

Multiply

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 does Jesus send his followers to do, and what does he promise?

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

What holds you back from helping someone else follow Jesus?

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

Who is one person you will begin discipling this week?

4. Who will I tell?

Who could you invite to start this journey of following Jesus?

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 have all authority and you are with me. Help me not just follow you, but make disciples who make disciples.
