SIMPLE DISCIPLESHIP

A JOURNEY INTO DEEPER FAITH

Table of CONTENTS

Welcome to the Simple Discipleship Training! 04

Introduction: The Foundation of Discipleship 05

1. Start here!
2. Do you desire to grow closer to God?
3. The Word of God is powerful enough to transform your life.
4. The ultimate teacher resides within you—the Holy Spirit.
5. You can have a personal relationship with God.
6. Are you willing to commit to the effort required for spiritual growth?
7. How to start a Simple Discipleship group in 7 days.

Module 1: The Power of Repetitive Bible Reading 13

1. Deeper Understanding of the Word of God
2. Changing and Growing
3. Learning and Memorizing (Internalization)
4. Spiritual Nourishment and Growth

Module 2: The Indispensable Role of the Holy Spirit in Bible Reading 18

1. The Holy Spirit Gives Understanding
2. He Guides Us into All Truth
3. He Transforms and Applies the Word to Our Lives
4. He Convicts, Corrects, and Comforts

Module 3: The Vitality of Group Gatherings (Community) 23

1. Encouragement and Accountability
2. Various Perspectives and Deeper Understanding
3. Application and Practicality
4. Building Community and Fellowship
5. Simple Discipleship Group Guidelines

Module 4: The Heart: Why It Works 30

1. Becoming More Like Christ, Being Set Apart for God's Purposes.
2. Growing in Wisdom, Understanding, and Christ-like Character.
3. Discovering and Using Your Gifts to Serve Others and Build the Kingdom of God.
4. Experiencing the Joy and Support of Christian Fellowship.
5. Creating Opportunities for Discipleship with Spouses and Children.

Conclusion & Next Steps 37

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WELCOME TO THE SIMPLE DISCIPLESHIP TRAINING!

This training is designed to equip you with the understanding and tools to embark on a journey of spiritual growth. Simple Discipleship is not a program; it's a lifestyle of consistent engagement with God's Word in community, led by the Holy Spirit. Our goal is to help you cultivate a deeper relationship with God.

In Simple Terms:
If you seek God sincerely, you will find Him. This process helps you do that consistently.

- A. Read the Word Repetitively.
- B. Listen to the Holy Spirit.
- C. Share with others.

Introduction

THE FOUNDATION OF DISCIPLESHIP

Every significant journey begins with a clear purpose. Before embarking on the path of Simple Discipleship, it's crucial to honestly answer the fundamental question: "Why?" Understanding your motivation will fuel your commitment, deepen your engagement, and ultimately lead to a more transformative experience. Let's explore the core questions that define your spiritual "why":

00 START HERE (DO THIS THIS WEEK

If you do nothing else, do this:

1. “Read the same 2 chapters every day of the week”
2. “Ask God: ”What are you teaching me?””
3. “Write down 1-3 takeaways”
4. “Share them 1-2 others”

That’s Simple Discipleship

A Great Way to Get Started with the Bible for an Overview

1. John
2. Genesis
3. Exodus
4. Acts
5. Joshua
6. Ephesians
7. 1-2 Samuel
8. Romans
9. Ezra
10. Ezra
11. Nehemiah
12. Psalms
13. Proverbs
14. Luke
15. 1-2 Timothy/Titus
16. Revelation

01 DO YOU DESIRE TO GROW CLOSER TO GOD?

At our deepest level, humanity yearns for meaning, purpose, and a connection to something greater than ourselves. Simple Discipleship is designed to cultivate this desire, guiding you toward a richer, more profound understanding of God and His truth.

Jeremiah 29:13 (NIV): *"You will seek me and find me when you seek me with all your heart."*

Explanation: This verse highlights that a genuine desire and wholehearted pursuit are prerequisites for discovering God and experiencing spiritual growth. Simple Discipleship provides a structured way to channel that heart-felt seeking.

02 THE WORD IS POWERFUL ENOUGH TO CHANGE YOUR LIFE.

The Bible is far more than an ancient text or a collection of moral stories. It is the very breath of God, alive and active, speaking directly into our contemporary lives.

Hebrews 4:12 (NKJV): *"For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."*

Isaiah 55:11 (NIV): *"so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."*

03 THE HOLY SPIRIT IS THE ULTIMATE TEACHER.

While pastors, teachers, and commentaries can be helpful (even necessary), the supreme instructor for understanding God's Word is the Holy Spirit Himself. He is the divine author of Scripture, and He indwells every believer, ready to illuminate truth, bring conviction, and apply the Word personally to your circumstances.

John 16:13a (NIV): *"But when he, the Spirit of truth, comes, he will guide you into all the truth."*

Explanation: Jesus promised that the Holy Spirit would lead His followers into complete truth. This promise is active in our Bible reading, as the Spirit reveals the deeper meanings and applications of Scripture.

1 John 2:27 (NIV): *"As for you, the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit—just as it has taught you, remain in him."*

Explanation: This verse emphasizes the indwelling Holy Spirit's role as our primary teacher, guiding us in all truth and enabling us to discern spiritual realities.

04 YOU CAN HAVE A PERSONAL RELATIONSHIP WITH GOD!

Simple Discipleship is fundamentally about moving beyond mere religious observance or intellectual assent to a vibrant, personal connection with God. It's about transitioning from knowing about God to truly knowing Him.

James 4:8a (NIV): *"Come near to God and he will come near to you."*

Explanation: This invitation highlights the reciprocal nature of our relationship with God. Our intentional efforts to draw near to Him through His Word are met with His presence and intimacy.

05 ARE YOU WILLING TO COMMIT TO SPIRITUAL GROWTH?

Spiritual growth is not a passive process; it requires intentionality, discipline, and consistent effort. It's a journey that demands "hard work"—dedicated time in prayer, diligent reading and reflection on Scripture, and a willingness to be challenged and changed.

Philippians 2:12b (NIV): *"continue to work out your salvation with fear and trembling."*

Explanation: This verse reminds us that while salvation is a gift, there is an active component of "working out" our faith, which involves consistent effort and obedience.

2 Peter 1:5-8 (NIV): *"For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to selfcontrol, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ."*

Explanation: This passage emphasizes the active "effort" required to cultivate spiritual virtues, illustrating that growth is a diligent pursuit.

HOW TO START A SIMPLE DISCIPLESHIP GROUP IN 7 DAYS"

- **Who to invite (2–5 people)**
  - Friends, Neighbors, Work Associates, Relatives, and anyone willing to read and meet with you.

- **What to say**
  Example:
  - "Hey, I've been reading the Bible in a simple way each week, and it's been really impactful. Would you want to try it with me for 4 weeks?"

- **Where to meet**
  - The best place to meet is in business conference rooms, coffee shops, garages, back porches, and dining rooms. Meeting in churches will automatically turn some away.

- **What NOT to do**
  - Do not miss a meeting (be consistent).
  - Do not neglect prayer.
  - Do not teach, let the Holy Spirit lead each person. Correct only when necessary but do so in love.
  - Do not get discouraged when few join. It only takes 2.
    - "It's not about who knows the most… but everyone engaging directly with God's Word."
  - Do not be afraid to just do one chapter a week.
  - Do not embarrass people. Give people the opportunity to pass if they want.

Module 1:

THE POWER OF REPETITIVE BIBLE READING

Repetitive reading of the Bible is a powerful discipline that deepens our understanding, transforms our character, and strengthens our relationship with God.

01 DEEPER UNDERSTANDING OF THE WORD OF GOD

Just as a familiar song reveals new nuances with each listen, the Bible unveils deeper truths with repeated engagement.

Psalm 119:105 (NIV): *"Your word is a lamp for my feet, a light on my path."*

Explanation: Repeatedly walking by this lamp ensures our path is consistently illuminated, revealing details we might miss with a fleeting glance.

John 14:26 (NIV): *"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."*

Explanation: The Holy Spirit works through repetitive reading to bring verses to mind precisely when we need them, connecting dots and revealing the interconnectedness of God's truth. This isn't a one-time download of information, but an ongoing process of teaching and reminding.

02 TRANSFORMING POWER OF THE BIBLE (CHANGING AND GROWING)

The Bible is not merely an informational book; it's a transformative one. Repetitive reading allows God's Word to saturate our minds, challenging our thoughts, correcting our attitudes, and shaping us into the likeness of Christ.

Romans 12:2 (NIV): *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is —his good, pleasing and perfect will."*

Explanation: Repetitive Bible reading is a primary means of "renewing our mind." It replaces worldly thought patterns with God's truth, enabling us to discern His will more clearly and live according to His standards.

2 Timothy 3:16-17 (NIV): *"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."*

Explanation: This verse highlights the multifaceted utility of Scripture. Repetitive exposure ensures that its teaching, rebuking, correcting, and training functions are continually at work in our lives, equipping us more fully for God's purposes.

03 MEMORIZING AND INTERNALIZING

While not every verse needs to be explicitly memorized, repetitive reading naturally leads to the internalization of Scripture. Phrases, concepts, and even entire passages become embedded in our memory, making them readily accessible for guidance, comfort, and spiritual warfare.

Psalm 119:11 (NIV): *"I have hidden your word in my heart that I might not sin against you."*

Explanation: Repetitive reading helps us "hide" God's Word in our hearts, making it a powerful defense against temptation and a constant source of moral guidance. It's about building a spiritual reservoir.

Joshua 1:8 (NIV): *"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful wherever you go."*

Explanation: "Meditate on it day and night" implies a consistent, repetitive engagement with the Word. This deep reflection leads to obedience and, as promised, spiritual prosperity and success.

04 SPIRITUAL NOURISHMENT AND GROWTH

Just as our physical bodies need consistent nourishment, our spirits thrive on the Word of God. Repetitive reading provides the spiritual food necessary for growth, resilience, and vitality in our faith journey.

Matthew 4:4 (NIV): *"Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

Explanation: This statement from Jesus emphasizes the essential nature of God's Word for our spiritual sustenance. Repetitive intake ensures we are continually nourished, preventing spiritual hunger and weakness.

1 Peter 2:2 (NIV): *"Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation."*

Explanation: The "pure spiritual milk" is God's Word. Repetitive reading satisfies this craving and fuels our ongoing growth in salvation, moving us from spiritual infancy to maturity.

Module 2:

THE HOLY SPIRIT IN BIBLE READING

Reading the Bible is not merely an intellectual exercise; it is a spiritual encounter. To truly grasp its profound truths and allow them to transform our lives, it is essential to listen to and rely on the Holy Spirit. He is the divine author, interpreter, and guide who illuminates the Scriptures.

01 THE HOLY SPIRIT GIVES UNDERSTANDING

The truths of God are spiritual, and they can only be truly discerned and understood through the Spirit. Our natural human intellect, while valuable, is insufficient to grasp the depths of God's revelation. The Holy Spirit opens our spiritual eyes to see what God intends for us to see in His Word.

***1 Corinthians 2:10-14 (NIV)**: "These are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, as they cannot understand them since they are discerned only through the Spirit."*

***Luke 24:45 (NIV):** "Then he opened their minds so they could understand the Scriptures."*

02 HE GUIDES US INTO ALL TRUTH

The Holy Spirit is referred to as the "Spirit of truth." His role is to lead believers into a full and accurate understanding of God's truth, protecting us from misinterpretations and error. He ensures that our understanding aligns with God's ultimate purposes.

John 16:13 (NIV): *"But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."*

Psalm 25:4-5 (NIV): *"Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."*

03 HE TRANSFORMS AND APPLIES THE WORD TO OUR LIVES

Understanding the Bible intellectually is a good start, but the Holy Spirit takes it further by making the Word personal and applicable. He convicts us, encourages us, and empowers us to live out what we read, leading to genuine transformation.

James 1:22 (NIV): "*Do not merely listen to the word, and so deceive yourselves. Do what it says."*

2 Corinthians 3:18 (NIV): *"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."*

04 HE CONVICTS, CORRECTS, AND COMFORTS

The Holy Spirit uses the Bible to speak directly to our conscience, revealing areas where we need to repent, grow, or be comforted. This personal application is vital for spiritual maturity.

John 16:8 (NIV): *"When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment."*

Explanation: When we read Scripture, the Holy Spirit often highlights our own sin, prompting repentance and leading us toward righteousness. This conviction is a loving act designed for our good.

Romans 15:4 (NIV): *"For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope."*

Explanation: The Holy Spirit uses the teaching and encouragement found in the Scriptures to provide us with endurance and hope, especially in times of difficulty. He brings comfort through the Word.

Module 3:

GROUP GATHERINGS (COMMUNITY)

Engaging with the Bible in a group setting, particularly within a smaller, intimate group of 2-15 participants, is profoundly beneficial for spiritual growth and understanding. While individual study is essential, the dynamic of shared learning, discussion, and mutual encouragement amplifies the impact of God's Word in our lives.

01 ENCOURAGEMENT AND ACCOUNTABILITY

Learning the Bible can sometimes feel challenging or isolating. A group provides a built-in system of encouragement and gentle accountability, helping members stay consistent in their study and apply what they learn. Knowing others are on the same journey fosters perseverance.

Hebrews 10:24-25 (NIV): *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

Ecclesiastes 4:9-10 (NIV): *"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."*

02 VARIOUS PERSPECTIVES AND DEEPER UNDERSTANDING

Each individual brings their unique life experiences, spiritual journey, and God-given insights to the discussion. What one person might miss, another might highlight, leading to a more comprehensive and nuanced understanding of the text. This collective wisdom often reveals layers of meaning that might remain hidden during solo study.

Proverbs 27:17 (NIV): *"As iron sharpens iron, so one person sharpens another."*

Explanation: This proverb perfectly describes the dynamic of a healthy group Bible study. Through discussion, questioning, and sharing, members challenge and refine each other's understanding, leading to sharper insights and more robust faith.

Ephesians 4:15-16 (NIV): *"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."*

03 APPLICATION AND PRACTICALITY

It's one thing to understand biblical principles; it's another to apply them to daily life. Group discussions provide a safe space to process how Scripture relates to real-world situations, share personal struggles, and brainstorm practical steps for obedience. Hearing how others apply the Word can inspire and guide our own application.

James 1:22 (NIV): *"Do not merely listen to the word, and so deceive yourselves. Do what it says."*

Matthew 7:24-27 (NIV): *(The Parable of the Wise and Foolish Builders) "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."*

04 BUILDING COMMUNITY AND FELLOWSHIP

Beyond intellectual learning, group Bible study cultivates genuine Christian fellowship. Sharing vulnerability, praying for one another, and celebrating spiritual breakthroughs strengthens bonds and creates a supportive community where individuals feel known, loved, and valued.

Acts 2:42 (NIV): *"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."*

Explanation: The early church prioritized both "apostles' teaching" (Bible learning) and "fellowship." This demonstrates the inherent connection between studying God's Word together and building deep, meaningful relationships within the Christian community.

Romans 15:5-7 (NIV): *"May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God."*

Explanation: Group Bible study naturally fosters the "same attitude of mind toward each other" and encourages mutual acceptance, leading to unified worship and glorification of God.

05 SIMPLE DISCIPLESHIP GROUP GUIDELINES:

- **Weekly Reading**: Participants read two designated chapters from the Bible each day repetitively for a week.

- **Group Gathering:** Weekly group meetings (2-15 participants) are facilitated by a designated group leader, preferably in a non-church setting.

- **Focused Discussion**: Without a formal teacher, a facilitator guides discussions to ensure respectful and focused sharing.

- **Sharing Insights**: No one teaches; each shares. Each participant has up to 3-5 minutes to share what God has taught them through the week's readings about God, Jesus, or themselves. Simple truths.

  Each Person Shares:
  - What stood out to me
  - What I learned about God/Jesus
  - What I need to do

- **Respectful Conversation**: Respectful comments, no pressure to speak, and confidentiality are maintained. The facilitator ensures balanced participation.

06 PRACTICAL GUIDELINES:

"What This Is NOT"

- Not a sermon
- Not a Bible class
- Not one person teaching

"What This IS"

- Everyone hears from God
- Everyone shares simply
- The Holy Spirit leads

Weekly Flow:

During the Week

- Read 2 chapters daily (same chapters)
- Listen to the Spirit
- Write 1–3 takeaways

At the Gathering

- Each person shares (no teaching)
- 3–5 minutes each
- Focus: What did God show you?

After

- Pray briefly

Module 4:

THE HEART!
WHY IT WORKS

Simple Discipleship is not just about engaging with the Bible; it's about experiencing God with others. When individuals consistently immerse themselves in God's Word within a supportive community, the Holy Spirit works powerfully to produce profound spiritual fruit.

01 BECOMING MORE LIKE CHRIST, BEING SET APART FOR GOD'S PURPOSES.

Sanctification is the ongoing process by which believers are made holy and conformed to the image of Jesus Christ. It's a journey of progressive transformation, where our character, thoughts, and actions increasingly reflect God's righteousness. Consistent engagement with God's Word, illuminated by the Holy Spirit, is the primary means by which this vital work occurs.

2 Corinthians 3:18 (NIV): *"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."*

Explanation: As we gaze into the mirror of God's Word, the Holy Spirit progressively transforms us into Christ's likeness.

John 17:17 (NIV): *"Sanctify them by the truth; your word is truth."*

Explanation: Jesus Himself prayed for His disciples to be sanctified by God's truth, emphasizing the Bible's role in setting us apart for God.

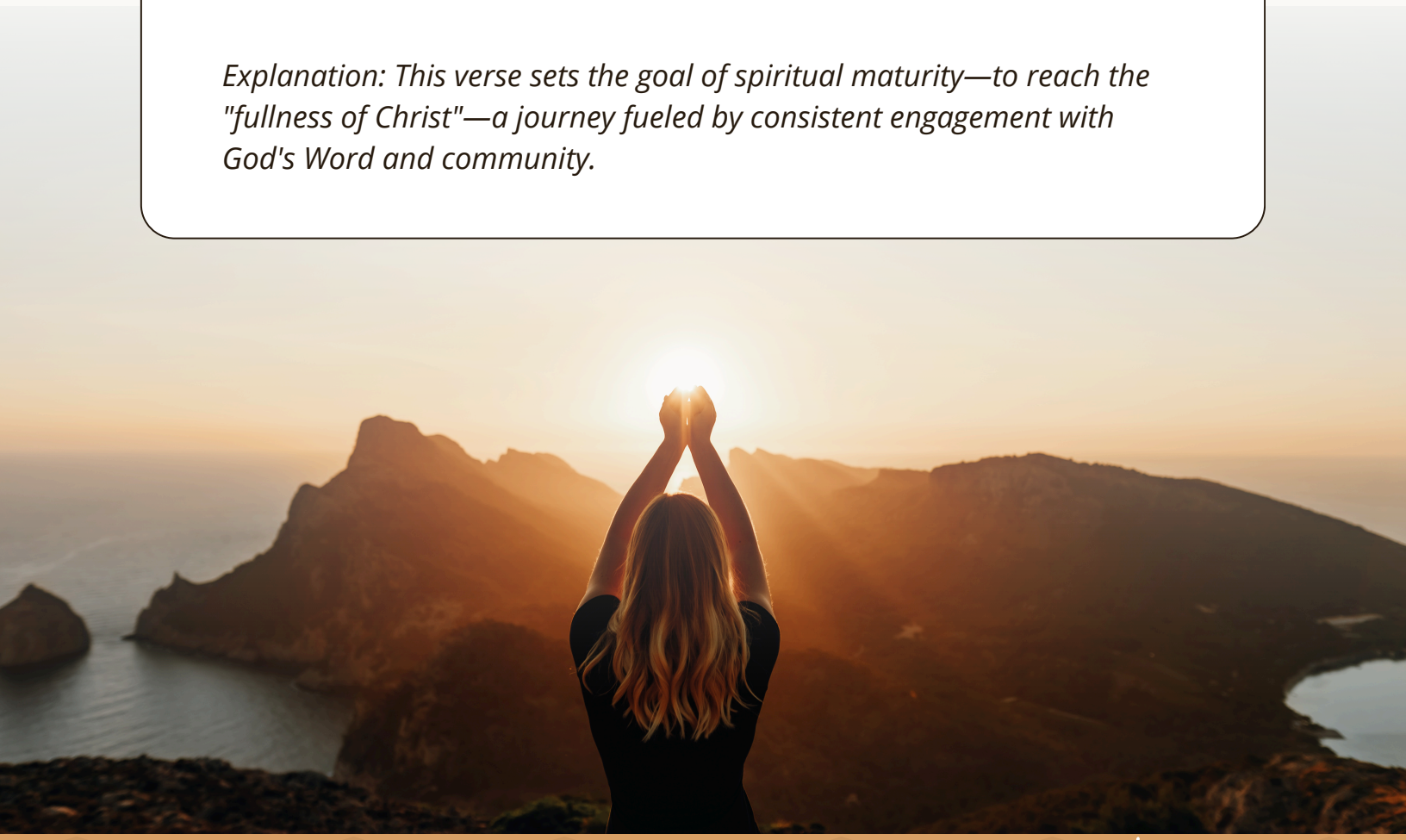
Statistic Connection: The 59% reduction in viewing harmful things online and reduced temptations (like overeating, lying, gossip, etc.) directly demonstrate the practical outworking of sanctification, as desires align more closely with God's will.

02 GROWING IN WISDOM, UNDERSTANDING, AND CHRIST-LIKE CHARACTER.

Spiritual maturity is not about age but about depth of character, discernment, and a robust understanding of biblical truth. Simple Discipleship fosters this growth by encouraging deep reflection on Scripture, allowing participants to move beyond superficial knowledge to profound wisdom and practical application.

Ephesians 4:13 (NIV): *"until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."*

Explanation: This verse sets the goal of spiritual maturity—to reach the "fullness of Christ"—a journey fueled by consistent engagement with God's Word and community.



Colossians 1:9-10 (NIV): *"For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God."*

Statistic Connection: The 407% increase in likelihood to memorize Scripture is a clear indicator of growing spiritual maturity, as it demonstrates a deeper internalization of God's Word.

03 DISCOVERING AND USING YOUR GIFTS TO SERVE OTHERS AND BUILD THE KINGDOM OF GOD.

As believers grow in Christ, they naturally discover the spiritual gifts God has given them and develop a desire to use those gifts for His glory. Simple Discipleship, by deepening one's understanding of God's heart and equipping them with His Word, empowers individuals to identify their unique calling and actively participate in serving others and advancing God's Kingdom.

1 Peter 4:10 (NIV): *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*

Ephesians 2:10 (NIV): *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

"You are not the end goal."

The Goal

Grow yourself

Start a group

Help others start groups

Statistic Connection: The 228% greater likelihood to share one's faith is a direct manifestation of engaging in ministry, as evangelism is a core aspect of serving God and building His Kingdom.

04 EXPERIENCING THE JOY AND SUPPORT OF CHRISTIAN FELLOWSHIP.

Christianity is not meant to be lived in isolation. Simple Discipleship intentionally fosters deep, authentic community where believers can share openly, encourage one another, and bear each other's burdens. This fellowship provides invaluable support, accountability, and a sense of belonging, enriching the spiritual journey.

Acts 2:42 (NIV): *"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."*

Explanation: The early church prioritized both biblical teaching and communal fellowship, demonstrating their inseparable nature for vibrant Christian life

Hebrews 10:24-25 (NIV): *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

Explanation: This passage directly calls believers to gather for mutual encouragement and to provoke one another to love and good works, which is central to the Simple Discipleship group model.

Statistic Connection: The reduction in struggles like loneliness, bitterness, discouragement, or anxiety is significantly bolstered by the supportive environment of Christian community, where burdens are shared and hope is reaffirmed.

05 CREATING OPPORTUNITIES FOR DISCIPLESHIP WITH SPOUSES AND CHILDREN.

The principles of Simple Discipleship—consistent engagement with God's Word, open discussion, and mutual learning—are perfectly transferable to the home environment. As individuals grow spiritually, they become better equipped and more inspired to lead their families in faith, creating a powerful legacy of discipleship within their own households.

Deuteronomy 6:6-7 (NIV): *"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."*

Proverbs 22:6 (NIV): *"Start children off on the way they should go, and even when they are old they will not turn from it."*

CONCLUSION & NEXT STEPS

We believe that Simple Discipleship offers a clear, effective, and transformative path to deeper faith and a more vibrant relationship with God. By embracing repetitive Bible reading, relying on the Holy Spirit, and engaging in supportive community, you will experience spiritual growth and become more fully equipped for God's purposes.

We encourage you to connect with us to stay updated on meeting times, resources, and other opportunities for growth.

CONTACT THE SIMPLE DISCIPLESHIP TEAM:

info@simplediscipleship.org

www.simplediscipleship.org

We look forward to connecting with you and supporting you on your discipleship journey!