

DISCOVERY BIBLE STUDY

The First 40 Days

One short passage a day for a new believer's first 40 days — grounded in grace and identity, formed in the practices that feed you, and sent to tell others.

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The First 40 Days

CONTENTS

Movement 1 • What already happened to me (Days 1–8)

- 1** The Father ran to receive you Luke 15:11-24
- 2** You are a new creation 2 Corinthians 5:17-21
- 3** You have been born again John 3:1-16
- 4** Nothing can separate you from God's love
Romans 8:31-39
- 5** He has forgiven all your sins Psalm 103:1-13
- 6** You can know you have eternal life 1 John 5:11-15
- 7** Jesus is Lord Romans 10:8-13
- 8** Saved by grace Ephesians 2:1-10

Movement 2 • Walking with Jesus (Days 9–16)

- 9** You followed his call Mark 1:14-20
- 10** What your baptism means Romans 6:1-4
- 11** Learn to pray Matthew 6:5-13
- 12** Live by every word of God Matthew 4:1-11
- 13** Hear it and do it Matthew 7:24-27
- 14** Abide in Jesus John 15:1-11
- 15** The Helper — the Holy Spirit John 14:15-27
- 16** Power to be a witness Acts 1:4-8

Movement 3 • New life and character (Days 17–24)

- 17** Walk by the Spirit Galatians 5:16-26
- 18** Love God and your neighbor Mark 12:28-34
- 19** Love in action Luke 10:25-37
- 20** Forgive as you've been forgiven Matthew 18:21-35
- 21** When you sin, confess 1 John 1:5-9
- 22** Watch and pray in temptation Matthew 26:36-46
- 23** Do not be anxious Matthew 6:25-34
- 24** The peace of God Philippians 4:4-9

Movement 4 • Life together (Days 25–32)

- 25** The family you were added to Acts 2:36-47
- 26** One body, offered to God Romans 12:1-13
- 27** Love one another — the towel John 13:1-15
- 28** Don't neglect meeting together Hebrews 10:19-25
- 29** Give freely Mark 12:41-44
- 30** Greatness is serving Mark 10:35-45
- 31** Remember Jesus at the table Luke 22:14-20
- 32** Pray for one another James 5:13-16

Movement 5 • Sent to make disciples (Days 33–40)

- 33** Salt and light Matthew 5:13-16
- 34** "Come and see" John 4:28-30, 39-42
- 35** "Go tell what the Lord has done" Mark 5:18-20
- 36** Sent out — the person of peace Luke 10:1-11
- 37** Make disciples Matthew 28:16-20
- 38** Take up your cross daily Luke 9:23-26
- 39** Living hope through trials 1 Peter 1:3-9
- 40** The Lord is my shepherd Psalm 23:1-6

How to use this plan

This list is for the believer who has **already believed and already been baptized**. The passages about the cross, new birth, and baptism are here so you can look back and understand *what has already happened to you* — for assurance, not as steps still to take. (If you're walking with a seeker who hasn't yet believed, use the **Come and See** seeker journey first.)

How to use it

- **One passage a day, the DBS way.** Read it, re-read it, and **retell it in your own words** — if you can't retell it, read it again; that's the test that you understood it. Then the four questions: *What does this show me about God? about people, and me? a command to obey, an example to follow, or a promise to hold?* Turn it into a concrete **"I will..."** for today, and name **one person you'll tell** what you learned.
- **Then pray the day's prayer** — and keep going in your own words. The prayers are short on purpose; a new believer can pray them honestly and make them their own.
- **Alone or with a discipler.** You can do this on your own, but it is far richer **one-to-one or in a small group** with someone a little further along — who models the retell and asks questions instead of teaching answers ("Where do you see that in the passage?"). *Don't chew their food for them.*
- **Keep a simple journal:** the day, the passage, my "I will," and who I told. Reviewing it at day 40 shows how far God has grown you.
- **Pace is a guide, not a law.** If a day's passage opens up, stay in it a second day. Missing a day is not failure — pick up where you left off. The goal is meeting God and obeying, not checking a box.

The five movements

1. **What already happened to me** (Days 1–8) — grace, assurance, new identity.
2. **Walking with Jesus** (Days 9–16) — what your baptism meant, and the practices that feed you.

3. **New life and character** (Days 17–24) — the Spirit's fruit, love, forgiveness, temptation, peace.
4. **Life together** (Days 25–32) — the body of Christ: church, serving, generosity, the table.
5. **Sent to make disciples** (Days 33–40) — witness, testimony, the person of peace, the Commission, endurance.

Order matters, but it isn't rigid — grace before practice, character before mission — yet a discipler can swap a day to meet a real need (for example, move "when you sin, confess" earlier if the person is wrestling with guilt). **If 40 days feels long for a first pass**, the first 16 (Movements 1–2) are a complete, standalone "first steps" set; add Movements 3–5 as the believer keeps going.

The Father ran to receive you

Luke 15:11-24

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does the father do the moment he sees his son far off?

What does his running toward the son show you about God?

2. What does it show me about people — and about myself?

How does the son see himself as he returns, and how does the father treat him?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who do you know who feels too far gone to come home?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, thank you for running to meet me when I came home. Help me believe I am truly received, and not on trial.

You are a new creation

2 Corinthians 5:17-21

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What has God done with our sins through Christ (v. 21)?

What name does God give you in verse 20?

2. What does it show me about people — and about myself?

What is the 'old' that has passed and the 'new' that has come for you?

3. What will I obey this week? (a concrete step, with a day)

As an ambassador, whose reconciliation could you carry this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, thank you for making me new. Where I still feel like my old self, help me trust that you have already changed me.

You have been born again

John 3:1-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What must a person experience to see God's kingdom?

What does verse 16 show about why God gave his Son?

2. What does it show me about people — and about myself?

What did Nicodemus struggle to understand?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who could you tell that God so loved the world, including them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, thank you for the new birth you gave me by your Spirit. Grow this new life you have started in me.

Nothing can separate you from God's love

Romans 8:31-39

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What has God already given, and what does that prove (v. 32)?

What does Paul say can separate you from God's love?

2. What does it show me about people — and about myself?

Which fear on Paul's list presses on you right now?

3. What will I obey this week? (a concrete step, with a day)

What worry will you hand to God this week, trusting nothing can separate you?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, when I feel far from you, remind me that nothing can separate me from your love in Jesus.

He has forgiven all your sins

Psalm 103:1-13

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What benefits does the psalm tell your soul not to forget?

How far does God remove your sins (v. 12)?

2. What does it show me about people — and about myself?

To whom does the psalm compare God's compassion (v. 13)?

3. What will I obey this week? (a concrete step, with a day)

What have you been carrying that God has already forgiven?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, thank you for forgiving all my sins. Help me stop carrying what you have already taken away.

You can know you have eternal life

1 John 5:11-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Where is this life found, and who has it (vv. 11-12)?

What does John want you to know (v. 13)?

2. What does it show me about people — and about myself?

What is the difference between having the Son and not having him?

3. What will I obey this week? (a concrete step, with a day)

God hears us — what will you ask him for this week (vv. 14-15)?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

God, thank you that I can know I have life in your Son. Steady my heart whenever I start to doubt.

Jesus is Lord

Romans 10:8-13

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does the passage say saves a person (vv. 9-10)?

Who does it promise will be saved (v. 13)?

2. What does it show me about people — and about myself?

What does it mean the word is near you, in your mouth and heart?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who do you know that has never called on the Lord's name?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6-7).

✦ Pray

Jesus, you are Lord. Thank you for saving me when I called on you; help me live like you are Lord of all of me.

Saved by grace

Ephesians 2:1-10

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What did God do 'because of his great love' (vv. 4-5)?

Why are we saved, and why not (vv. 8-9)?

2. What does it show me about people — and about myself?

What has God made you, and for what (v. 10)?

3. What will I obey this week? (a concrete step, with a day)

What good work could you walk in this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6-7).

★ Pray

Father, thank you that you saved me by grace, not by my effort. Free me from trying to earn what you have already given.

You followed his call

Mark 1:14-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What is the first thing Jesus preaches (v. 15)?

What does Jesus promise to make the fishermen?

2. What does it show me about people — and about myself?

How quickly do they respond, and what do they leave?

3. What will I obey this week? (a concrete step, with a day)

What is Jesus calling you to leave or follow this week?

4. Who will I tell?

Who could you invite to follow Jesus with you?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, you called me and I followed. Give me faith to keep following you, and to help others find you too.

What your baptism means

Romans 6:1-4

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

In baptism, what happened to us with Christ (vv. 3-4)?

What is the newness of life we are raised to walk in?

2. What does it show me about people — and about myself?

Why can't we keep living in sin now?

3. What will I obey this week? (a concrete step, with a day)

Where will you walk in your new life instead of the old this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, thank you that in baptism I died and rose with you. Help me walk in the new life that is already mine.

Learn to pray

Matthew 6:5-13

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does Jesus say to pray, and how not to (vv. 5-7)?

What does this prayer show about the Father?

2. What does it show me about people — and about myself?

Which line of the prayer do you most need to pray today?

3. What will I obey this week? (a concrete step, with a day)

When and where will you pray this week the way Jesus taught?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, teach me to pray. I am new at this — help me talk with you simply and honestly.

Live by every word of God

Matthew 4:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does Jesus answer each temptation?

What does 'not by bread alone' say about God's word?

2. What does it show me about people — and about myself?

Which of the three temptations is closest to what you face?

3. What will I obey this week? (a concrete step, with a day)

What Scripture will you lean on next time you are tempted?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

God, feed me on your Word. When I am tempted, help me lean on what you have said, the way Jesus did.

Hear it and do it

Matthew 7:24-27

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What is the one difference between the wise and foolish builder?

What does Jesus call the rock?

2. What does it show me about people — and about myself?

Where are you hearing Jesus' words but not yet doing them?

3. What will I obey this week? (a concrete step, with a day)

What word of Jesus will you put into practice this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

| *Lord, help me not just hear your Word but do it. Build my life on the rock.*

Abide in Jesus

John 15:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Who is the vine, the gardener, and the branches?

What can you do apart from Jesus (v. 5)?

2. What does it show me about people — and about myself?

What does it look like for you to abide in Jesus?

3. What will I obey this week? (a concrete step, with a day)

What is one way you will stay close to Jesus each day?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, help me stay close to you today. Apart from you I can do nothing; keep me abiding in you.

The Helper — the Holy Spirit

John 14:15-27

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Who does Jesus promise to send, and what will the Helper do (v. 26)?

What does Jesus leave with his followers (v. 27)?

2. What does it show me about people — and about myself?

How does Jesus link loving him with keeping his word?

3. What will I obey this week? (a concrete step, with a day)

What command of Jesus will you keep this week out of love?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Thank you, Father, for giving me your Spirit. Teach me, and remind me of Jesus' words when I forget them.

Power to be a witness

Acts 1:4-8

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What are they told to wait for, and what will it bring (v. 8)?

How far does Jesus say the witness will reach?

2. What does it show me about people — and about myself?

Where is your 'Jerusalem,' the first place you are sent?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who in your daily life could be your first witness this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Holy Spirit, fill me with your power, and make me a witness even in my first weeks of faith.

Walk by the Spirit

Galatians 5:16-26

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul contrast with the works of the flesh?

How is the Spirit's fruit described (vv. 22-23)?

2. What does it show me about people — and about myself?

Which fruit of the Spirit do you most long to grow?

3. What will I obey this week? (a concrete step, with a day)

Where will you walk by the Spirit instead of the flesh this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Spirit of God, grow your fruit in me. Help me walk with you today and not by my old ways.

Love God and your neighbor

Mark 12:28-34

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What two commands does Jesus call greatest?

What does everything else hang on?

2. What does it show me about people — and about myself?

Which is harder for you now — loving God, or your neighbor?

3. What will I obey this week? (a concrete step, with a day)

Who is one neighbor you will love concretely this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

| *Lord, help me love you with all that I am, and love my neighbor as myself.*

Love in action

Luke 10:25-37

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What did the Samaritan do that the others did not?

What does Jesus say it means to be a neighbor?

2. What does it show me about people — and about myself?

Who have you passed by on the other side lately?

3. What will I obey this week? (a concrete step, with a day)

Who can you show mercy to this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, open my eyes to the person in front of me, and give me mercy to help like the Samaritan did.

Forgive as you've been forgiven

Matthew 18:21-35

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How much was the servant forgiven, versus what he refused?

What does this show about how much God has forgiven you?

2. What does it show me about people — and about myself?

Where do you see yourself in this story?

3. What will I obey this week? (a concrete step, with a day)

Who do you need to forgive this week, as you were forgiven?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, you have forgiven me so much; give me the grace to forgive those who have hurt me.

When you sin, confess

1 John 1:5-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does walking in the light bring (v. 7)?

What does God promise when we confess (v. 9)?

2. What does it show me about people — and about myself?

What are you tempted to keep in the dark?

3. What will I obey this week? (a concrete step, with a day)

What sin will you bring into the light this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, when I sin, help me come into the light and confess it, trusting you to forgive and cleanse me.

Watch and pray in temptation

Matthew 26:36-46

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus ask the Father, and how does he end his prayer?

What does he tell the disciples to do?

2. What does it show me about people — and about myself?

Where are you sleeping instead of watching and praying?

3. What will I obey this week? (a concrete step, with a day)

What will you watch and pray over this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, teach me to watch and pray when I am tempted. I am weak, but you are near.

Do not be anxious

Matthew 6:25-34

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What in nature shows how the Father cares?

What does Jesus tell us to seek first (v. 33)?

2. What does it show me about people — and about myself?

What are you anxious about that this passage speaks to?

3. What will I obey this week? (a concrete step, with a day)

What worry will you trade for seeking God's kingdom this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, help me trust you with what I am worried about, and to seek your kingdom first today.

The peace of God

Philippians 4:4-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What should we do instead of being anxious (v. 6)?

What does God promise will guard our hearts (v. 7)?

2. What does it show me about people — and about myself?

What could you bring to God 'with thanksgiving' today?

3. What will I obey this week? (a concrete step, with a day)

What will you pray about this week instead of carrying it alone?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, I give you what I am anxious about. Fill me with the peace that only you can give.

The family you were added to

Acts 2:36-47

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Peter tell the crowd to do (v. 38)?

What four things did the believers devote themselves to (v. 42)?

2. What does it show me about people — and about myself?

Which of those four is hardest for you to keep?

3. What will I obey this week? (a concrete step, with a day)

Which practice from verse 42 will you take up with others this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Thank you, God, for the family you added me to. Help me share life with your people and not walk alone.

One body, offered to God

Romans 12:1-13

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul call us to offer to God (v. 1)?

What picture shows how believers belong together (vv. 4-5)?

2. What does it show me about people — and about myself?

What gift or role might God have given you in the body?

3. What will I obey this week? (a concrete step, with a day)

How will you love or serve another believer this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, I offer you my whole self. Show me how to serve your people in love.

Love one another — the towel

John 13:1-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus, the Lord, do for his disciples?

What does he tell them to do after his example (v. 15)?

2. What does it show me about people — and about myself?

Whose feet is Jesus asking you to wash?

3. What will I obey this week? (a concrete step, with a day)

Who will you serve humbly this week, as Jesus served?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, you washed feet; give me a humble heart to serve others the way you served me.

Don't neglect meeting together

Hebrews 10:19-25

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Because of Jesus, what are we now free to do (vv. 19-22)?

What are we told not to neglect, and why (v. 25)?

2. What does it show me about people — and about myself?

What pulls you away from meeting with God's people?

3. What will I obey this week? (a concrete step, with a day)

How will you meet with and encourage other believers this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6-7).

✦ Pray

Lord, help me not to drift alone; draw me to your people to encourage and be encouraged.

Give freely

Mark 12:41-44

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Why did the widow give more than the rich, though it was less?

What did her gift show about her trust in God?

2. What does it show me about people — and about myself?

What does your giving reveal about where your trust is?

3. What will I obey this week? (a concrete step, with a day)

What could you give freely this week, trusting God like her?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, help me give freely and trust you with what I have, the way the widow did.

Greatness is serving

Mark 10:35-45

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does Jesus redefine greatness for James and John?

What did the Son of Man come to do (v. 45)?

2. What does it show me about people — and about myself?

Where do you want to be first, and how does Jesus reframe it?

3. What will I obey this week? (a concrete step, with a day)

Who will you serve this week without being asked?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you came to serve; make me great in your eyes by making me a servant.

Remember Jesus at the table

Luke 22:14-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus say the bread and the cup are?

Why does he tell them to keep doing this?

2. What does it show me about people — and about myself?

What does it mean to you that it was given 'for you'?

3. What will I obey this week? (a concrete step, with a day)

How will you remember Jesus' sacrifice this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, thank you for giving your body and blood for me. Help me never take your sacrifice for granted.

Pray for one another

James 5:13-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What should we do when suffering, and when glad (v. 13)?

What happens when we confess and pray for one another (v. 16)?

2. What does it show me about people — and about myself?

What have you been carrying alone that you need prayer for?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who will you ask to pray with you this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, teach me to bring my needs and others' needs to you, and to pray together with your people.

Salt and light

Matthew 5:13-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What are salt and light for?

Why does Jesus say to let your light shine (v. 16)?

2. What does it show me about people — and about myself?

Where might your light be hidden under a basket?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who around you needs to see the works that point to the Father?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, let my new life shine, so that the people around me see you and praise the Father.

“Come and see”

John 4:28-30,39-42

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What did the woman do the moment she believed?

Why did the townspeople finally believe (v. 42)?

2. What does it show me about people — and about myself?

What is your version of her invitation, 'come and see'?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who could you say 'come and see' to this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, like the woman at the well, give me the courage to say 'come and see' to someone this week.

“Go tell what the Lord has done”

Mark 5:18-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus tell the healed man to do instead of coming with him?

What is he to tell, and where?

2. What does it show me about people — and about myself?

What has the Lord done for you that you could tell?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

Who are 'your own people' you could go home and tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, help me go home and tell my own people how much you have done for me.

Sent out — the person of peace

Luke 10:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus send the seventy-two to do?

What is a 'person of peace' in this passage?

2. What does it show me about people — and about myself?

Who in your life might be open and welcoming like that?

3. What will I obey this week? (a concrete step, with a day)

Whose life will you go to with peace this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

| *Lord, lead me to the people whose hearts are open, and give me boldness to go.*

Make disciples

Matthew 28:16-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What authority does Jesus have, and what does he send us to do?

What does he promise as we go (v. 20)?

2. What does it show me about people — and about myself?

What part of 'make disciples' feels possible even now?

3. What will I obey this week? (a concrete step, with a day)

Who could you begin helping to follow Jesus this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, thank you that you are with me always. Help me help others follow you, even now.

Take up your cross daily

Luke 9:23-26

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What three things must a follower do (v. 23)?

What does Jesus say about saving versus losing your life?

2. What does it show me about people — and about myself?

What does taking up your cross daily look like for you?

3. What will I obey this week? (a concrete step, with a day)

What will you deny yourself this week to follow Jesus?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, help me take up my cross and follow you today; you are worth everything to me.

Living hope through trials

1 Peter 1:3-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What has God given us new birth into (v. 3)?

Why do trials come, and what do they prove (vv. 6-7)?

2. What does it show me about people — and about myself?

What trial are you facing that this living hope speaks to?

3. What will I obey this week? (a concrete step, with a day)

How will you hold on to hope and joy in a hard place this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6-7).

★ Pray

Father, when trials come, hold my faith firm and fill me with the living hope I have in Jesus.

The Lord is my shepherd

Psalm 23:1-6

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does the shepherd do for the sheep?

What will follow you all your days (v. 6)?

2. What does it show me about people — and about myself?

Through which valley is the Shepherd leading you now?

3. What will I obey this week? (a concrete step, with a day)

How will you follow your Shepherd's leading this week?

4. Who will I tell?

Who could you help find the Shepherd who has led you?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

My Shepherd, thank you for leading me these 40 days. Lead me now, all the days of my life — and help me lead others to you.

COMISSION

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