

The task

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 power does he promise?

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

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

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

What is one step you will take to be a witness this week?

4. Who will I tell?

Who is the first person you will witness to?

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 send your Spirit's power. Help me be your witness where I am and to the ends of the earth.

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Acts 1:8

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