



3 DISCIPLES

who journey together
with Jesus

In order to grow as a disciple of Jesus and to go the distance, we must learn to **breathe!**

This spiritual breathing engages each of us when alone with God, but also when in communion with other disciples, because there is a special power "where two or three are gathered together in Jesus' name".

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more testimonies
and information



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ALL SCRIPTURE IS GOD-BREATHED AND IS USEFUL
FOR TEACHING, REBUKING, CORRECTING AND TRAINING
IN RIGHTEOUSNESS, SO THAT THE SERVANT OF GOD
MAY BE THOROUGHLY EQUIPPED FOR EVERY GOOD WORK.

2 TIMOTHY 3.16

BREATHE IN

God speaks to us through His Word and Spirit. We first place ourselves in dependence on Him in prayer, "Speak Lord, your servant is listening". Then we each read a chapter of the Bible a day (on average) by following a common reading plan.

In one year, we go through the whole New Testament or most of the Old Testament. Even if we do not understand everything, we make progress. We pick up what touches us, surprises us or questions us.

We let the Spirit of God 'inspire' us through the Word of God in three stages:

1. What did the story's characters or the original listeners understand or receive? What did they feel?
2. What did God want to emphasise by passing on this text to us today?
3. How will I use what I have learned in my life?

LET US CONSIDER HOW WE MAY
SPUR ONE ANOTHER ON
TOWARD LOVE AND GOOD DEEDS.

HEBREW 10:24

BREATHE OUT

Each disciple journeys with two other friends and all three meet on average once every two weeks to share their discoveries or questions. This mutual spiritual 'exhalation' encourages us, exhorts us and makes us grow mutually. In the confidentiality of the trio, we can share our joys and sorrows, our struggles and doubts, and carry each other in prayer.

We also encourage each other to 'breathe out' God's blessings to our friends who do not know Jesus. We pray for them when we are together, and we show them the love of Jesus, in word and deed and in our relationships with others in our daily lives.

▶▶ **LET'S GO!**

So, all you have to do is find two companions to join you, and... off you go!

And don't forget, **breathe!**

BOOKMARKS TO KEEP TRACK OF EVERYTHING

PRINT



CUT

FOLD

ENJOY



<p>3D OLD TESTAMENT</p>	<p>FOR WHERE TWO OR THREE GATHER IN MY NAME, THERE AM I WITH THEM. <small>MATTHEW 18:20</small></p> <p>Psalm 119 (v97-104) 1 Samuel 13-15-16-17-18-19-20 23-24-25-26-31</p>
<p>Psalm 119 (v1-8) Psalm 33 Genesis 1-2-3-4-5-6-7-8 (v1-17) 11 (v1-9; 27-32)-12-13</p>	<p>Ps 119 (v105-112) Ps 51 2 Sam 5-6-7 11-12 (v1-25) 1 Kings 2-3-5 (v1-14) 6 (v1-13) -8-9 (v1-9) - 11 (v1-13; 26-43)-12 (v1-20)</p>
<p>Psalm 119 (v9-16) Psalm 62 Genesis 14-15-16-17-18-19-20-21-22 23-24-25 (v.1-10)</p>	<p>Psalm 119 (v121-128) Psalm 37 Proverbs 1-2-3-4 Ecclesiastes 1-2-3 (v1-15) -7-11-12</p>
<p>Psalm 119 (v17-24) Psalm 138-139 Job 1-2-27-28-38-39-40-41-42</p>	<p>Psalm 119 (v113-120) Psalm 84 1 Kings 16 (v29-34) -17-18-19 2 Kings 2-5-17 Jonah 1-2-3-4</p>
<p>Psalm 119 (v25-32) Psalm 40 to 42 Genesis 25 (v.19-24) -27-28-29-30-31 32-33-35</p>	<p>Psalm 119 (v129-136) Psalm 8 Micah 1-2-3-4-5-6-7 2 Kings 25 (v1-22) 2 Chronicles 34</p>
<p>Psalm 119 (v33-40) Psalm 103 to 121 Genesis 37-39-40-41-42-43-44 45-46 (v1-7)</p>	<p>Psalm 119 (v137-144) Isaiah 6-7-8-9 (v1-6) 50-51-52-53-54-55-56</p>
<p>Psalm 119 (v41-48) Exodus 1-2-3-4-5-6-7-8-9-10-11</p>	<p>Psalm 119 (v145-152) Psalm 13 Jeremiah 1-2-3 (v1-5) - 18-19-20 23 (v1-7) - 26 (v1-19) - 29 (v1-23) - 31-32-33</p>
<p>Psalm 119 (v49-56) Exodus 12-13-14-15-16-17-18-19 20 (v1-21) -23-24-25 (v1-9)</p>	<p>Psalm 119 (v153-160) Jeremiah 36-37-38-39-40-41-42 43-44-45-52</p>
<p>Psalm 119 (v57-64) Leviticus 19 to 26 Exodus 31-32-33-34-40 Numbers 10 (v11-36) -11-12-13-14</p>	<p>Psalm 119 (v161-168) Psalm 137 Esther 1-2 (v15-23) - 3-4-5-6-7-8 Daniel 1-2-3-4</p>
<p>Ps 119 (v65-72) Ps 90-91 Prov. 17 Dt 1-2-3-34 Num. 20 (v1-13) -21 (v4-9) 22-23 (v1-12) - 23-24 - 25 (v1-9)</p>	<p>Psalm 119 (v169-176) Ps 32 to 130 Daniel 5-6-9 (v1-19) Ezekiel 1-2-3-4-5-6-37</p>
<p>Psalm 119 (v73-80) Psalm 136 Joshua 1-2-3-4-5-6-7-8-23-24</p>	<p>Psalm 1-122-126-127-128 Ezra 1-3-4-5-6-7 Haggai 1-2</p>
<p>Psalm 119 (v81-88) Psalm 3 Judges 2-3-4-5-6-7-13-14-15-16</p>	<p>Psalm 23-46 Nehemiah 1-2-3-4-5-6 Malachi 1-2-3</p>
<p>Psalm 119 (v89-96) Prov. 31 Ruth 1-2-3-4 1 Samuel 1-2-3-8-9-10</p>	<p>Psalm 47-16-18 Proverbs 16-17-18 Nehemiah 7 (v1-7) -8-9-13 Isaiah 36-37-36-38-39</p>



WHEN YOU MEET WITH YOUR FRIENDS...



IN YOUR READING OVER THE PAST TWO WEEKS:

- ▶ What stood out for you?
- ▶ Is there anything you didn't understand?
- ▶ In what ways has God spoken to you?
- ▶ How does this text impact your life and what is response?
- ▶ What moves you to admire and praise God?



EXCHANGE PERSONAL NEWS AND ENCOURAGE EACH OTHER.

- ▶ What are you grateful for?
- ▶ Do you have to ask forgiveness for anything?
- ▶ What do you need support for?
- ▶ Is there anything that you want to put in God's hands?
- ▶ Who has God put on your heart? How can you pray or act for him/her?

HAVE A BLESSED TIME TOGETHER!