

## Outline for Note Taking:

- Purpose – know Jesus and make disciples
- Priorities – wheel as model for vibrant Christian life
- Perseverance - Family

## Testimony

- Before Christ
- Conversion
  - Matt 24:36-51      Matthew 5 – 7
  - Romans 3:23      Romans 6:23      1 Peter 3:18
- Changed Life
- Purpose
  - Goal in life
  - Phil 3:10      Math 9:37-38      Math 28:18-20
- Running Man Wheel Illustration
  - Priorities in Life – Wheel      Mark 4:19
    - Obedience
    - Christ center
    - Word
      - Hand Illustration
    - Prayer
    - Fellowship
    - Witness

- Application
  - Develop Life Goal
  - Evaluate each year/quarter/month
  - See to do / not do sheet for example and talk through it
  - Evaluate and repeat – always content, never satisfied
- Perseverance
  - Dividends
  - Marriage
    - Alignment
    - Communication
      - Work talk vs heart talk
    - Conflict Resolution
    - Servant leader
    - Color coded shared calendar is a must.
  - Kids
    - Disciple kids first
    - Train up not discipline up    Prov 22:6
      - Men responsible to train and teach    Eph 6:4
        - Logistics
      - Speech and Instructions
        - 10 to 1 ratio of Yes to No
      - Clear and consistent expectations

- More is caught than taught
- Teach wife to teach
  - Read Bible and pray with kids
  - One on one time with kids
  - Do life together with kids
- Fear / victory
  - Hope Isa 41:10
  - The war at hand Eph 6:10-20

Summary of what to know:

1. Purpose in life
2. Priorities in decisions and time driven by our purpose and shaped by Vibrant life modeled by wheel
3. Disciple and make time for your family first

Summary of what to do:

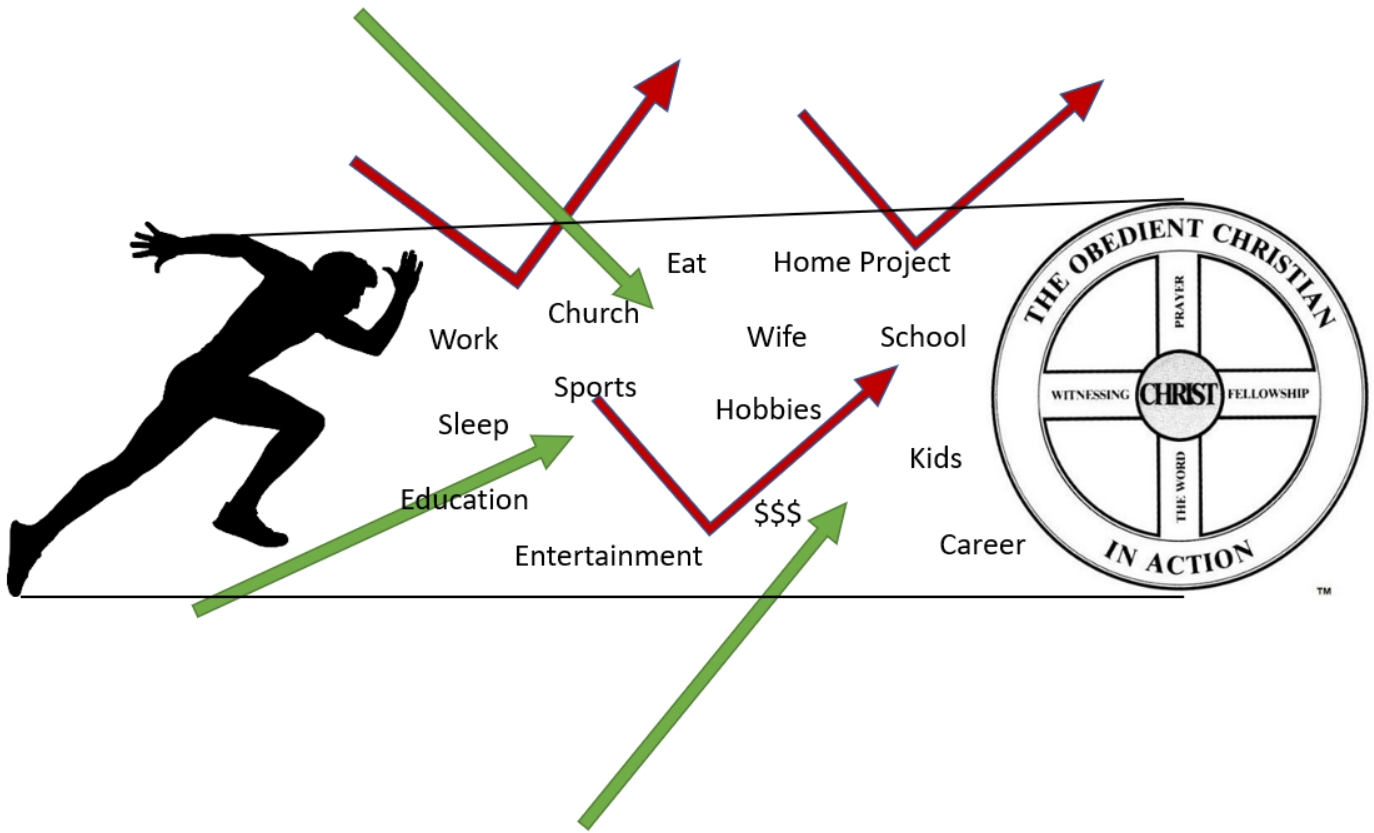
1. Develop Life Goal
2. Complete Time/Activity Inventory
3. One step of obedience at a time

Appendix A – Goal Development Worksheet

What is my life goal?	
What do I want my life to look like in 1 year?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
What do I want my life to look like in 5 years?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
What do I want my life to look like in 10 years?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
What steps do I need to take to accomplish my goal this year?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>

30 Day Challenge - Stop Do / To Do – Commit to one change for 30 days	
What is one area where I am spending time that I need to stop?	
What do I want to do instead?	

Appendix B – Running the Race Wheel Illustration





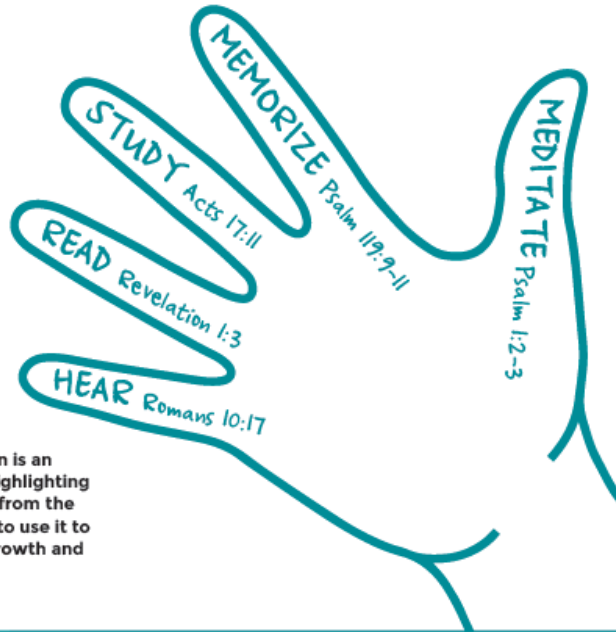
Appendix D – The Wheel Illustration [navigators-the-wheel.pdf](http://navigators-the-wheel.pdf)



Christ Center	Galatians 2:20	2 Corinthians 5:15, 17	Phil 2:9-11
Obedience in Action	John 14:21	Romans 12:1	
Word	2 Timothy 3:16-17	See Hand Illustration	
Prayer	Philippians 4:6-7	1 Thessalonians 5:16-18.	John 15:7
Fellowship	Hebrews 10:24-25	Matthew 18:20	
Witness	Matthew 4:19	Romans 1:16	Matthew 28:18-20



## Navigators Discipleship Tool



The Word Hand illustration is an easy-to-remember tool highlighting five methods of learning from the Bible. We encourage you to use it to spur your own spiritual growth and to inspire others.

## THE WORD HAND

**HEARING** pastors and teachers teach from the Word provides fresh insight into the Scriptures. The weakest finger (the pinkie) represents hearing, because we retain only five percent of what we hear. *Romans 10:17*

**READING** gives us an overview of the Bible and is the foundation of a daily quiet time. This is represented by the ring finger. We generally retain 15 percent of what we read. *Revelation 1:3*

**STUDYING** the Scriptures deepens our convictions. It requires greater time and effort but results in increased knowledge of the Bible. Most people retain 35 percent of what they study. This is represented by the middle finger. *Acts 17:11*

**MEMORIZING** God's Word enables us to use Scripture, "the Sword of the Spirit" (Ephesians 6:17), to overcome temptations and to have verses readily available for ministering to others. The index finger, our strongest finger, represents memorization. We remember 100 percent of what we memorize if we consistently review it. *Psalm 119:9-11*

**MEDITATION** is the process that accompanies each of the other four methods of Scripture intake. This is why meditation is assigned to the thumb. Only the thumb can touch all the other four fingers. By meditating on God's Word as we hear, read, study, and memorize, we discover its transforming power at work in us. *Psalm 1:2-3*



THIS TOOL IS MEANT TO BE SHARED. To download a copy visit [navlink.org/word-hand](https://navlink.org/word-hand)

Additional Links and Resources:

<https://kansasnavs.org/resources/>

<http://www.discipleshiplibrary.com/>