



ABSTRACT

John Selcher

*ABC Discipleship – Going for the Gold*  
Copyright © 2018 by John W. Selcher. All rights reserved.

Scripture taken from Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

# ABC Discipleship

For many, discipleship is like pea-soup fog on an unfamiliar country road with no GPS or roadmap. If you want to follow Jesus, ABC Discipleship can help you start that journey.

ABC Discipleship summarizes a path I've learned during 50 years of following Jesus. Following it will help you fulfill your purpose.

ABC Discipleship is a never-ending process of wisely building your life upon the Rock (Matthew 7:24-27). It's more doing than knowing.

You can introduce it to others who can share it as well in an ever-widening circle of Kingdom-advancing life-shaping.

To be spiritually healthy we need:

A – Assurance & Assessment

B – Balance

C – Copy-Commitment

## A - Assurance & Assessment

### *Fact-Based Faith*

- God can't use you significantly if you're unsure of your relationship with Him.
- Many professing Christians hope they're right with God and are going to heaven.
- God wants you to know you have eternal life.

- “And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life” (1 John 5:11-13).
- Assurance of eternal life is built on trusting facts, not emotions. Facts remain and are dependable. Emotions roller-coast. Trusting facts stabilizes your life.

**Facts**                      **Trust**  
**Emotions**



- The facts are God's character and promises.
- Trust them.
- Putting coal into the firebox moves the train. Shoveling coal into the caboose is in vain. Trusting your emotions will lead you astray.



- God's character and promises are stronger than truck-supporting ice. Tiny mustard seed trust resting on a trustworthy object is never disappointed.
- Thin ice represents unworthy objects of trust such as bank

accounts, popular acclaim or your own good deeds.

- Trust God to do what he promises, but not necessarily what you want.
- In Revelation 3:20, Jesus promises to enter your life if you invite him to come into it.
- “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me” (Revelation 3:20).
- Trust God’s unfailing promises, not the untrustworthy weather vane emotions of the moment.
- The better you know God and his promises, the more unshakeable your faith will be. As water displaces air, faith displaces fear.

### ***Life-Changing Faith***

- Saving faith changes character and conduct. Believers aren’t who they used to be. Becoming more like Jesus proves He is in your life and you have eternal life. Be patient. Maturing spiritually takes time. It’s not automatic. In two years, you can make very significant progress and help others do the same as you work through the *ABC Discipleship – Going for the Gold* process together. Don’t work through it alone! You will do much better with an accountability partner.



- 5 vital signs of living faith

#### **1. Holy Spirit’s Presence in your Life**



- This is how we know that we live in him and he in us: He has given us of his Spirit (1 John 4:13).
- “The Spirit himself testifies with our spirit that we are God’s children” (Romans 8:16).
- The Holy Spirit testifies to your human spirit that you belong to God. He empowers you to live for and become more like Jesus.

#### **2. Loving Other Believers**



- “We know that we have passed from

death to life, because we love each other. Anyone who does not love remains in death” (1 John 3:14).

- Love reveals itself by self-sacrifice to benefit other believers.
- Love isn't so much feelings for other believers as self-denying actions to benefit them.

### 3. Obeying God

## OBEY

- “We know that we have come to know him if we keep his commands” (1 John 2:3).
- Obedience demonstrates you love God.
- "If you love me, keep my commands” (John 14:15).
- Obeying God sets you free from the power of every other controlling influence.
- Obedience, like a white oak sapling, grows little by little toward maturity.

### 4. Persevering, Nothing but Christ Trust



- “Everyone who believes that Jesus is the Christ is born of God, and everyone who loves the father loves his child as well” (1 John 5:1).
- “Nothing but Christ” trust relies completely on and adds nothing to Christ’s all-sufficient sacrifice for sin. Despite life’s bruises, pain, potholes and rough stretches, 4-wheel-drive, pit bull-tenacious trust rolls over all obstacles. It never quits.

### 5. Doing Right



- “This is how we know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not God's child, nor is anyone who does not love

their brother and sister”1 John 3:10

- As you mature spiritually, you’ll do what’s right more and more. Generally, that’s doing for others what you would have them do for you.

---

---

- Desire to spend time with other believers

---

---

---

**How do you know you have eternal life?**

---

---

---

---

---

---

- Serving others

---

---

---

- Telling others about Jesus

---

---

---

**What changes have you seen in the following areas since Jesus came into your life?**

- Interest in the Bible

---

---

---

- Loving others

---

---

---

- Ability to forgive others

---

---

---

- Encouraging others through your words

---

---

---

- Prayer life changes

---

---

---

- Victory over sin

---

---

---

- Lifting of burden of guilt

---

---

- Peace in your heart

---



---



---



---

- Other changes

---



---



---



---

### ***Spiritual Health Assessment***

- Assessment is essential.



- My brother is my dentist. Every six months he assesses my teeth. He does whatever is necessary to maintain their health.
- A spiritual health assessment is as important as a dental check-up.



- Shotput, discus and javelin coaches regularly video throwers to assess and improve their techniques. Similarly, assessment and needed adjustment nurture continual spiritual growth.
- “We must pay the most careful attention, therefore,

to what we have heard, so that we do not drift away” (Hebrews 2:1).

- “Everyone ought to examine themselves before they eat of the bread and drink from the cup” (1 Corinthians 11:28).
  - “Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?” (2 Corinthians 13:5).
  - A spiritual health check-up assesses your spiritual vitality. Honesty is essential.
  - **Do the Spiritual Health Assessment (p. 7) and record your total points divided by 18.**
- 
- For example, 23 total points/18 = 1.28
  - Don’t be upset if your score is not as high as you would like.
  - Spiritual health improves through personal discipline, persistent effort and the Holy Spirit’s power.

### ***Spiritual Health Assessment***

0 = rarely/not at all; 1 = sometimes; 2 = usually; 3 = almost always/always

Please respond to each statement honestly with the number that best describes you (0, 1, 2, or 3)

\_\_\_ I look forward to reading the Bible daily.

\_\_\_ I look forward to spending time with God in prayer daily.

\_\_\_ One day each week I recharge through God-centered activities that energize me.

\_\_\_ I forgive, pray for, and ask God to bless those who have hurt me.

\_\_\_ I spend at least four hours each week feeding my spiritual life and serving God by serving others.

\_\_\_ Using my gifts and abilities to serve God through a specific ministry in my church gives me joy.

\_\_\_ I generously and cheerfully support the Lord's work financially.

\_\_\_ I daily allow God to love others through me.

\_\_\_ Each week I could write at least one way I sacrificed to meet someone's need.

\_\_\_ Each week I could write at least one way I loved another believer as Jesus loves me.

\_\_\_ I promote the gospel by praying for the salvation of lost persons by name, living a Christ-centered life, praising God enthusiastically in our worship service, giving financially to support evangelism, and being prepared to share my hope in Christ with others who ask about it.

\_\_\_ I look forward to and attend the worship service every week.

\_\_\_ Weekly, I actively participate in at least 1 small group (includes Sunday school).

\_\_\_ Gratitude motivates me to serve God.

\_\_\_ I feel a deep need for God's grace every day.

\_\_\_ I balance speaking the truth and speaking it with love.

\_\_\_ I give regularly to meet the needs of the poor.

\_\_\_ I am helping one or more other people become more like Jesus.

\_\_\_ Total score

Spiritual Health Assessment = total score divided by 18

### **My Spiritual Health Assessment =**

Don't let your score discourage you. We're helping one another please God more consistently for the right reasons. That's the goal of ABC Discipleship.

### ***Accountability Partner***



- "As iron sharpens iron, so one person sharpens another" (Proverbs 27:17).
- Accountability partners help each other keep commitments.

- \_\_\_\_\_ will hold me accountable to complete the ABC Discipleship sheet.
- How will you help each other keep this commitment?

---



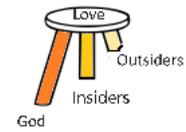
---



---



---



- The stool that represents your love balance needs ongoing attention.
- Insiders are other believers, whereas outsiders are not yet believers.
- Many long-time believers have few or no unbelieving friends.
- Assess how balanced your loving is. Which of the three areas is weakest in your life?

---

- Write an action plan to balance your weakest area. -

---



---



---



---



---



---

## B - Balance

### *Balance Your Love*



- A balanced life is as beautiful as an Olympic skater's spins. What are some key elements of a balanced Christian life?
- The first is balanced love for God, other believers and not yet believers.
- Jesus replied: "'Love the LORD your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments" (Matthew 22:37-40).
- Love sacrifices time, energy, talents or finances to benefit others.



- You likely struggle with another kind of love imbalance.
- It's putting someone or something other than God at the center of your life as your defining passion.
- What you consistently think about when free to think about anything, what you're known for and how you spend your money reveal your defining passion.

- I've thought often about fishing. I'm known for it. I've spent considerable money on it.
- I've learned far too slowly that fishing can make a meal but not a life.
- Idolatry is making some unsatisfying God-substitute the defining passion of your life.
- God will give you the strength to make Him your defining passion (1 Corinthians 10:13-14).
- What's threatens God's supremacy in your life?

- 
- How can you keep it in its proper place?
- 

- **At the end of each day review:**
  - **How did I show my love for God today?**
  - **How did I help someone in need today?**
  - **How did I help another believer today?**
- Assessing your love balance daily encourages a better balance tomorrow.
- It keeps your focus on life's main thing -- loving God and others.
- ***Balance Your Nutrition***



- Food shapes your life. A proper diet maximizes

mental, spiritual and physical health.

- A balanced diet includes a variety of protein-foods, whole grains, fruits, vegetables and dairy products daily.
- The Bible provides the nutrients you need to grow toward Christian maturity.
- "Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation" (1 Peter 2:2).
- Reading and applying biblical teachings to your life reshapes how you think, which affects every area of your life.
- "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" (Romans 12:2).
- Applying God's word to your life helps identify and remove the "stinking thinking" our culture has taught you.
- It helps you build your life on an unshakeable foundation.
- "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" (Matthew 7:24).

- Apply God’s word to your life to replace lies with joy-producing truth.
- “Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts” (Jeremiah 15:16).
- **Read at least 1 chapter each day in the Bible starting with Matthew, the first book of the New Testament.** After finishing the New Testament, read the Old Testament.
- Then read the New Testament again, etc.
- At a pace of one chapter/day, it takes about three years to read the entire Bible.
- A Study Bible’s notes help you glean the most from your reading. Wikipedia lists 22 different English Study Bibles.
- Consider using the *Life Application Study Bible* in a translation you can understand. It will help you both understand the chapter better and apply it to your life. The scholars who wrote its notes are your mentors for ABC Discipleship. I have used it for my personal devotions for thirty years.
- **Read the Study Bible notes on the chapter.**
- Without a regular time to read the Bible, you won’t read it daily.
- **When will you do your daily Bible reading?**


---

  - For example, “When I eat breakfast.”
- Without a regular place to read the Bible, you won’t read it daily.
- **Where will you do your daily Bible reading?**


---

  - For example, “At the kitchen table.”
- **Record daily on lined paper or computer/tablet what you read, the date and in 1-3 sentences what you hear God saying to you.**
  - For example, 1/13/18 – James 4 – I have a problem with pride.
- **Record at least once/week in 1-3 sentences:**
  - How you will apply God’s message to your life.
  - For example, “Beginning today, I’ll quit bragging about my accomplishments.”
- **Share observations and life applications from each chapter in Matthew in your ABC Discipleship group meetings or with your accountability partner.**

- Consider working through *Running Together to Win under Discipleship* at: [www.christiangrowthresources.com](http://www.christiangrowthresources.com) to give you a firmer grasp of the basics of the faith. This isn't on the check sheet, but it would be very helpful.

## ***Balance Your Prayer***



- **Follow the acrostic “PRAYER” in your private prayers.**
  - P stands for praise; R, for rely; A, for admit; Y, for yield; E, for express thanks; R, for request.
  - Praying is more than just asking God for things.
  - Praise – Exalt God for who He is. See Names/Characteristics of God [www.christiangrowthresources.com](http://www.christiangrowthresources.com) under *Discipleship*.
  - Read the words of hymns or praise songs to express praise to God.
    - “Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name” (Hebrews 13:15).
- Rely – For what does God want you to trust him today?
  - “And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him” (Hebrews 11:6).
- Admit – Confess your sins and claim God’s forgiveness (1 John 1:9).
  - “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9).
- Yield – Surrender daily the driver’s seat of your life to the Holy Spirit.
  - “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit” (Ephesians 5:18).
- Express thanks – Specifically, for what are you thankful?
  - “Give thanks in all circumstances; for this is God's will for you in Christ Jesus” (1 Thessalonians 5:18).
- Request – Ask God for things you or others need.
  - “Do not be anxious about anything, but in every situation, by

prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

- **Pray publicly**



- A public prayer is shared with at least one other person present.
- Praying in public can start with a single sentence prayer, perhaps giving thanks for something specific.
- Don't wait to pray publicly until you can do it fearlessly. Start praying while afraid, or you won't ever start.
- Gradually lengthen your prayer.
- Praying privately prepares you to pray publicly.
- Public praying is talking to God, not others, to glorify Him, not yourself.
- **Pray with others in your ABC Discipleship group meeting or with your accountability partner.**

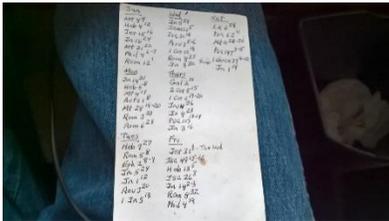
## ***Balance Reading and Memorization***



- How can a young person stay on the path of purity? By living according to your word. I have hidden your word in my heart that I might not sin against you (Psalm 119:9, 11).
- Balance reading and memorizing the Scriptures.
- **Begin memorizing at least 2 verses/month from the list of 100 verses to memorize under discipleship at [www.christiangrowthresources.com](http://www.christiangrowthresources.com).**
- Memorize verses in whatever translation you like.
- Please, don't say, "I can't memorize."
- If you know your Social Security number, you can memorize.
- It won't be easy. You might not learn all 100 verses, but you can make progress. The verses you memorize will nourish your spiritual life.
- Read the verse 10 times, speak it 10 times and write it 2 times.
- **Daily review your memorized verses.** Your memory leaks! Ongoing review stops that! I review about seven verses/day

which covers all 100 verses every two weeks. See one of my review cards below. You will need a regular time and place to review or you won't do it consistently. I review verses while eating breakfast.

- **Recite your two most recently memorized verses with references in your ABC Discipleship group meetings or to your accountability partner.**



• ***Balance Your Exercise***



- “Regular exercise can help protect you from heart disease and stroke, high blood pressure, noninsulin-dependent diabetes, obesity, back pain, osteoporosis, and can improve your mood and help you to better manage stress”  
[www.nutristrategy.com/health.htm](http://www.nutristrategy.com/health.htm).
- Aim for at least three hours of physical exercise/week.

Five is better. Balance strength training and cardio exercises. Other things being equal, a physically fit Christian will be more spiritually fruitful over a lifetime than an unfit Christian. Maintain the ministry machine! Mutual encouragement among members of your ABC Discipleship group or between accountability partners can help a lot.

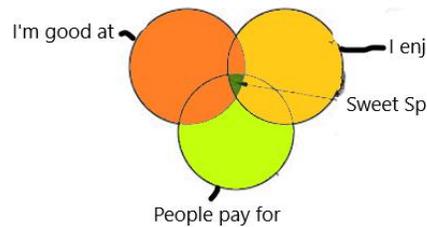
- Physical exercise isn't on the check sheet, but it will greatly benefit you!
- My back was a wreck in early 2016, with constant pain. I exercised 25 minutes daily for the next two years to stretch and strengthen it. It felt better at 69 than at 44!

• ***Balance Your Ministry***

- The most beneficial exercise is serving others. God wired and gifted you to meet others' needs and the church's needs.
- **Serve others in your local church.**
- Some service is just pitching in when your help is needed like setting up chairs for a ministry program.
- However, you serve most effectively out of your ministry sweet spot. My sweet spot is writing materials that help others grow spiritually. See

[www.christiangrowthresources.com](http://www.christiangrowthresources.com)

Under Leadership.



- You love others best and everyone wins when you serve out of your ministry sweet spot.
- Your sweet spot is something you are good at and enjoy.
- Discover it by the process of elimination and make that your primary ministry.
- Experiment with a variety of ministries in which you have an interest. Be patient. It could take several years to identify it. Ministering in your sweet spot gives you joy, energizes you, and helps those to whom you minister.
- **My ministry sweet spot is**

### • ***Balance Your Witness***

- Balance sharing your story and sharing God's story when the time is right for each.
- Write a 3-minute testimony as follows:
- Describe in about 200 words what your life was like before

knowing Jesus. Include your goals and values.

- Describe how you came to know Jesus in about 200 words.
- Describe changes Jesus has made in your life in about 200 words including how your goals and values have changed.
- Memorize the key ideas of your testimony and share it with at least one person who isn't following Jesus. My testimony follows (694 words):

I was born a twin in Harrisburg, Pennsylvania, on October 25, 1948. I emerged second and totally shocked my mother and father who expected only one child! Because I was bigger and stronger than my twin, I spent my first 15 or so years bullying him.

I didn't value spiritual things very much during my first 19 years, even though I spent at least 1,000 hours riding church pews during those years. Although my body was present, my mind was elsewhere—usually thinking about sports.

Outside the church building, I rarely thought about God or prayed voluntarily, and never read the Bible on my own. My purpose was to win the love and acceptance of others by excelling in sports and my studies. I graduated fifth in my high school class, broke Middletown Area High School's javelin record and was conference javelin champion in 1965. Achieving these goals and many others brought only fleeting happiness. The thought of dying scared me

and a cloud of guilt hung over me. I believed in heaven but had no assurance I'd go there when I died.

In my church I often heard that Jesus had died on a cross to pay the penalty for my moral and spiritual failures. I knew I wasn't perfect, but I didn't understand how Jesus' death solved the problem. I pictured his death as a down payment on my passage to heaven. I thought I had to make regular payments by the good things I did.

During the fall of 1968, by hearing 1 John 5:11-12 quoted, I understood I didn't have to make any payments at all. Jesus had paid the penalty for my spiritual imperfections *in full*. Those verses say: "And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life." That evening in my dorm room, I trusted in Jesus' sacrifice *alone* to give me right standing with God and invited him into my life. That evening was a *turning point*. Because God loved and accepted me as I was, I *wanted* to do what pleased him. Little by little love and gratitude began to displace fear as a dominant motivator in my spiritual life.

My fear of death greatly diminished. God lifted the weight of guilt for my moral failures from my shoulders when I trusted Jesus' death as payment in full. I knew I'd go to heaven when I died because Jesus had paid the admission fee. I knew I could trust him to keep his promise to take me there.

When Jesus came into my life, He wouldn't allow me to relate to God or others in the same old ways. I remember feeling a twinge of conscience after talking in a negative way

about people who weren't present—something I'd done repeatedly for years without thinking twice about it. He convicted me that my language needed some attention. My words (& % @ # !) were a symptom of the anger and desire for control that swirled within me. Little by little God's love for and acceptance of me freed me to love and accept others. I gradually developed a strong desire to serve others that I didn't have before the fall of 1968. My goal became to know Jesus better and to help others know him too. Working toward that goal has brought a measure of fulfillment I'd never known when I was doing my own thing.

God dramatically changed the direction of my life. I majored in biology in college and earned a master's degree in fishery biology. I landed my "perfect" job as an aquatic biologist with the Pennsylvania Fish Commission that I thought would bring me happiness. I enjoyed "playing in the water," but it brought no sense of fulfillment or significance.

I sensed within a persistent pressure toward full time Christian service. I resisted it for several years, but finally gave in. My life hasn't always been easy (Whose has!?), but it's far more fulfilling than when I was in the driver's seat.

- **Learn the Real Life Gospel presentation** (See [www.christiangrowthresources.com](http://www.christiangrowthresources.com) under Evangelism.)
- **Share the gist of Real Life with one or more unbelievers.**

- ***Balance Your Energy***

- Output***

- Sabbath – **Set aside one day/week to recharge.** Share your plan with your accountability partner or ABC Discipleship group.
- Some say, “I would rather burn out than rust out.”
- Out is out.
- You must recharge to accomplish the most over life’s long haul.
- I recharge through reading, fishing, coaching and gardening.
- Make recharging God-centered.
- Many professing Christians on vacation take a vacation from God.
- Your recharge day is a mini-vacation.
- Keep God in the center of it.
- Share with your accountability partner or your ABC Discipleship group how you can keep God in the center of recharging.

- ***Balance Your Stewardship***

- The earth and everything in it belong to God (Psalm 24:1).
- You must give account of how you manage what God entrusts to you.
- That includes your time; natural gifts, such as singing in tune; learned abilities, like playing the keyboard;

spiritual gifts, such as the gift of teaching; words; the gospel; the environment; financial means and energy.

- “Now it is required that those who have been given a trust must prove faithful” (2 Corinthians 4:2).
- The New Testament standard is to give thoughtfully, generously and cheerfully (2 Corinthians 9).
- That principle applies to all kinds of giving.
- Faithful stewardship starts by first giving yourself to God (2 Corinthians 8:5).
- Jesus died for you, so you would live for him.
- “And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again” (2 Corinthians 5:15).
- You are not your own. You were purchased by Christ’s sacrifice. (1 Corinthians 6:19-20).
- **Give a responsible part of your income to the Lord’s work.**
- Assess how you use your time; natural gifts, learned abilities, spiritual gifts, words, the gospel, the environment, financial means and energy for God.
- **Maximize your fruit by financial giving that builds God’s kingdom.**

- Develop and implement a plan to maximize your fruit by using your time, natural gifts, learned abilities, spiritual gifts, words, the gospel, the environment, financial means and energy to build God’s Kingdom.
- ***Balance Helping the Poor***
  - Be sensitive to God’s leading to meet needs in your local congregation (James 2:15-16). Seek wisdom to discern if you are helping the hurting or enabling dysfunctional life patterns.
  - Volunteer in local ministries that provide material needs for the poor.
  - Give financially to help the poor through organizations deemed trustworthy by [CharityNavigator.org](http://CharityNavigator.org) that also meet the spiritual needs of those they help. Consider serving or giving as an ABC Discipleship group or with your accountability partner to help the poor.
- **Reassess your Spiritual Health**
  - **After working through ABC Discipleship, reassess your spiritual health (p. 5-6).**
  - **Record your total points divided by 18 \_\_\_\_\_.** Record your total points divided by 18 from the first time you assessed your spiritual health \_\_\_\_\_.

- **How has ABC Discipleship helped you balance your spiritual life?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## C - Copy-Commitment

- Copy-commitment refers to reproducing followers of Jesus. After you have worked through ABC Discipleship, you can help one or more others master whatever skills you have completed. You can make an eternal difference in their lives. You can influence many additional people as they eventually influence others.
- 2 Timothy 2:2 – “And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.”
- Matthew 28:19-20 – “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded

you. And surely I am with you always, to the very end of the age."

- Don't wait until you've achieved the ABC Discipleship Gold Level to help others grow spiritually. You just need to be working through it yourself and be one step ahead to lead others.
- See the ABC Discipleship Checklist immediately following:

## ***ABC Discipleship Checklist***

- Fact-based faith
- Life-changing faith
- Spiritual health assessed
- Have accountability partner
- Assessed love balance
- Daily assessing love
- Regular devotional time
- Regular devotional place
- Reading 1 Bible chapter/day
- Reading Study Bible notes
- Recording God's message
- Recording action plan
- Using PRAYER model in private prayer
- Praying publicly

- Memorizing 1 verse/week from "100 verses to memorize."
- Daily reviewing memory verses
- Serving in ministry sweet spot
- 3-minute testimony written
- Sharing testimony with nonbelievers
- Memorized gist of Real Life gospel presentation
- Sharing Real Life with nonbelievers
- Recharging 1 day/week
- Develop and implement a plan to maximize your fruit by using your time; natural gifts, learned abilities, spiritual gifts, words, the gospel, the environment, financial means and energy to build God's Kingdom.
- Helping the poor
- Spiritual health re-assessed
- Helping others work through ABC Discipleship.

