

# SATURATE FIELD GUIDE

*Principles and Practices for*  
**Being Disciples of Jesus**  
*in the*  
**Everyday Stuff of Life**

JEFF VANDERSTELT  
& BEN CONNELLY



**Saturate Field Guide** by Jeff Vanderstelt and Ben Connelly

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**Saturate**

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# PRAISE FOR SATURATE

*"I've always been grateful for Jeff Vanderstelt's heart for discipleship. Rather than drawing people to himself, he labors to help others understand the power they possess in the Spirit. He does what all good leaders should do: spends his days equipping others to do the work of the ministry."*

**FRANCIS CHAN**

NEW YORK TIMES BEST-SELLING AUTHOR,  
CRAZY LOVE AND FORGOTTEN GOD

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*"I have known Jeff to faithfully live out the philosophies of life and day-to-day ministry contained in these pages, and have watched firsthand as God produced much fruit. I pray it encourages you."*

**MATT CHANDLER**

LEAD PASTOR, THE VILLAGE CHURCH,  
DALLAS, TEXAS; PRESIDENT, ACTS 29 CHURCH  
PLANTING NETWORK

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*"If someone were to ask me where to go to learn about discipleship, I would hand them the Bible along with Jeff Vanderstelt's book Saturate. Readers will find themselves taking a survey of their lives, seeing the areas that God desires to take captive for his glory. Whether you are a preacher, homemaker, small-group leader, high school student, or new convert, Saturate will spur you on to live a life that will influence others to know Jesus while growing people in Jesus, not just at church, but in all of life."*

**JACKIE HILL-PERRY**

POET; WRITER; HIP-HOP ARTIST

*"This is a thought-provoking, heart-warming account of a body of believers taking God's call to live as family seriously. This book challenges and encourages all of us to intentionally live on mission in the mundane details and events of everyday life."*

**STEVE TIMMIS**

EXECUTIVE DIRECTOR, ACTS 29 CHURCH  
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*"Jeff Vanderstelt uses an ordinary experience to give us extraordinary insight into what it means to be a disciple of Jesus. Saturate is a great challenge to all of us to stop doing church and be the church!"*

**DAVE FERGUSON**

LEAD PASTOR, COMMUNITY CHRISTIAN  
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VISIONARY, NEWTHING

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*"Whether you are new to the faith or a seasoned believer, Jeff's words will encourage you and focus God's gospel on every facet of your life. This book will challenge the way you see your Savior, your mission, and your everyday life."*

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PRESIDENT, LIFEWAY RESEARCH;  
AUTHOR, SUBVERSIVE KINGDOM;  
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# Appendix Resources

The Appendix to this book, along with additional resources and videos, are all available at:

***[saturatetheworld.com/fg](http://saturatetheworld.com/fg)***

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For the earth will be filled with the  
knowledge of the glory of the Lord as  
the waters cover the sea.

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HABAKKUK 2:14



Blessed are  
those who hear  
the word of God  
and obey it.

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**Jesus of Nazareth**

LUKE 11:28 (NIV)

## a note of thanks

We're honored that you picked up this Saturate resource. Our deepest hope is that you find it useful in your pursuit of living as a disciple of Jesus, and our prayer is that God will use our humble efforts to produce great fruit in and through your life.

These first two sections provide a vital foundation for your upcoming eight-week journey, especially if it's a journey you're taking with others (which for many reasons, both theological and practical, we hope that it is).

Enjoy the coming weeks of growing together, and may God's grace be evident as you join many across the world in pursuing God's vision of "Jesus saturation," by His power and for His glory.

**Jeff Vanderstelt & Ben Connelly**



# BEFORE YOUR FIRST MEETING

## INTRODUCTION

In the Old Testament book of Habakkuk, God gives a big vision: “For the earth will be filled with the knowledge of the glory of the Lord as the waters cover the sea.”<sup>1</sup> That’s a picture of saturation. God is accomplishing this vision through his Son, Jesus Christ, working through his body, the church. Ephesians 1:22-23 says, “He put all things under his feet and gave him as head over all things to the Church, which is his body, the fullness of him who fills all in all.” Jesus is the head of his body, the Church, through which he intends to fill every place with his presence. This is saturation—Jesus saturation.

God’s mission is that his people will be so saturated in Jesus that every person, in every place, would daily experience the good news of Jesus and be transformed by it in the course of their

★
<b>JESUS SATURATION</b>
every person (man, woman, and child)
in every place having a daily encounter with Jesus
in words spoken and deeds done through his people.

daily lives. Can you imagine every city, neighborhood, school, extracurricular activity, office, retail center, and industrial hub proclaiming the glory of Jesus in words and gracious deeds?

This is God’s intention for his world and he wants you to be a part of it! And, amazingly enough, if you know, trust, love, and follow Jesus, you already are! Yes, you, the unimpressive and average Jesus follower, have been entrusted by God with his mission of saturating the world with his glory through the everyday stuff of life. (If you haven’t yet submitted your life to Jesus, we pray you will. Jesus saturation can’t happen through you until you have.)



For video and additional resources pertaining to the Intro, visit:

[www.saturatetheworld.com/fg/intro](http://www.saturatetheworld.com/fg/intro)

## INTRODUCTION

It has always been God's intention to choose normal, everyday people to demonstrate his amazing power and glory. The Bible is filled with story after story of such people. He's not looking for the most impressive person because he already is that person.

### **WHO IS THIS FIELD GUIDE FOR?**

Why should you devote so much time and effort to this idea of "Jesus saturation"? Because you're a perfect candidate for God to use to accomplish his purpose! But in our experience, we all need a little help understanding and pursuing God's purpose. This resource is intended to give you that help.

Maybe you're just considering who Jesus is and what he claims to do. The interactive nature of this Field Guide, and the community who will surround you as you work through it, will help you wrestle with the concepts that followers of Jesus (disciples) claim to be true.

Maybe you're a new follower of Jesus, or are new to the idea that discipleship and mission are 24/7 realities, rather than merely occurring a couple hours each Sunday. Over the coming weeks, you'll not only learn about all-of-life discipleship, but gain experience with it.

Maybe you've been a follower of Jesus for a long while, but like many of us, have a hard time translating the truths you believe in your mind to the reality of your everyday life. The questions, activities, prayers, and exercises in the coming pages

will prompt you to do exactly that—to put your thoughts and theology into hands-on practice.

In short, every follower of Jesus needs help translating our belief in the gospel (we'll define "gospel" in Week One, Day One) into action and fruit. And given our tendency to wander away from God, we then need help keeping that gospel at the center of our action. This Field Guide is intended to help with all of this, because it is all necessary to be holistic disciples of Jesus, in the everyday stuff of life.

### **GOD'S CALLING TO ISRAEL**

This isn't a new idea. God called his people Israel to remember him and show the world what he was like through the everyday stuff, the big and the small. The special feasts, which were extraordinary, were meant to remind them that everyday meals mattered as well. Parties are God's idea. During the Israelites' parties and feasts, they were to remind one another that all of life was to be done as an expression of their love for God. God called them to see their celebrations and feasts as an expression of their worship. He wanted them to use something mundane and everyday—eating—as a reminder that he is to be the center of all the everyday stuff. God is brilliant, isn't he?

He wants us to see that all of life, every aspect of it, is a good gift from him. He wants our hearts to cry out, "God is so good!" in the middle of everyday life. He wants us to eat, play, create, work, celebrate, rest, and relate to one another for his glory. God always intended that every

## SATURATE FIELD GUIDE

part of life be a participation in his activity in the world and a celebration of his goodness to us all. So he told Israel to do all the stuff of life—working, resting, eating, and celebrating—in remembrance of him. I love this about God!

The Israelites forgot who they were and why they had been called to be God's people. Their feasts became empty, heartless, ritualistic events. They were partying without the life of the party, celebrating without a reason to celebrate. That led to self-absorbed consumption and heartless activities without love. The same can happen to us if we forget to keep God central. Church becomes an empty, heartless, religious event.

### **JESUS DID WHAT ISRAEL COULD NOT**

So Jesus came as God in the flesh to show us the heart of God for people. Before Jesus did any formal ministry, he spent thirty years of his life doing normal, mundane, unremarkable stuff. He lived a regular life for the glory of God. He ate, played, learned, celebrated, worked with his hands, and rested just like the rest of humanity. Think about this! God moved into the neighborhood, and nobody but a few shepherds took notice. And they did so only because a bunch of angels showed up while they were watching their sheep and told them to go see Jesus.

Jesus lived a normal, quiet life for thirty years in an unknown town. He was so normal that when he began his public ministry, the people from his hometown couldn't believe it. "Isn't this Je-

sus of Nazareth?" they asked. "Isn't he the carpenter's son who lived among us, doing normal stuff like the rest of us?" (see Matt. 13:53-58). The difference is that Jesus did everything for his heavenly Father's glory. He lived all of his life as an expression of his love for God the Father. Jesus did what Israel didn't do. He did what we don't do. He set apart every aspect of life as holy unto God.

Jesus was set apart for God in the world, and everything he did was to glorify God. He was holy, and every aspect of his life was holy, because he did it unto God. When he ate, he blessed God for good provision. When he worked, he knew he was doing it unto God and showing off the creativity of our Creator. He submitted to authority humbly and gladly as an act of submission to God, who ordains rulers in every place. He served, shared with, and loved others because he knew God is a serving God who gives good gifts and is love himself. Jesus lived every part of his life in submission to God. Every action was an act of love to God and others, and every one of his thoughts was directed by God. Jesus lived a fully God-dependent life. Holy Jesus lived a holy life wholly unto God.

Finally, after thirty years of quiet, submissive, humble worship, Jesus began to publicly proclaim the good news of God's kingdom—that there was a new order to things, and he was going to bring all of life under God's authority. He wanted a holy people who would live all of life wholly unto God. God was making a way for all of life to be restored to the way he always

## INTRODUCTION

intended it to be. Everything could be made good and all of life could be worship. Life could be as it was always meant to be!

But Jesus didn't just proclaim the good news. He lived a good-news life, showing what God's rule and reign looks like when God breaks into the normal stuff of everyday life.

### **A NEW VIEW OF CHURCH: GOD'S DISCIPLES IN THE EVERYDAY STUFF OF LIFE**

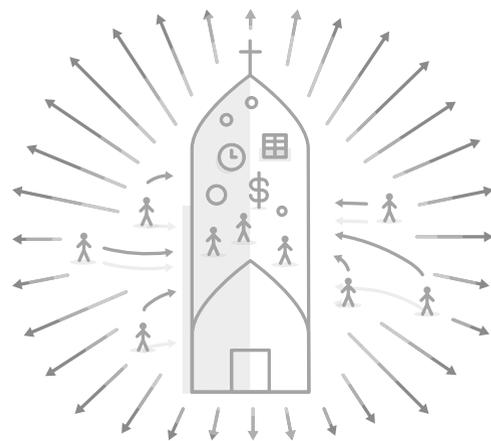
Jesus did this so that we also could do this. He came to rescue a people back to God so all of life would be seen as sacred, all of life would be set apart unto God, and everyday stuff would be seen as worship.

Look at the picture to the right. Some people think church is a building you go to. Others think it's the programs and events that happen there [the circles inside the building, representing activities], while others think it's mainly the leaders who run those events [the stick figures inside the building]. They think the job of those leaders is to get people to invite their friends to the building [the stick figures and arrows pointing toward the building]. They also encourage people to give their time [the clock], their money [the dollar sign], and their skills and gifts [the gift-wrapped present] to support what happens primarily in the building.

But though we might gather together in a building, the church of Jesus is the people of God

saved through the person and work of Jesus Christ for his purposes in the world. God's intent was never to have us define church merely as an event on Sunday. We don't go to church. We are the Church sent out into the world [that's why there are arrows going out of the building].

Jesus wants us to live all of life fully for his glory in the world—every part and every person. Jesus didn't live, serve, suffer, and die so we could just attend a Christian event. He lived and died so we could become his people who are sent into every part of the world on his behalf. He wants all people everywhere to see and know about him, and he wants everyone to know that everything is to be done for his glory. We now see our time, our money, and our unique abilities as means to serve both the people who are the church and those in our cities who don't know the great news of God's love for them in Jesus Christ. All of life counts and everyone matters.



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Many followers of Jesus wrongly believe that God's work is mainly done in a church building by a few paid professionals, and that the members of the church are primarily needed to volunteer to run the programs and provide the financial support. Normal stuff doesn't count, because God doesn't work in the normal stuff, they believe. They can't imagine themselves on his mission in the world, because they have wrongly believed God's mission isn't in the world. Church seems so disconnected from the rest of their lives. Clearly, God can't use them, and therefore he must not want them.

But this is simply not true. God loves to use normal people in the everyday stuff of life. He wants everyone involved in all of life.

### HOW DO WE USE THIS FIELD GUIDE?

What you're currently reading is a Field Guide. It's not a book; books are generally designed to give information and to be read cover to cover, often in just a few days. While the content here accompanies a book — Jeff Vanderstelt's *Saturate: Being Disciples of Jesus in the Everyday Stuff of Life* (Crossway, 2015)<sup>2</sup> — the Field Guide can also be an independent resource, and is crafted with completely different purposes in mind:

1. Instead of simply providing information, the Field Guide gives you principles and practice, helping you apply the information and obey God's words. Instead of merely asking you to read it in its entirety in a short time, the Field Guide asks you to bite off a small piece every day for eight weeks and to interact with the content each day.
2. Over the coming weeks, you'll marinate on Scripture, immerse yourself in prayer, dive deep into introspection, carry out practical exercises, discuss and debate, make plans, and more. And ideally, you'll do all of this alongside a group of individuals who are likewise interacting with the content each day.
3. As mentioned, we highly recommend working through the coming weeks in a group. While there's no magic number or composition of the group, we suggest about six to twelve people. We encourage each week's meeting start by sharing good food and drink together and simply spending some time enjoying one another, in addition to discussing the previous week's content. Another idea we suggest for your weekly meeting is to begin by someone sharing their story<sup>3</sup>, then receiving encouragement and prayer from the rest of the community. See Appendix A for some suggestions on sharing your story with others.

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2. Content from *Saturate* is summarized in each week's activities, and each week indicates corresponding chapters in *Saturate*

3. Every person has a story to tell. Whether the story of their day or the story of their life. Often we're telling a story of who we are, what has been broken in our lives (past and present), how was it mended (or how we look for it be fixed), what life currently looks like, and our hopes and dreams for where we're headed.

## INTRODUCTION

Beyond that, the only rules for forming your group are: Ensuring that those involved ...

- A. ... are willing to speak honestly about concepts that excite them, make them nervous, are difficult, and are willing to both give and receive “truth in love” (Eph. 4:15-16) from the group—of course, it’s okay if this is hard at times; following Jesus often is!
  - B. ... can commit the time to complete the weekly rhythm listed below and attend a weekly meal together, a “family meal” where you’ll meet to discuss how God is training you, individually and together.
4. Establish your weekly rhythm. After your initial meeting, you’ll launch into a regular “rhythm” together for the next eight weeks (If you’re newer to Missional Community theory and practice, or if you or others in your group would have a difficult time committing to the daily work, you might consider splitting each week of the Field Guide into two weeks<sup>4</sup>). Starting in Week One, there are seven distinct daily activities for you to work through, all centered around one weekly theme. While a little extra time wouldn’t hurt, Days One through Five of each week can generally be completed in about 30 minutes each day:

**Day 1: Start**—a brief overview of that week’s theme, including summaries and quotes from corresponding sections of *Saturate*, followed by a few reflection questions to get your mind going for the week

- **Day 2: Read**—a few biblical passages to read and mark up, followed by questions to answer, to help you form a healthy biblical view of that week’s theme
- **Day 3: Think**—introspective questions and activities to help you see how your mind and life currently display an understanding and application of that week’s theme
- **Day 4: Pray**—guided prayer exercises which ask for the Spirit’s help in that week’s theme and thank God for his grace in our weakness
- **Day 5: Do**—a few action items, case studies, and/or activities to help you put that week’s theme into practice, and to help you define and develop areas of growth
- **Day 6: Meet**—based on the preparation and experience of each week, this day guides your “family

## SATURATE FIELD GUIDE

meal,” with questions and exercises to discuss with the community walking through the Field Guide together

- **Day 7: Floating Day of Rest**<sup>5</sup>—this weekly “day off” encourages readers to rest and celebrate God’s goodness (or to catch up!), before wrapping up each week’s theme

5. Finally, as we acknowledge the reality of our busy lives, we encourage you to hold in tension during the next eight weeks that:

- A. The Field Guide works best if you try to diligently carry out each day’s activity. Of course you may miss a day here or there, but if you just breeze through the written portions without stopping to consider the more practical elements, you’ve missed the benefit of its design.

- B. Having said that, if you do miss a day—occasionally!—don’t stress out. In our experience, we’ve learned that it will likely serve you better to give the day you missed a quick glance, to skip it altogether, or to revisit it on a “Rest Day,” than to try to make it up and cram two (or more) full days in the next time you pick

up the Field Guide. Again, the greatest benefit of the coming weeks comes if you’re consistent and committed to the whole process.

### THE VISION FOR ALL GOD’S PEOPLE ... INCLUDING YOU!

In Ephesians 1:23, the apostle Paul calls the church Jesus’s body (his *sōma*), through which he fills all in all. Paul’s vision, given to him by the Holy Spirit, was of the church being the body of Christ, through which Jesus fills every place with his presence through his people.

All God’s people, everywhere, filling everyday life with his presence.

That’s the vision of *Saturate*. And that’s what we hope to help you step into, alongside many people, throughout history and across the world, as you work through this Field Guide.

If you’re ready to be better equipped for the life of discipleship God has called you to, then pause and pray for his help for the coming weeks, then look through the questions in the next section, and head to your group’s initial meeting where you’ll jump right in!

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5. We recommend that your community agree together on the day you’ll make each week’s Day of Rest—maybe a weekend

## INTRODUCTION

### QUESTIONS TO CONSIDER BEFORE YOUR FIRST MEETING

Having read this introduction, here are some questions to consider personally which will serve as a guide for your initial group meeting.

1. As you read this introduction, what's your initial impression? What's new or exciting to you?

What makes you nervous or hesitant? What are you confused by, and what do you have questions about?

2. Several views of "the church" were described in the previous pages and are summarized to the right. Think about which one you are most familiar with. Then in the space below describe where you learned about what "the church" is and what your understanding is based on (for example social/family norms, biblical teaching, experience, etc.). Has your definition changed over time? Is there anything here you find challenging or new?

Church is primarily a building I go to.

Church is primarily the programs and events that happen in and around that building, or are sponsored by the Church.

Church is primarily the leaders who run the events, who get people to invite friends to the events, and who encourage people to give their time, money, skills, and gifts to support the programs and events.

Church is primarily the people of God saved through the person and work of Jesus Christ for his purposes in the world.

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- 3.** How do you define discipleship? Has your understanding of living as a disciple changed over time? (Note: We'll discuss discipleship in Week 2.)
  
- 4.** Have you ever considered that the normal stuff of everyday life—our meals, jobs, homes, free time, relationships—are all areas of discipleship? That everything we do can be done “to the glory of God”? Why or why not?
  
- 5.** Do you think there are things that you've done, conversations you've had that are likely “discipleship,” “ministry,” or “living as God's church,” even though they were never labeled as such or validated as such because they didn't fit an event or program? What are some examples of these?



# SUGGESTED OUTLINE FOR YOUR FIRST MEETING

## INTRODUCTION

### EAT, DRINK & BE MERRY

For the initial meeting, it may be helpful for someone (the host, the people who called the group together, or someone else) to provide a meal, or at least snacks and drinks, for the community—and to provide childcare if needed. During this initial meeting, you'll make a plan together to take care of food and kids during the upcoming meetings.

### DISCUSSION

Based on the material covered so far, honestly discuss these questions with your faith community. Boldly speak truth in love to, and humbly hear truth in love from, each other. Encourage, exhort, commit to help, celebrate, and even rebuke each other in these areas.

1. Has everyone read up to and through this section? Assuming yes, what stood out to you? What was new? What was exciting or hopeful? What was difficult?
2. Was there anything that raised questions or confusion?
3. From the "Questions to Consider," what has been your view of the church? Where did it come from? Do you feel you need to expand your view of the church?
4. From the "Questions to Consider," what stuck out to you as you considered discipleship, the stuff of everyday life, and things you've done that might not automatically be labeled "ministry"?

The next questions are the most logistical in the entire Field Guide. They're important as you begin this journey together, to make sure everyone is on the same page. Consider each question through the lens of "discipleship together"—how would you discuss each if those around you were an actual, healthy, nuclear family?

## INTRODUCTION

- 5.** Do we have a weekly time and place we can all commit to meet for a couple hours, share a family meal, and discuss each week's theme?

We will commit to the:  8-Week Schedule  16-Week Schedule

We'll meet on:

Each week's floating "Day of Rest" is a day you choose to rest and recreate (or catch up!).

	day	AM PM	time		place
--	-----	----------	------	--	-------

Do we want to commit to a shared day? If so, is there a day each week that makes the most sense?

Once you've established your meeting day and "Day of Rest," each week's weekly rhythm should start the day after your weekly family meal.

Our weekly rhythm, "Day One", will begin on:		day
--	--	-----

- 6.** Will we all commit to fully giving ourselves to the weekly rhythm of prep work and family meals, and can we agree to be honest and open with each other—even when things aren't always easy or comfortable? If there's anything that makes it hard for anyone to say "yes," work through that as a community, humbly speaking truth in love to each other.
- 7.** As a community, how can we best serve each other as we work through each day's activities? (For example, do verbal processors need to walk through each day together? What accountability might we need, at least during the first couple weeks, to stay on target?)
- 8.** One recommendation is sharing a meal together during each week's meeting. How will our community carry this out? (For example: will the host provide? Will we all claim a week or two and rotate bringing food? Will we do themed potlucks?)

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9. How do we want to take care of children during our weekly family meals? (For example: do we hire babysitters—if so, do we all pitch in for the cost, or just parents? Do we rotate watching kids? Will they stay with us—for dinner or for the whole meeting?)

### SHARING STORIES

A key element of discipleship together is knowing each other well. Every week, one or two of us will share our stories. The goal in sharing stories is to listen for things to celebrate and thank God for, and to listen for themes or areas of life to ask questions and speak truth in love, as we point each other toward Jesus. Our stories simply recap our lives and how God has shaped us to this point. They should take 10–15 minutes to share, and can cover things like:

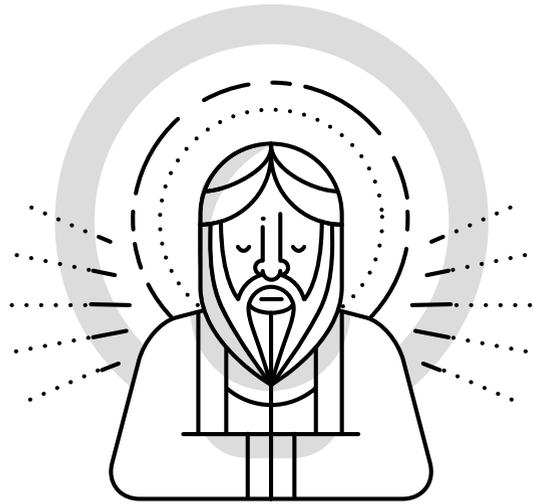
- Seasons (the general flow of your life—such as childhood, school, marriage, parenting, empty-nest, places you’ve lived, jobs you’ve had, schools you’ve attended)
- High and low points (key moments/experiences that have shaped you)
- Relationships (key people who have shaped you in different seasons)
- Faith (your journey [for better or worse!], consistent struggles, areas to celebrate)

Invite someone to share, then as you wrap up this initial meeting, take time to pray intentionally for the person who shared and ask who will share next week.

☉ Visit Appendix A, “Telling Your Gospel Story,” for more information.



WEEK 1



**Jesus**

# START

## WEEK 1, DAY 1

*Prayerfully and thoughtfully read this week's reading below (or read chapters 3-6 of Saturate). As you read, circle, underline, write in the margins, and interact with concepts or ideas that are new, difficult, inspiring, etc.*

"**G**ospel" is an overused word in the Church today. It's come to mean everything in some circles, and nothing in others. But whether you're a follower of Jesus or not, and no matter how long you have been if you are, Jesus is at the heart of the gospel, and the gospel is at the heart of following Jesus.

### THE WHOLE GOSPEL

The great apostle Paul wrote to the first-Century church at Corinth that he "delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures" (1 Corinthians 15:3-4). This is the gospel; it's the culmination of the great story of redemption God has been unfolding since before time began. Every one of us is a participant somewhere in his storyline of redemption.

Paul reminded the church in Rome of the confidence we can have in Jesus and his work. In Romans 1:16-17, he writes: "For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first



For video and additional resources pertaining to Week 1, visit:

[www.saturatetheworld.com/fg/week1](http://www.saturatetheworld.com/fg/week1)

and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, 'The righteous shall live by faith.'"

On one hand, the gospel is "the power of God for salvation." Salvation from what? What do we need to be saved from? God wants to save us from the penalty of sin—salvation from what we've done; the power of sin—salvation for what we're called to do today; and the presence of sin—salvation for our future...

On the other hand, in saying "the righteous shall live by faith," Paul is saying, in essence, that the good news is that God has power to save everyone who walks by faith, believing God can save him or her. The good news is that God saves us as we trust in him and not in ourselves. And the means by which God does this—the righteousness that is revealed—is the life, death, and resurrection of Jesus applied to our lives by God's Spirit.

Followers of Jesus must see all of life—our lives and others'—through the lens of the gospel story. And to do so, we must understand the whole

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gospel. That is, the power of God for salvation through faith in the person and work of Jesus Christ, for the purpose of glorifying God and participating in his mission of saturation, by the power of the Holy Spirit to make disciples who make disciples. In a right understanding, the gospel has past, present, and future implications. This week, we're considering who Jesus is and all he has done, is doing, and will do for us.



### **JESUS DID IT BETTER: WE HAVE BEEN SAVED**

In Romans 3:23, Paul tells us, “For all have sinned and fall short of the glory of God.” To sin is to think, believe, or act in any way that is not like God or in submission to what God commands. We all have fallen short; every one of us has sinned. And “the wages of sin is death” (Rom. 6:23a). The result of our sin is damage to ourselves, brokenness in our relationships, destruction to the world around us, death to our physical bodies, and, ultimately, an eternal spiritual death, separation forever from a relationship with God, the giver and sustainer of life. Our rebellion, our sin, leads to brokenness...

“But the free gift of God is eternal life in Christ Jesus our Lord” (Rom. 6:23b). God has made a way to give us something different from what we deserve. Since no natural human being ever has lived or ever will live a life perfectly glorify-

ing to God, Jesus came and took on flesh as the God-man. Jesus became for humanity the true and better human, the true Son of Man and Son of God. He submitted himself perfectly to God the Father. He obeyed him in everything, doing only what God the Father told him to do. This perfect obedience—this perfect life—has been given to us. Jesus is the gift of God to humanity (John 3:16). This is good news!

By faith in Jesus, you and I are saved from the need to live a perfect life to gain God’s approval. Paul says that our lives are now hidden with Christ in God (Col. 3:3). That means that if, by faith, you have trusted Jesus as the One who perfectly obeyed God on your behalf, God sees Jesus’s performance as yours. He accepts you because of Jesus.



### **JESUS DOES IT BETTER: WE ARE BEING SAVED**

The first-century church at Corinth had begun to question whether there was a bodily resurrection from the dead—whether people will be given new bodies to live in in a new world one day. This was huge! If people are not raised from the dead and given new bodies, then what happened with Jesus? Paul tells them our entire faith is futile if there is no resurrection (1 Cor. 15:12-19).

Paul confronted their wrong thinking by reminding them of the gospel: “Now I would remind you, brothers, of the gospel I preached to you, which

## WEEK 1: JESUS

you received, in which you stand, and by which you are being saved, if you hold fast to the word I preached to you—unless you believed in vain. For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures, and that he appeared to Cephas, then to the twelve” (1 Cor. 15:1-5).

If we have faith in Jesus to save us, we have been saved and we are being saved.

Paul uses the language of being saved in describing what the gospel is still doing. Yes, the gospel is good news about a past event—Jesus lived and died in a definite time in history to forgive us of our sins. Yet the gospel is also good news about what God continues to do in us and through us. Jesus was raised from the dead on the third day. He is alive! He lives for us, and by his Spirit, he lives in us and works through us.

Most followers of Jesus believe that one day, we will be like him (1 John 3:2) and will live in a perfect world with him. But many forget that in the present, he comes into our lives by his Spirit to give us a glimpse, a foretaste, of the future so that we will live differently today. As we trust and depend on him to work in us, he enables us to live the new and better life now.



### **JESUS WILL MAKE IT BETTER: WE WILL BE SAVED**

What you love most, you also fear losing the most. And whatever threatens what you love most controls you. We love God because he first loved us. He loved us by sending the Son to satisfy his just wrath against us for our sin. So we have no need to fear judgment coming against us for our sin. Perfect love casts out fear (1 John 4:7-21).

First Peter 1:3-5 tells us that God “has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time.” Not only do we have no need to be afraid of future judgment if our faith is in Jesus, but we also have no need to fear loss. Our salvation is kept in heaven for us. Also, Jesus is presently at the right hand of God the Father, representing all those who have faith in him. He is securing us until the end. And he has all authority in heaven and on earth (Matt. 28:18). The thing that matters most cannot be taken away from us, and nothing can happen to us to prevent us from inheriting it.

Our relationship with God, our future salvation, and our hope to live eternally with Jesus on a new earth are already secured. If our faith is in

## SATURATE FIELD GUIDE

Jesus to save us, we have been saved, we are being saved, and we will be saved.

Scripture also tells us that in the future, God will make all things new. All sin will be eradicated. All that is broken will be restored. Every person who belongs to Jesus will be healed. All relationships will be reconciled. We will enjoy a perfect world with Jesus at the center forever. It will be stunningly amazing! Jesus doesn't just hold and secure our future. He gives us a perfectly new one as well.

### THE GOSPEL IS THE KEY

As we'll see throughout this Field Guide, believing these truths makes all the difference in the world. Everything else this week—and in the coming weeks—begins and ends with Jesus:

who he is and all he does in the gospel. Without him, we're helpless and hopeless; we seek someone or something else to give us hope and joy; we rely on our power (or lack thereof) for faith and strength; we fear other things, which can then control our lives. Bottom line, *you need to believe the gospel in order to step out and obey Jesus.*

*You need to believe he has saved you. You are forgiven and loved; there is no record of wrongs against you.*

*You need to believe he is saving you. You can do all things through Christ who gives you strength.*

*You need to believe he will save you. You have nothing to fear because your future is in his hands.*

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### DAY 1: QUESTIONS TO CONSIDER

1. Do you believe—or live as if—you have to perform well for God in order to receive his loving acceptance? Do you believe God loves you more when you obey and less when you disobey? If so, how can this be understood as disbelief in what Jesus has *already* done?



# READ

## WEEK 1, DAY 2

Prayerfully and thoughtfully read the biblical texts below, then spend a few moments reflecting on the truths therein by answering the questions at the end.

As you read, where do you see this week's three truths—Jesus's past, present, and future work in us and through us—in the following verses, whether explicitly mentioned, implied by actions, or as simply necessary to rightly understand the passage?

- ▣ Box areas you see Jesus's past work
- Circle areas you see Jesus's ongoing work in peoples' lives
- ★ Star areas you see Jesus's future work

### JOHN 15:1-5

"I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

### ROMANS 6:5-11, 23

For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus... For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

## WEEK 1: JESUS

### COLOSSIANS 1:16-20

For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

### 1 CORINTHIANS 1:30-31

And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, so that, as it is written, "Let the one who boasts, boast in the Lord."

### 2 CORINTHIANS 5:17-21

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

### 1 PETER 1:3-5

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

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#### FOR MORE:

Romans 1:16-17 / 1 Corinthians 15:1-2 / 1 Peter 2:9-12 / Ephesians 2:8-10 / Philippians 2:12-13 / Galatians 2:20





# THINK

## WEEK 1, DAY 3

*Each week of this Field Guide builds on previous weeks. To prepare well for coming weeks, prayerfully and honestly work through these questions and exercises, in light of this week's themes.*

If the gospel is the core of everything we think, say, and do, then that means nothing else can be. We cannot be our own saviors.

Our job is not to be Jesus. Our job is to believe Jesus, depend on Jesus, and submit to Jesus working in and through us to accomplish his work. We are not meant to carry the weight of the world and the mission of Jesus on our shoulders. Jesus came to seek and save. He doesn't expect us to become the saviors.

Likewise, no other person or thing can be our savior: no job, no spouse, no boss, no child, no food or drink, no game, no school ... nothing can do what Jesus has done, is doing, and will do.

In Romans 1, Paul describes how we all exchange the truth of God for a lie and exchange worship of the Creator for worship of his creation. As a result, our minds become foolish and our hearts become dark. God turns us over to our worship of false gods, but they don't give us what we really want and need. So we lust for more. We want them to do what they can't really do for

us, so we demand more from them. This lust is at the heart of all addiction. It's at the heart of all of our brokenness. We've all done it and we still do it.

In other words, we take a good thing and demand that it be a "god thing" for us. We do this with sex, friendships, food, alcohol, work, and even our children and spouses. Then, when God gives us over to our passions, we pervert or try to control our "god," twisting it, distorting it, and ultimately destroying what it was meant to be for us. God lets our sin and idolatry have its final way with us, so that our minds become twisted and we think, believe, and do all kinds of destructive things—tearing ourselves and others down (Rom. 1:18-31).

God lets us have life with the god we think will save us or save others, and it always fails. He wants us to know that no other person or thing can be God for us as he can, and no other person or thing can save as he does.

## WEEK 1: JESUS

### DAY 3: QUESTIONS TO CONSIDER

Think about how these truths play out in your mind and life, by asking yourself the following questions in light of this week's focus on Jesus and the whole gospel. Don't feel like you need to answer every question. Instead, choose those that most resonate with you, that you feel God the Spirit speaking to you through, or maybe those that are most challenging to you—either way, we encourage you to answer at least one question from each section, and to write down your answers.

#### WE HAVE BEEN SAVED

1. What are you tempted to hide or cover up? From whom do you strive to gain approval or acceptance? (Yourself? Someone else? God?) By doing so, where are you placing your identity? Where does God tell you your identity is truly found?

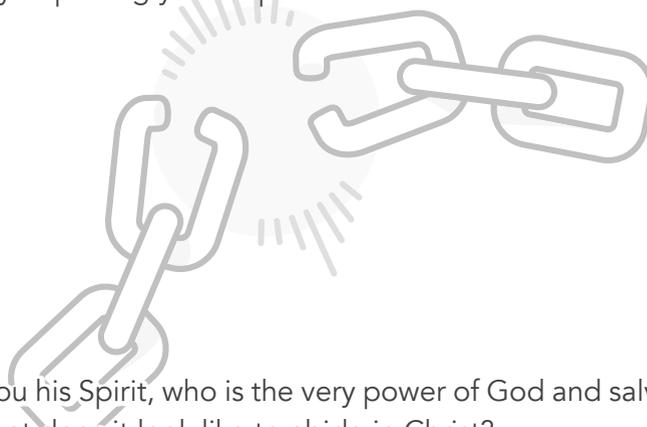


2. Are you living with regret, guilt, shame, or self-hatred for things you've done in the past? What does God tell you about your sin and any guilt and shame? What does it mean that he's already removed all the guilt from your life? If you're burdened by the past, who/what are you relying on for your functional salvation?

## SATURATE FIELD GUIDE

### **WE ARE BEING SAVED**

- 3.** In what ways do you try to become holy by your own strength, actions, or disciplines? How often does that work? By doing so, where are you placing your hope?



- 4.** What does it mean that God has given you his Spirit, who is the very power of God and salvation in you, to work out God's will in you? What does it look like to abide in Christ?

### **WE WILL BE SAVED**

- 5.** Do you have a hard time trusting God's promises regarding caring for you, being sufficient for you, and securing your future? Who or what do you rely on to secure your future?

## WEEK 1: JESUS

6. Write down some of the things you love. Have any of those replaced God as the biggest desire or love in your life? How is God “of first importance” (a better goal for our love and purpose), over anything else you love?



### FOR EXTRA STUDY

7. Whether you’ve been a Christian for decades, or are just exploring the faith, take some time to explain briefly, in your own words what the gospel is. Once you finish, look back: does your explanation include past, present, and future elements of God’s work and promise?
8. Based on your understanding of the gospel, in what areas of life do you need to “trade up” from a “lesser story, identity, hope, or savior” to see life through the better story of God? Or if you’re not a follower of Jesus, consider that if God does all this in someone’s life, why should they be inspired to “trade up”?
9. This week we’ve been focusing on knowing and believing we are forgiven and loved, we can do all things through Christ who gives us strength, and we have nothing to fear because God has our future in his hands. If you have kids, what are some ways you can model and teach this understanding of the gospel in your everyday life?

# PRAY

## WEEK 1, DAY 4

*Knowing that we're dependent on God to produce any good fruit in us, spend today walking through the following prayer exercises related to this week's theme.*

### PRAYING THE PSALMS

The Psalms teach us how to approach God in raw, humble ways, and help us remember the truth of who God objectively is, despite our subjective discomfort or circumstances. Slowly consider the words of the psalm, trying to understand it, lingering over it. Then pray it several times, as it is written or in your own words as a prayer to God.

**PSALM 63** *A Psalm of David, when he was in the wilderness of Judah.*

O God, you are my God; earnestly I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
in your name I will lift up my hands.  
My soul will be satisfied as with fat and rich food,  
and my mouth will praise you with joyful lips,  
when I remember you upon my bed,

and meditate on you in the watches of the night;  
for you have been my help,  
and in the shadow of your wings I will sing for joy.  
My soul clings to you;  
your right hand upholds me.  
But those who seek to destroy my life  
shall go down into the depths of the earth;  
they shall be given over to the power of the sword;  
they shall be a portion for jackals.  
But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.

## WEEK 1: JESUS

**PSALM 42** *To the choirmaster. A Maskil of the Sons of Korah.*

As a deer pants for flowing streams,  
so pants my soul for you, O God.  
My soul thirsts for God,  
for the living God.  
When shall I come and appear before God?  
My tears have been my food  
day and night,  
while they say to me all the day long,  
"Where is your God?"  
These things I remember,  
as I pour out my soul:  
how I would go with the throng  
and lead them in procession to the house of God  
with glad shouts and songs of praise,  
a multitude keeping festival.  
Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.  
My soul is cast down within me;

therefore I remember you  
from the land of Jordan and of Hermon,  
from Mount Mizar.  
Deep calls to deep  
at the roar of your waterfalls;  
all your breakers and your waves  
have gone over me.  
By day the LORD commands his steadfast love,  
and at night his song is with me,  
a prayer to the God of my life.  
I say to God, my rock:  
"Why have you forgotten me?"  
Why do I go mourning  
because of the oppression of the enemy?"  
As with a deadly wound in my bones,  
my adversaries taunt me,  
while they say to me all the day long,  
"Where is your God?"  
Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

## SATURATE FIELD GUIDE

### CRAFT YOUR OWN PRAYER

In your own words, spend some intentional time talking to and listening for God along this week's theme. We encourage you to write your prayer, as well as any thoughts that come to mind that God might be prompting. Test those thoughts against the truth of Scripture, as well as your community. Here are some things you might pray:

- Thank God for his past salvation: consider your life before he redeemed you and how he carried out that redemption. Praise him for his glorious work.
- Thank God for his ongoing salvation: consider areas of sin, immaturity, weakness, or faithlessness he's currently working on, and consider the things he's currently showing and teaching you. Praise him for any area of growth you're seeing, no matter how small.
- Thank God for his future salvation: consider the promises he's made for you, your provision, and your care—both in this life and in eternity. Praise him for your ability to rest in him, as the only true hope for tomorrow.
- Look back at your answers to yesterday's questions. As you do, consider what jumps out to you and ask God to reveal areas he's working on that you haven't noticed, where he wants to grow you and mature you as he makes you more holy.
- Repent for areas that you've tried to be your own redeemer or have forgotten his promises or have moved away from his salvation, power, and ability.
- Stop to listen, be still and quiet before God, and write down any thoughts that come to mind.

## WEEK 1: JESUS

### HISTORIC PRAYER

In closing today's prayer exercises, ponder and pray the prayer below, which is pulled from historic Christian literature, and has been prayed by Jesus's disciples for many, many years.

CREATOR AND REDEEMER GOD,  
Author of all existence, source of all  
blessedness,  
I adore thee for making me capable of  
knowing thee,  
for giving me reason and conscience,  
for leading me to desire thee;  
I praise thee for the revelation of thyself in the  
gospel,  
for thy heart as a dwelling place of pity,  
for thy thoughts of peace towards me,  
for thy patience and thy graciousness,  
for the vastness of thy mercy.  
Thou hast moved my conscience to know how  
the guilty can be pardoned,  
the unholy sanctified,  
the poor enriched.  
May I be always amongst those who not only  
hear but know thee,  
who walk with and rejoice in thee,  
who take thee at thy word and find

life there.  
Keep me always longing  
for a present salvation in Holy Spirit com-  
forts and rejoicings,  
for spiritual graces and blessings,  
for help to value my duties as well as  
my privileges.  
May I cherish simplicity and godly sincerity  
of character.  
Help me to be in reality before thee  
as in appearance I am before men,  
to be religious before I profess religion,  
to leave the world before I enter the church,  
to set my affections on things above,  
to shun forbidden follies and vanities,  
to be a dispenser as well as a partaker  
of grace,  
to be prepared to bear evil as well as to  
do good.  
O God, make me worthy of this calling,  
that the name of Jesus may be glorified in  
me and I in him.

VALLEY OF VISION, P.12

# SATURATE FIELD GUIDE

# DO

## WEEK 1, DAY 5

Take some time today, by yourself or with others in your faith community, to carry out the following exercises, as you wrap your life around this week's truth.

Objectively, if you always believed that Jesus was better, you'd have no problem living God's greater story, loving God's people, and prioritizing God's mission. But every day, sin, idols, excuses, and pursuits for "lesser" stories get in the way: we disbelieve the gospel and God's promises.

1. Consider the following idols, which either keep the gospel from being central to your life, or which keep you from living as if it is. Each has a couple example phrases that might help define it—but those are only examples; there are other thoughts/words that display the idol as well! After you prayerfully read through the list a few times, star some of the idols you wrestle with, serve, or worship most.

<p><b>APPROVAL</b></p> <p><i>I need to please God/others/myself</i></p>	<p><b>CONTROL</b></p> <p><i>I need to run this No one else can do this</i></p>	<p><b>INSECURITY</b></p> <p><i>I don't want people to know ____ I'm not good enough for ____</i></p>
<p><b>REPUTATION</b></p> <p><i>I need to be important/good in others' eyes</i></p>	<p><b>SUCCESS</b></p> <p><i>I need to win/be the best/accomplish ____</i></p>	<p><b>LOGIC</b></p> <p><i>This makes sense It's what culture says is 'right'</i></p>
<p><b>SECURITY</b></p> <p><i>I value my safety This makes me uncomfortable</i></p>	<p><b>PLEASURE</b></p> <p><i>This feels good/makes me happy I like ____</i></p>	<p><b>KNOWLEDGE</b></p> <p><i>I need to learn more/see every detail/ think well about ____</i></p>
<p><b>SUPERIORITY</b></p> <p><i>I have to show you I'm the best/know the most</i></p>	<p><b>RECOGNITION</b></p> <p><i>You need to know how good I am</i></p>	<p><b>ENTITLEMENT</b></p> <p><i>I deserve this I've earned this</i></p>
<p><b>BUSYNESS</b></p> <p><i>I need my schedule to be full/to be needed</i></p>	<p><b>CONSUMERISM</b></p> <p><i>I want ____ /take but don't give/want what works for me</i></p>	<p><b>ALOOFNESS</b></p> <p><i>I'll stay removed/won't commit/won't open up/won't submit</i></p>
<p><b>SELFISHNESS</b></p> <p><i>I do what I want, when I want I am #1</i></p>	<p><b>INDEPENDENCE</b></p> <p><i>I'll do it myself / I don't need you Don't tell me what to do</i></p>	<p>???</p>

## WEEK 1: JESUS

2. Once you complete the preceding exercise...

- In the first column below, write some of the idols you starred.
- In the second column, write some false truths that the idol causes you to believe.
- And in the final column, write ways that the idols and false truths keep you living a “lesser” story than Jesus’s, and keeps you from living out the gospel in everyday life.

IDOL I STARRED	GOD’S PROMISE(S) REJECTED	IMPACT ON MY LIFE
<i>I’m entitled</i>	<i>I think I deserve more than I have; I think I have to earn things</i>	<i>I’m disappointed in others when I don’t get things; I’m focused on myself; I don’t think of others</i>
		
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## SATURATE FIELD GUIDE

3. In considering how to live as disciples of Jesus in the everyday stuff of life, prayerfully carry out the following exercise, using the scenarios below.

- In the first column, list one of the scenarios that resonates with you.
- In the second column, think about what aspects of God's gospel story are displayed by each scenario—how does each display your belief that Jesus is better?
- In the third column, consider which of the idols from above might keep you from carrying out each behavior.
- In the last column, write ways that Jesus has proved himself to be better than those idols.

Over-tipping (think 30+%) even if the service is horrible

Becoming a "regular" at a local restaurant or watering hole

Turning off your phone, disconnecting, and "Sabbathing" for a day

Moving into your mission field, even if cost of living is higher than commuting

Throwing a party for the poor, who can't repay you, instead of your friends (Luke 14:12-14)

Accepting the invitation of a non-believing friend to go to a party or happy hour, knowing fully that biblical principles will likely not be in full effect

Having an "open-door policy" with your community and neighbors at many meals throughout the week

Buying and serving good wine or beer at a cookout, even if you don't drink

Enrolling your child in the neighborhood school, instead of the better private school across town

Lovingly calling out sin in the life of someone in your community

Speaking the gospel into a non-believing co-worker's life and need

Living in such a way that your neighbors can actually see a difference in you – to the point they think you're kind of weird

Write a final scenario here that is a common struggle for you, and address it

## WEEK 1: JESUS

SCENARIO	HOW THIS DISPLAYS THE GOSPEL
<i>Over-tipping with bad service</i>	<i>God is generous; God blesses me even though I don't earn anything</i>
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IDOLS THAT PROHIBIT THIS	HOW JESUS IS BETTER THAN THE IDOL
<i>Selfishness; entitlement; hope in money; need to earn things</i>	<i>He provides for me; gives me all I need; doesn't make me earn his blessing</i>

## WEEK 1: JESUS

# MEET

## WEEK 1, DAY 6

Start by having someone share their story. The goal in sharing stories is to listen for things to celebrate and thank God for, and to listen for themes or areas of life to ask questions about and speak truth in love, as you point each other toward Jesus. After they share, pray for the person who shared and ask who will share next week.

*Based on this week's reading, questions, prayers, and activities, honestly discuss questions like the following with your faith community. The tendency is going to want to stay general: get gritty and specific. Commit to putting your belief into action, by planning one or two specific ways to carry out each. Lovingly speak truth into areas of weakness, and figure out together how to encourage each other to infuse the gospel into this week's regular rhythms. And remember, some of this—maybe most of this—can't be limited to the one "official" meeting of your community each week, and this discussion is simply acknowledging who you are personally, as a redeemed follower of Jesus, as you do life together.*

- 1.** From this week's personal preparation, what stood out to you? What was new? What was exciting/hopeful?
- 2.** From this week's personal preparation, is there anything you're confused by/have questions about? What was difficult to read/ponder?
- 3.** Take some time to celebrate areas that God has helped members of your community remember, have faith in, and live out the past, present, and future elements of Jesus's better story.
- 4.** From the verses and prayer time this week, what are some truths, promises, and blessings God

## SATURATE FIELD GUIDE

revealed to you about Jesus, and his work in your life, that you'd forgotten or hadn't lived out? Thank God for his revelation.

5. What themes did you start to notice about your belief or disbelief in Jesus and what he's done, about sin/idols in your life that keep you from believing, about false hopes and false identities, etc.? How has God worked this week to help redeem some areas of disbelief, idolatry, etc.?
  
6. Was there anything that you came across this week that frustrated you, or that was difficult to accept or write, that you need to confess to or discuss with your community? If so, do that now or grab someone privately later in the week. Don't keep it hidden!
  
7. What are ways that you need each other, to help you battle the idols that keep you from living as if Jesus is better, and to remind you of his promises and better story?
  
8. Is there anything we've discussed tonight that anyone wants to commit to follow-up on or do together in the coming week or beyond? Why or why not?

# REST

WEEK 1, DAY 7

Knowing we're all busy, and that we all get behind, one day each week doesn't have specific assignments. It's simply a "floating day off" to encourage you to rest and dwell on this week's theme. This day to rest and recreate is designed to break up your week, and to remind you of God's truth and promises: He is sufficient for our every need, we rely on His power and leading to accomplish anything good, we don't have to work to earn his approval, and He is in control regardless of our action or inaction.