

**Important:** Before your first meeting, everyone should listen to the 45 minute teaching found at [frontlinechurch.com/aimfortheheart](http://frontlinechurch.com/aimfortheheart).

## Instructions

1. Invite someone to share.
2. Set a timer for 15 minutes.
3. Have them answer the five questions below.
4. When the timer goes off, take 5 minutes to pray for that person, and for their three.

- ▶ Repeat until everyone has shared and received prayer.
- ▶ Groups of three should set aside at least an hour, and groups of four at least an hour and a half.

## Scripture

*Briefly check in on your engagement with Scripture since meeting together last.*

1. **What's one bit of Scripture you're applying to one bit of your life?**

## Sharing

*Briefly check in personally.*

2. **How's God changing you for the good (sanctification)?**  
*What can we celebrate with you?*
3. **What are you facing that's hard (suffering)?**  
*How can we sympathize with you?*
4. **What sin or temptation do you need to confess (sin)?**  
*How can we pray for you and help you?*

## Spread of the Gospel

*Remind the group of the names of your three, and briefly check-in.*

5. **How's it going pursuing and praying for your three?**

## Spirit-Filled Prayer

*After someone has shared, respond with Spirit-filled prayer.*

**Tip: Establish relationship first.** Before diving into this guide, it is important to establish the kind of relational connection that will invite more personal sharing. Start by sharing life stories—perhaps one or two per meeting. This concise guide will help each of you prepare to share: [frontlinechurch.com/lifestories](http://frontlinechurch.com/lifestories).

**Tip: If you are repeatedly showing up not having read your Bibles, switch to using the other side of this sheet for your next eight meetings.** Instead of continuing to answer Question 1 below in the negative, you'll take the first fifteen minutes of each meeting to read and apply a passage of Scripture together, on the spot.

**Tip: Don't be afraid to pivot to prayer when the timer goes off.** Do your meetings keep going long? Are you failing to make time for everyone to share? Sharing is important, but prayer provides the power to change! Sometimes when a person needs additional time to share, that's simply a sign that you should set up additional time to meet and pray with them outside of your regular meetings.

One bit of Scripture can do any number of things. It can lead you to (1) adore God, (2) see and hate your sin, or (3) ask for grace. To apply one bit of Scripture to one bit of your life requires at least meditation if not memorization. For more: [bit.ly/bitofscript](http://bit.ly/bitofscript).

When someone confesses sin, we shouldn't simply commiserate. Instead, we should aim for the heart, work to develop a plan, and recognize the messy nature of growth and change. We should feel concerned if we can't identify our own temptations, and blessed if we can. Our chief goal? Bring our sins out into the open and grow in saying no to restless desires (Titus 2:11–12). For more: [bit.ly/talkaboutsin](http://bit.ly/talkaboutsin).

Who are your “three”? Prayerfully name three people who don't follow Jesus within your sphere of influence. You will then commit to pray for and engage them in intentional gospel relationships. These people could be your children, family, friends, co-workers, neighbors, or others. Whom would you most love to see become a disciple of Jesus? Who is your heart best shaped to reach for Jesus? Naming and praying for your three every time you gather will guard your group against spiritual navel-gazing and self-obsession.

Possible signs we are inviting the Spirit into our prayers: (1) when our prayers comfortably move in and out of silence, (2) when we find ourselves praying more than once, and (3) when we pray Scripture, thoughts, pictures, and even gut impressions, spontaneously brought to mind by God—filtering them by Scripture and weighing them in wise community. See: [bit.ly/spiritfilledpraying](http://bit.ly/spiritfilledpraying).



## Alternate Instructions

1. Pick one of the six reading plans, and spend 20 minutes working through the directions listed under "Scripture" below.

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*Then shift to working through the questions.*

2. Invite someone to share.
  3. Set a timer for 10 minutes.
  4. Have them answer the five questions below.
  5. When the timer goes off, take 5 minutes to pray for that person, and for their three.
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- ▶ Repeat until everyone has shared and received prayer.
  - ▶ Groups of three should set aside at least one hour, and groups of four at least an hour and a half.

#	✓	Mark	Colossians	Romans	Genesis	Psalms	Micah
1	<input type="checkbox"/>	1:1–15	1:1–14	5:1–11	1:1–2:3	1	1–2
2	<input type="checkbox"/>	2:1–12	1:15–23	5:12–21	2:4–25	2	3
3	<input type="checkbox"/>	3:7–35	1:24–2:5	6:1–14	3	42	4
4	<input type="checkbox"/>	8:22–38	2:6–23	6:15–23	4–5	73	5:1–6
5	<input type="checkbox"/>	10:17–45	3:1–4	7:1–6	6–7	90	5:7–15
6	<input type="checkbox"/>	14:53–15:15	3:5–17	7:7–25	8–9	91	6:1–8
7	<input type="checkbox"/>	15:16–39	3:18–4:1	8:1–17	11	107	6:9–16
8	<input type="checkbox"/>	15:42–16:8	4:2–18	8:18–39	12	121	7:1–20

## Scripture

- ▶ Briefly pray and ask God to open your eyes to see wonderful things in his Word (Ps 119:18).
- ▶ Then read the passage out loud together.
- ▶ Take 10 minutes to read back over the passage on your own, and look for three things: a **star**, a **question mark**, and an **arrow** (see descriptions in sidebar).
- ▶ As you read on your own, try to write down one to three things under each category.
- ▶ Talk about what you wrote down with your group.
  - Each share a star, and discuss.
  - Each share a question mark, and then do your best to work out answers together from the passage. Don't feel pressure to come up with an answer for every question right now. *Don't get bogged down here!*
  - Each share an arrow, and discuss.



**A star:** anything that shines out in the passage and draws attention—it can be something important, or something that strikes you



**A question mark:** anything that is hard to understand—something that you would like to be able to ask the author about



**An arrow:** anything that applies personally to your everyday life

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*One-to-One Bible Reading: A Simple Guide for Every Christian, David Helm*

## Sharing

*Briefly check in personally.*

1. **How's God changing you for the good (sanctification)?**  
*What can we celebrate with you?*
2. **What are you facing that's hard (suffering)?**  
*How can we sympathize with you?*
3. **What sin or temptation do you need to confess (sin)?**  
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