

7-Day Discipleship Kickstart

A Rapid-Entry Guide to the Discipleship Journey

Good Soil Discipleship

"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17

Start this week. See how your life changes.

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Welcome to the Discipleship Journey

Discipleship is not complicated. It's not reserved for pastors or theologians or 'spiritual' people. It's for ordinary believers who want to follow Jesus seriously and invite others to do the same.

This 7-day kickstart is designed to introduce you to the four core disciplines of a disciple: **spiritual growth, intentional relationships, physical stewardship, and legacy building.**

Over the next week, you'll experience micro-practices in each area. Nothing extreme. Nothing unsustainable. Just seven days that will show you what a discipleship rhythm looks like—and how quickly transformation can begin.

What to Expect This Week

Each day has five components:

A Reading or Reflection (5 minutes): Scripture or insight to guide your day

Four Micro-Habits (15-20 minutes total): Small practices in Faith, Family, Health, and Legacy

An Evening Reflection (5 minutes): Questions to deepen what you've learned

A Journal Space: Room to write what God is teaching you

Tomorrow's Focus: One intention for the next day

How to Succeed This Week

- ✓ Start small. The point is consistency, not perfection.
- ✓ Do the practices in the morning and evening—this creates rhythm.
- ✓ Tell someone what you're doing. Accountability multiplies commitment.
- ✓ Write. Don't skip the reflection. Your hand and heart work together.
- ✓ Don't be legalistic. If you miss a day, start again tomorrow. Grace is real.

DAY 1: Return to the Word

Morning Reading (5 min)

Mark 4:1-20 — The Parable of the Sower

Jesus tells a story about a farmer scattering seed. Some falls on hard ground, some on rocky soil, some among thorns, and some on good soil. The point: what kind of soil is your life becoming?

If you're distracted by busyness, anxiety, or competing desires, you're rocky soil. If you're settled, attentive, and responsive to God's Word, you're good soil.

This week is about intentionally becoming good soil—the kind of person God's Word takes root in and bears fruit through.

Four Micro-Habits Today

FAITH (5 min): Read Mark 4:1-20 slowly. Write one sentence: 'What kind of soil am I right now?'

FAMILY (5 min): Text or call someone you love. Say: 'I'm thinking about you and grateful for you.' (That's it. One sentence.)

HEALTH (5 min): Take a 5-minute walk. No phone. Just you and fresh air.

LEGACY (3 min): Write down one way you want to be remembered by your family. Keep it visible.

Evening Reflection (Journal Below)

- What stood out from Mark 4 today?
- How did you experience each habit?
- What will you change tomorrow?

Tomorrow's Focus: _____

DAY 2: Pray Honestly

Morning Reading (5 min)

The Psalms are full of people praying honestly. They complain, they doubt, they rage, they ask hard questions—and God listens. He wants your real prayers, not polished ones.

David prayed, 'My God, my God, why have you abandoned me?' Jesus prayed the same thing on the cross. God is not shocked by honest emotion. He's waiting for it.

Four Micro-Habits Today

FAITH (5 min): Pray honestly. Name what is heavy (stress, loss, doubt), hidden (shame, fear, envy), and hopeful (dreams, joy, faith). Just say it out loud.

FAMILY (5 min): Ask one family member or close friend: 'How can I pray for you?' Write it down.

HEALTH (5 min): Do 10 push-ups, 10 squats, or a 5-minute stretch. Move your body.

LEGACY (3 min): Write a short thank you note (doesn't have to be sent) to someone who shaped who you are.

Evening Reflection

- Did honest prayer feel different than you expected?
- Who are you praying for?
- What shifted today?

Tomorrow's Focus: _____

DAY 3: Invite One Person

Morning Reading (5 min)

Discipleship is multiplication. One person inviting another. That's how the Gospel spreads. Not programs. Not events. One person saying to another: 'Come with me.'

Four Micro-Habits Today

FAITH (5 min): Ask one person: 'Would you want to pray together sometime?' Invite them into spiritual friendship.

FAMILY (5 min): Spend time with someone you might normally rush past. Really listen.

HEALTH (5 min): Invite someone to walk with you. Connection + movement.

LEGACY (5 min): Tell someone how their life has impacted yours.

Evening Reflection

- What did you notice today?
- How are you changing?
- What's one takeaway?

Tomorrow's Focus: _____

DAY 4: Practice Presence

Morning Reading (5 min)

Presence is rarer than money. Give someone—your kids, spouse, friend, coworker—your full attention. No phone. No distraction. Just you. This is love.

Four Micro-Habits Today

FAITH (5 min): Read without distractions. Phone off. Just you and Scripture.

FAMILY (5 min): Eat one meal with full attention to the people present. No TV.

HEALTH (5 min): Do one activity with presence: yoga, weightlifting, gardening. Feel it.

LEGACY (5 min): Write down what you want to give to the next generation.

Evening Reflection

- What did you notice today?
- How are you changing?
- What's one takeaway?

Tomorrow's Focus: _____

DAY 5: Move with Purpose

Morning Reading (5 min)

Your body is not separate from your spiritual life. How you care for your physical health reflects your theology. Moving, eating well, and resting honors God.

Four Micro-Habits Today

FAITH (5 min): Move while praying. Walk, stretch, dance. Combine body and spirit.

FAMILY (5 min): Suggest physical activity with someone you love.

HEALTH (5 min): Commit to a daily movement habit beyond this week.

LEGACY (5 min): Model health to someone younger.

Evening Reflection

- What did you notice today?
- How are you changing?
- What's one takeaway?

Tomorrow's Focus: _____

DAY 6: Make it Right

Morning Reading (5 min)

The Step 10 principle: 'Admit the exact nature of your wrongs.' Broken relationships block discipleship. This week, repair one. Confess, forgive, or make amends.

Four Micro-Habits Today

FAITH (5 min): Confess something to God or a trusted friend.

FAMILY (5 min): Apologize to someone you've wronged. Mean it.

HEALTH (5 min): Address a physical health issue you've been avoiding.

LEGACY (5 min): Repair a relationship that matters.

Evening Reflection

- What did you notice today?
- How are you changing?
- What's one takeaway?

Tomorrow's Focus: _____

DAY 7: Disciple Forward

Morning Reading (5 min)

You've been on a journey this week. Now pass it on. Share what God taught you with someone. That's discipleship. You become a disciple-maker.

Four Micro-Habits Today

FAITH (5 min): Share your biggest takeaway from this week with someone.

FAMILY (5 min): Tell your family what you're learning.

HEALTH (5 min): Invite someone to join you in a health habit.

LEGACY (5 min): Plan to continue one practice from this week indefinitely.

Evening Reflection

- What did you notice today?
- How are you changing?
- What's one takeaway?

Tomorrow's Focus: _____

What's Next? Week 2 and Beyond

You've spent seven days with these four disciplines. Your next step isn't complicated—it's repetition.

Pick one practice from this week and do it for 30 days. Maybe it's daily prayer. Maybe it's weekly walks. Maybe it's a discipleship conversation. One practice. 30 days. Watch what happens.

Research shows 21 days to form a habit, 90 days to see real life change. You've got the pattern. Now deepen it.

Resources for Your Next Steps

- **SOAP Scripture Journal:** Go deeper into daily Bible study
- **Daily Habits Tracker:** Track your progress over 30 days
- **Discipleship Conversation Guide:** Learn how to disciple others
- **Good Soil Planner:** A comprehensive tool for intentional living

Grace and peace,

*Junior Saint-Val
Good Soil Discipleship*