our perfection — it was always anchored in His grace.

The more we love God, the more we trust Him with the direction of our lives. His plans are better. His timing is wiser. His purposes are deeper.

Discovering purpose begins with loving the One who made you.

Living in purpose begins with trusting the One who redeemed you.

"We are God's workmanship, created in Christ Jesus for good works, which God prepared in advance for us to do." — Ephesians 2:10

Reflect on Love:

- What does God's love for you say about your worth and purpose?
- How has God's love shown up even when you rejected His direction?
- Where is your love for Him calling you to step into something greater?
- How might trusting His plan today be a way of loving Him back?
- What part of your purpose feels like it needs to be reclaimed through love?

◆ *Facilitator Tip:* Invite honesty. Many people wrestle with regrets. Let love be the starting point for healing and rediscovery.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Explore the biblical foundation and spiritual implications of discovering and reclaiming your God-given purpose.

Watch or Listen to the Sermon

 Watch: [Better Discipleship – Commitment 2: Discover and Live My Purpose](#)

This sermon shows how God’s purpose endures—even after failure—and how His mercy makes restoration possible.

Scripture Focus

- **Jeremiah 29:10–14** — God promises to visit His people, restore them, and bring them back to purpose. What does it mean that His plans are still “to give you a future and a hope”?
- **Romans 12:1–2** — Transformation begins with a surrendered heart. How does aligning with God’s purpose renew your mind?
- **Ephesians 2:10** — You are created for good works. What gifts or passions might be clues to your purpose?

Key Insights from the Sermon

Reclaiming Purpose means...

1. **Understanding the consequences** of rejecting God’s purpose
2. **Marveling at God’s commitment** to His people
3. **Returning to the closeness** of His presence
4. **Resting in the certainty** of His promises

Personal Reflection Prompts

- When have I walked away from something I knew God was calling me to?
- Where in my life have I experienced a “Babylon” season?
- How has God shown commitment to me even in my failure?
- What would it look like to return to God’s presence before pursuing His plans?
- What does it mean for me to live like God’s purpose is still on the table?

◆ *Facilitator Tip:* Pause after each Scripture for reflection. Use the sermon outline to guide deeper conversation and journaling.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Practice purpose through real steps that align with your identity and calling.

Purpose Discovery Toolkit

Use your completed [Unpacking Your Purpose](#) and [Maturity](#) documents to guide your reflection. In each section below, pause to reflect and then name **one action step** you feel led to take.

◆ Ultimate Purpose (To glorify God)

Reflect: How am I intentionally seeking to glorify God in this season of my life?

Action Step:

◆ Universal Purpose (To love God and others)

Reflect: Where is God calling me to love more deeply or sacrificially?

Action Step:

◆ Corporate Purpose (To live out the mission of the church)

Reflect: How can I participate more fully in the mission, values, and rhythms of Antioch?

Action Step:

◆ Personal Purpose (My unique calling and gifting)

Reflect: What opportunities align with how God has uniquely designed me?

Action Step:

◆ *Facilitator Tip:* Encourage participants to revisit this plan regularly and to discuss it with their Next Step Guide or Discipleship Group for continued encouragement and accountability.

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Help others grow in this commitment by walking with them in love and truth.

The goal of this section is simple: help someone else grow in this commitment — to discover and live in their God-given purpose. Whether it begins with a moment of care, a spiritual conversation, or an intentional relationship, you can walk with someone through the same journey you’ve just taken.

Use the **Cycle of Christian Care** to guide your approach:

1. **Start with Compassion** – Let your care be motivated by love, not pressure or performance.
2. **Be Present** – Offer your time and attention. Sometimes the most powerful gift is simply showing up.
3. **Listen Well** – Ask questions like:
 - What do you sense God is calling you to do next?
 - What gifts or passions have brought you joy in the past?
 - Where do you feel unsure about your purpose right now?
4. **Show Empathy** – Share your own story of discovering or reclaiming purpose. Let them know that struggling or starting over is part of the process.
5. **Meet Needs** – Walk with them through the four stages of this guide:
 -  **Love** – Remind them that God’s purpose is grounded in His love. Purpose isn’t earned — it’s received.
 -  **Learn** – Open God’s Word. Share Scriptures and sermon insights. Help them reflect on how God has spoken to them in the past.
 -  **Live** – Encourage one small step forward. Revisit the *Unpacking Your Purpose* guide together. Help them identify where they need clarity or courage.
 -  **Lead** – Empower them to walk with someone else. Remind them: you don’t need to have all the answers — just a willingness to care.

◆ *Facilitator Tip:* Encourage participants to focus on helping someone grow in this one commitment. They just need to share what they’ve experienced.

Congratulations!

After working through all four sections for this commitment — remember, the goal is **progress, not perfection** — you’re now ready to move to another module.



Learning Module 3: Embracing Spiritual Rhythms

Movements: Love → Learn → Live → Lead

Time Commitment:

- **Individual:** 30-60 minutes (plus optional journaling)
- **Group:** 1 to 3 sessions

Introduction: Embracing Spiritual Rhythms

This commitment is about aligning your life with intentional, consistent practices that help you grow spiritually and stay connected to God and others.

Spiritual rhythms are not random habits or religious routines. They are sacred practices that help us become rooted in God's Word, grounded in community, and renewed for faithful living. At Antioch, these rhythms include:

- Daily: Scripture and prayer
- Weekly: Corporate worship and witness
- Monthly: Fasting and fellowship
- Quarterly: Rest and reflection
- Annually: Spiritual reflection and goal-setting

These rhythms are not meant to burden but to **build** you. They invite us to experience God in real ways—day by day, season by season, together.

♥ SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

Spiritual rhythms are a loving response to God's desire to walk with us daily.

Spiritual rhythms aren't about checking boxes or earning favor — they are how we love God with our whole selves. Every rhythm is an opportunity to show our love by spending time with Him, listening, reflecting, obeying, and aligning our lives with His presence.

God loved us enough to walk with us — and these rhythms help us walk with Him.

They're not just spiritual habits; they're spiritual expressions of love.

Rhythms help us love God by giving Him our attention and trust. They help us love ourselves by caring for our soul, body, and mind in intentional ways. They help us love others by staying grounded and available to serve from a place of spiritual strength.

These practices are personal — but they're not private. They are lived out together in a faith community that believes *"I am because we are."*

"The greatest commandment is to love the Lord your God... and to love your neighbor as yourself." — Matthew 22:37–39

Spiritual rhythms are how we live that love consistently.

Reflect on Love:

- What might it look like to give God your full attention this week?
- How can spiritual rhythms be an act of love toward yourself?
- In what way might others benefit from you being spiritually grounded?

◆ **Leader Tip:** Set the tone for honesty and growth by sharing how rhythms have been hard or helpful for you. Remind participants that love, not guilt, is the reason we return to these practices.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Explore the biblical foundation and heart behind spiritual rhythms.

Watch or Listen to the Sermon

 Watch: [Better Discipleship – Commitment 3: Understanding Spiritual Rhythms](#)

This sermon lays the biblical and pastoral foundation for the role that discipline plays in spiritual development.

Scripture Focus

- **1 Corinthians 9:24–27** — Spiritual rhythms require training and purpose. What “race” has God called you to run?
- **Luke 5:16** — Jesus often withdrew to pray. What does His example teach us?
- **Psalms 1:1–3** — A life rooted in Scripture bears lasting fruit. What kind of fruit is God growing in you?

Key Insights from the Sermon

1. Spiritual rhythms are **purposeful** – they position us for growth and maturity.
2. They are **holistic** – they engage our body, mind, and spirit in alignment.
3. They are **rewarded** – both now (through maturity) and later (in eternity).
4. Rhythms require discipline – you can either “make excuses or make progress.”

Personal Reflection Prompts

- Where do I need structure in my walk with God?
- Which rhythm is most life-giving to me right now?
- What makes spiritual discipline hard for me?

◆ **Leader Tip:** Don’t rush. Let group members share honestly about struggles with consistency and discipline.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Put rhythms into practice with purpose, not perfection.

Choose a rhythm (daily, weekly, monthly, quarterly, or annually) and make a plan to live it out.

 **Spiritual Rhythm Practice Plan** Choose one area of rhythm to focus on this week:

- Daily Bible reading and prayer
- Weekly worship and witness
- Monthly fasting and fellowship (first Wednesdays at Antioch)
- Quarterly rest and reflection
- Annual goal-setting and review

Your Individual or Group Plan

Tools to Support You

- [Spiritual Rhythms Overview PDF](#)

◆ **Leader Tip:** Encourage accountability, not perfection. Let participants share how small changes are making a difference.

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Help someone else embrace spiritual rhythms in a grace-based way.

Use the **Cycle of Christian Care** to guide your approach:

1. **Start with Compassion** – Don't judge. Ask, "How can I support you?"
2. **Be Present** – Share your own journey with rhythms honestly.
3. **Listen Well** – Explore what's working or missing in their life rhythms.
4. **Show Empathy** – Affirm their struggle and help them name one next step.
5. **Meet Needs** – Walk through this rhythm together:
 -  **Love** – Invite them to explore how loving God means investing time with Him.
 -  **Learn** – Read a passage together. Talk about the importance of structure and growth.
 -  **Live** – Choose one rhythm to practice this week.
 -  **Lead** – Invite them to pass it on. Who can they encourage in return?

◆ **Leader Tip:** This commitment is ideal for pairing accountability partners. Suggest walking through the rhythms with a friend or small group.

Congratulations!

You've completed the learning module on **Embracing Spiritual Rhythms**. Whether you're rebuilding old habits or starting new ones, remember:

Progress, not perfection. Rhythm, not performance. Grace, not guilt.

When you're ready, continue your journey with another module from the 7 Commitments.



Learning Module 4: Belonging to a Discipleship Group

Movements: Love → Learn → Live → Lead

Time Commitment:

- **Individual:** 30–60 minutes (plus optional journaling)
- **Group:** 1 to 3 sessions

Introduction: Belonging to a Discipleship Group

This commitment invites you to take a step beyond Sunday worship and into a smaller circle of care and connection — a discipleship group.

Belong to a Discipleship Group

“Grow in Christ by sharing life with others.”

- Learn to dwell in unity with fellow believers
- Discover sacred joy and refreshment through spiritual community
- Practice mutual care, trust, and accountability

♦ *God never designed us to grow in isolation. He placed us in the body of Christ to learn how to walk in unity — not just by attending church, but by sharing life with others.*

Discipleship groups are where spiritual growth becomes relational. These groups are places of trust, honesty, prayer, and encouragement. Whether you're laughing, crying, learning, or praying — you are not alone.

Psalm 133 reminds us that *dwelling in unity is both good and pleasant*. In discipleship groups, we begin to experience the sacred joy and refreshing care that God intended for every believer.

"You weren't meant to go it alone. This is where church becomes family."

❤️ SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

Start with love. We were created for connection — to grow in Christ as we grow with others.

Belonging to a discipleship group is an act of love — not just for others, but also for yourself. It's a decision to embrace spiritual community, not as an obligation, but as a gift from God.

At Antioch, we believe real transformation happens in the context of loving, honest relationships. These are the spaces where you can be known, supported, stretched, and strengthened.

“Behold, how good and pleasant it is when brothers dwell in unity!” — Psalm 133:1
Discipleship groups are one of the primary ways we dwell in unity — sharing life, praying for each other, and walking through the ups and downs together.

In a world full of surface relationships, a discipleship group offers something sacred. It's a place to grow closer to God *and* to others. A place where the joy is real, the refreshment is mutual, and the care is intentional.

Here, love is more than a word — it's a way of life.

Reflect on Love:

- How has community (or the lack of it) shaped your spiritual growth?
- Where in your life do you need support, accountability, or encouragement right now?
- Who might God be calling you to walk with more intentionally?
- What would it look like to let others love and support you spiritually?

◆ **Leader Tip:** Create space for real connection. Consider opening your group with storytelling, not just study. Authenticity often begins with vulnerability.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Explore the biblical foundation and importance of Christian community.

Watch or Listen to the Sermon

 [Better Discipleship – Commitment 4: Dwelling In Unity](#)

Scripture Focus

- **Psalm 133** – Unity is sacred, joyful, and refreshing.
- **Acts 2:42–47** – The early church grew through fellowship, learning, prayer, and mutual care.
- **Hebrews 10:24–25** – We are called to stir one another toward love and good works.

Key Insights from the Sermon

Sermon Title: Dwelling in Unity

Text: Psalm 133

1. **If we want to dwell in unity, we must pursue the vision of unity.**
 - Dwelling in unity is *worth pursuing* — it brings joy, refreshment, and blessing.
 - Psalm 133 uses two metaphors: sacred oil and refreshing dew.
2. **If we want to dwell in unity, we must practice the values of unity.**
 - Unity doesn't just happen — it must be taught and caught.
 - We must be taught how to care for one another with presence, empathy, and compassion.
 - Some things must be *caught* through lived experience in authentic community.

Personal Reflection Prompts

- What does community mean to you?
- Have you experienced care in a group setting before?
- What would it take for you to be more fully known?

◆ **Leader Tip:** Let this be a time to process—not pressure. Affirm that group life can be sacred, even if imperfect.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Step into group life with honesty, consistency, and commitment.

Discipleship Group Practice Plan

Reflect on what it would mean to truly belong to a discipleship group:

- Identify a group you could join or help start.
- Reach out to the leader or facilitator.
- Set intentions: What do you hope to give and receive in the group?
- Consider what rhythms and support you need to fully engage.

Your Individual or Group Plan:

Tools to Support You

- [Antioch Discipleship Groups Overview PDF](#)
- [Group Guidelines & Covenant](#)

◆ **Leader Tip:** Let participants explore belonging at their own pace. Remind them that belonging grows over time.

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Invite others into sacred community.

Use the Cycle of Christian Care to guide your approach:

1. **Start with Compassion** – Ask someone if they’ve ever felt alone spiritually.
2. **Be Present** – Share what belonging to a group has meant to you.
3. **Listen Well** – Hear their story, questions, or past experiences with community.
4. **Show Empathy** – Affirm their hunger for connection or past hurts.
5. **Meet Needs** – Walk with them:
 -  **Love** – Invite them to consider how God uses people to show His love.
 -  **Learn** – Read Acts 2 or Psalm 133 together and talk about unity.
 -  **Live** – Encourage them to join or explore a group.
 -  **Lead** – Ask them to invite someone else to take that step too.

◆ **Leader Tip:** Group invitations are best through relationship. Pair them with someone already in a group or offer to walk in with them.

Congratulations!

You’ve completed the learning module on Belonging to a Discipleship Group. Community doesn’t just happen—it’s cultivated through love, care, and commitment.

Take your next step by joining a group and helping others do the same.
Let’s grow together.



Learning Module 5: Prioritize Corporate Worship

Movements: Love → Learn → Live → Lead

Time Commitment:

- **Individual:** 30–60 minutes (plus weekly worship engagement)
- **Group:** 1 to 3 sessions

Introduction: Prioritize Corporate Worship

This commitment invites you to make weekly worship a rhythm of renewal — not just something you do, but a posture you carry.

Worship is more than singing songs or attending service. It's our response to God's presence, our connection to the community of faith, and our opportunity to align our hearts with what matters most.

At Antioch, corporate worship isn't just a tradition — it's a weekly act of surrender, unity, and spiritual realignment.

Worship resets our souls, reminds us of the Gospel, and positions us to encounter God in fresh ways. And God isn't just watching — He's seeking true worshipers.

"My soul is reset when I worship. My spirit is aligned when I worship. My witness is seen when I worship. My hope gets restored. My hurts get healed. My tears get released. When I come into His presence, I humble myself, lift up both my hands, and I begin worshiping — for all He's done for me... and just because."

❤️ SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

Worship is a response of love to a God who desires relationship with us.

We don't gather each Sunday to perform or impress. We gather to remember the One who came, died, rose again — and still meets us where we are.

Worship is an act of love:

- For God — who deserves our attention, affection, and awe
- For ourselves — as we allow our hearts to be refreshed
- For others — when we show up in community, we strengthen one another

Worship in spirit and truth isn't about hype or perfection. It's about authenticity. And God is actively seeking worshipers who come with open hearts.

“The Father is seeking such people to worship him.” — John 4:23

Reflect on Love:

- What does it mean for you to worship in “spirit and truth”?
- When has worship refreshed your soul or given you perspective?
- What does it look like to offer your heart to God each week?

🧠 **Leader Tip:** Invite people to share about moments when worship has helped them navigate difficult seasons. Remind the group that worship is about presence, not performance.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Explore the biblical foundation and reasons why worship is vital to our faith.

Watch or Listen to the Sermon

[Better Discipleship – Commitment 5: Reasons to Worship](#)

Scripture Focus

- **John 4:21–26** – Worship is no longer about a place, but about a person.
- **Psalms 22:3** – God inhabits the praises of His people.
- **Hebrews 10:24–25** – Don't neglect gathering together — we need each other.

Key Insights from the Sermon

We Worship Because of the Hour

- The "hour" has come — Jesus has arrived, died, and risen.
- Worship is no longer about location but about the person of Jesus.
- The moment is now — we worship in response to the gospel.
- Worship is our response to Christ's completed work.

We Worship Because of the Father

- The Father is *seeking* true worshipers.
- He desires worship that is in spirit and in truth.
- He *dwells* in worship — He meets us in that space.
- Worship is not performance or preference; it's presence.

Personal Reflection Prompts

- How is God inviting you to show up more fully in worship?
- What barriers or distractions often pull you away from prioritizing worship?
- What might change if you approached worship each week with expectancy?

 **Leader Tip:** Discuss common barriers to worship and explore how to overcome them with grace and intentionality.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Make worship a non-negotiable rhythm in your week.

Weekly Worship Practice Plan

- Reflect on how you currently engage in worship.
- Choose one way to go deeper:
 - Arrive early and prepare your heart
 - Engage fully (singing, praying, reflecting)
 - Invite someone to join you
 - Reflect afterward with a worship journal

Tool to Support You

- Weekly Worship Journal – Receive by completing the connect card. Use it to reflect each week on how God met you in worship.
- [Connect Card](#)

 **Leader Tip:** Encourage your group to share one takeaway from the week's worship during your next gathering.

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Help others rediscover the joy of worship.

Use the **Cycle of Christian Care** to guide your approach:

1. **Start with Compassion** – Ask, “What has your experience with worship been like?”
2. **Be Present** – Invite them to sit with you in worship or share how it’s shaped your life.
3. **Listen Well** – Hear their joys, challenges, or questions about worship.
4. **Show Empathy** – Affirm their spiritual hunger or past wounds.
5. **Meet Needs** – Offer to walk with them:
 -  **Love** – Worship is a way of responding to God's love.
 -  **Learn** – Explore John 4 or Hebrews 10 together.
 -  **Live** – Commit to weekly worship together.
 -  **Lead** – Invite them to extend the invitation to someone else.

 **Leader Tip:** Invite group members to bring someone with them to worship and reflect together afterward.

Congratulations!

You’ve completed the learning module on *Prioritize Corporate Worship*.

Remember:

Worship is not just what we do — it’s who we are.

Let’s continue to gather, lift our voices, and encounter God together.

When you're ready, continue your journey with the next module in the 7 Commitments.



Learning Module 6: Share My Faith with Other

Movements: Love → Learn → Live → Lead

Time Commitment:

- **Individual:** 30–60 minutes (plus optional journaling)
- **Group:** 1 to 3 sessions

Introduction: Sharing My Faith

This commitment is about joining Jesus in His mission to seek and save the lost.

Evangelism isn't just for pastors, extroverts, or those who feel confident in their theology — it's for every follower of Christ. Jesus came to seek and to save the lost, and now, through the power of the Holy Spirit, He invites us to carry that same mission forward.

When we share our faith, we're not trying to pressure anyone. We're showing love. We're opening the door for real conversations. And we're bearing witness to the One who changed our lives.

This module is not about giving you a script — it's about giving you clarity, courage, and a sense of calling. Whether you're just beginning to understand evangelism or you've shared your faith before, this is a chance to reflect deeply, respond faithfully, and walk boldly in Jesus' footsteps.

As we grow in this area, we begin to develop the heart of Christ — a heart that sees people, seeks people, and loves them enough to point them to hope. That's why this commitment matters.

“When we say yes to Jesus, we're also saying yes to His work.”

❤️ SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

We share our faith because God first shared His love with us.

Before we ever open our mouths, we must open our hearts. Evangelism begins not with a strategy, but with compassion — a deep, Spirit-led desire for others to experience the love, freedom, and transformation that we've received in Christ.

Sharing our faith is one of the most powerful expressions of love. It says, "I care enough about you to share the best thing that's ever happened to me." That love shows up in our prayers, our presence, and our willingness to be available.

"Joining Jesus in His mission means developing the heart of Jesus — a heart that seeks, saves, and sees people with compassion."

We don't have to have all the answers — but we do need to have love. Love makes our message credible. Love makes our presence meaningful. And love opens the door for someone to meet Jesus through us.

Reflect on Love:

- Who do I know that needs to experience the love of Jesus?
- How can I reflect the heart of Christ in my everyday conversations?
- What fears or barriers do I need to surrender to love people well?

 **Leader Tip:** Create a space where people can name real people they care about and commit to praying for them.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Explore the biblical and practical foundation for evangelism.

Watch or Listen to the Sermon

 [Better Discipleship – Commitment 5: Joining Jesus](#)

Scripture Focus:

- **Luke 19:1–10** – Jesus seeks Zacchaeus and changes his life.
- **Romans 10:14–17** – Faith comes by hearing the Word of God.
- **Matthew 5:13–16** – You are the salt of the earth and the light of the world.

Key Insights from the Sermon (matching outline):

1. Join Jesus in His Seeking

- **When We Go** — Intentionally go out of your way and on purpose to where those who need Jesus are.
- **When We Become** — Be salt and light where there is decay and darkness.

2. Join Jesus in His Saving

- **When We Tell** — Share what we know (your story) and what He said (the gospel).
- **When We Trust** — Trust His power and His results, even if they take time.

Personal Reflection Prompts:

- Who is God calling me to go to?
- Where am I being salt and light?
- How comfortable am I sharing my story? God's story?
- Do I trust God with the results when I share?

 **Leader Tip:** Practice testimonies in the group! Let people share their 30-second stories of transformation.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Step into evangelism with intention and love. This isn't about having all the right words — it's about faithfully joining Jesus in His mission. Trust God with the results and be open to the Holy Spirit's leading.

Sharing My Faith Practice Plan:

- Spend time in prayer for opportunities to witness and for God to prepare hearts.
- Write your personal testimony using the “before, how, after” format.
- Identify 1–2 people you are praying for to come to Christ.
- Plan one intentional gospel conversation this month.
- Revisit the “Sharing My Faith” tool to refresh your language and clarity.

Tools to Support You:

-  [My Salvation Story](#)
-  [Sharing My Faith Tool \(PDF\)](#)
-  [Sharing My Faith Training Guide \(PDF\)](#)

 **Leader Tip:** Have group members pair up and share their testimony, then give each other feedback. Celebrate growth and courage!

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Help others share their faith by walking with them in love, truth, and encouragement. You don't have to be an expert — just someone willing to share what you've learned and support others as they take bold steps.

Lead with Compassion and Courage

Use the **Cycle of Christian Care** to guide your support as someone begins their evangelism journey:

1. **Start with Compassion** – Care for them as a person, not a project.
2. **Be Present** – Check in regularly. Ask, “How’s your witness growing?”
3. **Listen Well** – Hear their fears, roadblocks, and hopes.
4. **Show Empathy** – Affirm their courage, even in small steps.
5. **Meet Needs** – Offer encouragement, prayer, and practical help.
6.  **Ways You Can Help Someone Share Their Faith**
 - Invite them to write their own testimony using the *My Salvation Story* tool.
 - Walk through the *Sharing My Faith* guide together and discuss each section.
 - Pray together for the people they want to reach.
 - Role-play gospel conversations to build confidence.
 - Celebrate their efforts — not just results — and share stories of God at work.
7.  **Conversation Prompt**

Ask: “What’s one way I can support you this week as you share your faith?”

 **Leader Tip:** Evangelism is often relational. Help others grow into it through example, encouragement, and shared practice.

Congratulations!

You’ve completed the learning module on Sharing Your Faith with Others. Whether it’s your neighbor, your friend, or someone at your favorite coffee shop — remember: You’re not doing this alone. Jesus is already seeking. You’re simply joining Him. When you’re ready, continue your journey with another module from the 7 Commitments.



Learning Module 7: Care for and Disciple Others **Movements: Love → Learn → Live → Lead**

Time Commitment

- Individual: 30–60 minutes (plus ongoing discipleship conversations)
 - Group: 1 to 3 sessions
-

Introduction: Care and Disciple Others

The final step in the 7 Commitments calls us to live out everything we've learned through real, intentional relationships. This is not about having a title or position — it's about caring deeply for others and helping them grow spiritually. Rooted in both the Great Commandment and the Great Commission, this commitment challenges us to develop a disciple-making lifestyle.

We're not just called to follow Jesus; we're called to help others follow Him too. In this module, we will explore what it looks like to walk with others in love and truth, offering both care and biblical instruction in a balanced, transformative way. Caring for and discipling others is the heartbeat of a multiplying church — and it starts with you.

SECTION 1: LOVE the Commitment

LOVE → LEARN → LIVE → LEAD

Start with love. Every journey begins with God's love for us — and our loving response to Him and others.

God's love is never meant to stop with us — it's meant to move through us.

When we commit to caring for and discipling others, we embrace God's heart for people. Jesus didn't just teach large crowds; He also walked closely with a few, showing us that real discipleship happens in relationships. This commitment is built on love — love that listens, encourages, corrects, and walks alongside others through the ups and downs of life.

Jesus calls us to love people deeply and help them grow spiritually — not just in moments of crisis, but in the everyday rhythms of life. When we embrace this commitment, we say: "I'm willing to invest in others the way Christ invested in me."

Reflection Questions:

- Who helped you grow in your faith when you needed care and guidance?
- How have you experienced the power of care and instruction together?
- What's one way God may be calling you to begin walking with someone else?

Leader Tip:

Invite group members to reflect on someone who cared for and disciplined them in the past. Ask them to share what made that relationship meaningful — and what it taught them about spiritual growth through love. This helps connect past experiences to their current calling to invest in others.

SECTION 2: LEARN the Commitment

LOVE → LEARN → LIVE → LEAD

Grow in understanding. Let the Word of God shape your perspective and deepen your commitment to caring for and discipling others.

 **Watch or Listen to the Sermon**

 [Better Discipleship – Commitment 7: Dynamic of a Balanced Discipleship](#)

Better Discipleship – Commitment 7: The Dynamics of a Balanced Discipleship

 **Scripture Focus:**

- Colossians 1:27–29
- **Matthew 28:19–20** – The Great Commission: make disciples, baptize, and teach.

 **Key Insights from the Sermon:**

- **Discipleship is for them** – Everyone needs it, not just a few.
- **Discipleship is about Him** – It points people to Jesus, not ourselves.
- **Discipleship is through us** – God works powerfully through our efforts.

 **Personal Reflection Prompts:**

- Where have I experienced a balance of care and instruction in my own spiritual growth?
- Do I tend to lean more toward caring or instructing? What might help me grow in balance?
- Who has God placed in my life that I might be called to disciple with both love and truth?
- How can I become more intentional in helping others mature in Christ?

 **Leader Tip:**

Encourage participants to identify one way they've been spiritually cared for and one truth they've learned — then discuss how both can shape their own approach to discipling others.

SECTION 3: LIVE the Commitment

LOVE → LEARN → LIVE → LEAD

Start discipling others by taking intentional steps.

Making Disciples Practice Plan:

- Reflect on the three dynamics: It's for them, it's about Him, and it's through you.
- Identify one person you can care for and disciple over the next 3 months.
- Plan one intentional step to offer care and one to offer instruction.
- Use the “Making Disciples” tool to help structure your approach.

Tool to Support You:

-  [Making Disciples Tool \(PDF\)](#)

Leader Tip:

Encourage participants to name one person they can disciple, walk through the tool together, and commit to regular check-ins.

SECTION 4: LEAD the Commitment

LOVE → LEARN → LIVE → LEAD

Help others grow. Walk with someone else as they learn to care for and disciple others, using your own journey as a model.

Multiply the Mission

The beauty of discipleship is that it's meant to be passed on. You don't have to be perfect — just faithful. If you've received care and instruction, you're already equipped to extend it to others.

Here are simple ways to help someone else care for and disciple others:

- **Model the balance** of truth and love in your interactions.
- **Invite someone to walk with you** as you care for another person.
- **Use the Making Disciples tool** together to guide next steps in their development.
- **Create intentional space** (like coffee meetings or prayer partnerships) for growth and reflection.
- **Encourage them to reflect on what they've received** and begin doing the same for others.

Leader Tip

Encourage participants not to wait until they feel "ready." Ask them, "What is one way someone has cared for or disciplined you — and who could you now do that for?" Remind them that spiritual maturity includes multiplication, not just personal growth.

Congratulations!

You've completed the learning module on **Caring for and Discipling Others**.

Remember: You don't have to be perfect—just present, prayerful, and willing. Christ is in you, and His power works through you.

Keep toiling. Keep growing. Keep going.

Keep Growing & Giving

As you engage in loving, learning, living, and leading these commitments, remember — discipleship is a lifelong journey.

You don't need to have all the answers or do it perfectly. What matters is that you keep offering what you've received — compassion, truth, care, and encouragement — to someone else.

Tips for the Road Ahead:

- **Start Small** — One person, one conversation, one act of care makes a difference.
- **Stay Rooted** — Revisit the commitments often. Growth is a lifestyle, not a checklist.
- **Share the Journey** — Don't go alone. Invite others to walk with you.
- **Trust God's Power** — He is working in you and through you — more than you realize.

You are part of God's plan to help others grow. And He will equip you every step of the way.

Let's keep growing... and helping others do the same.