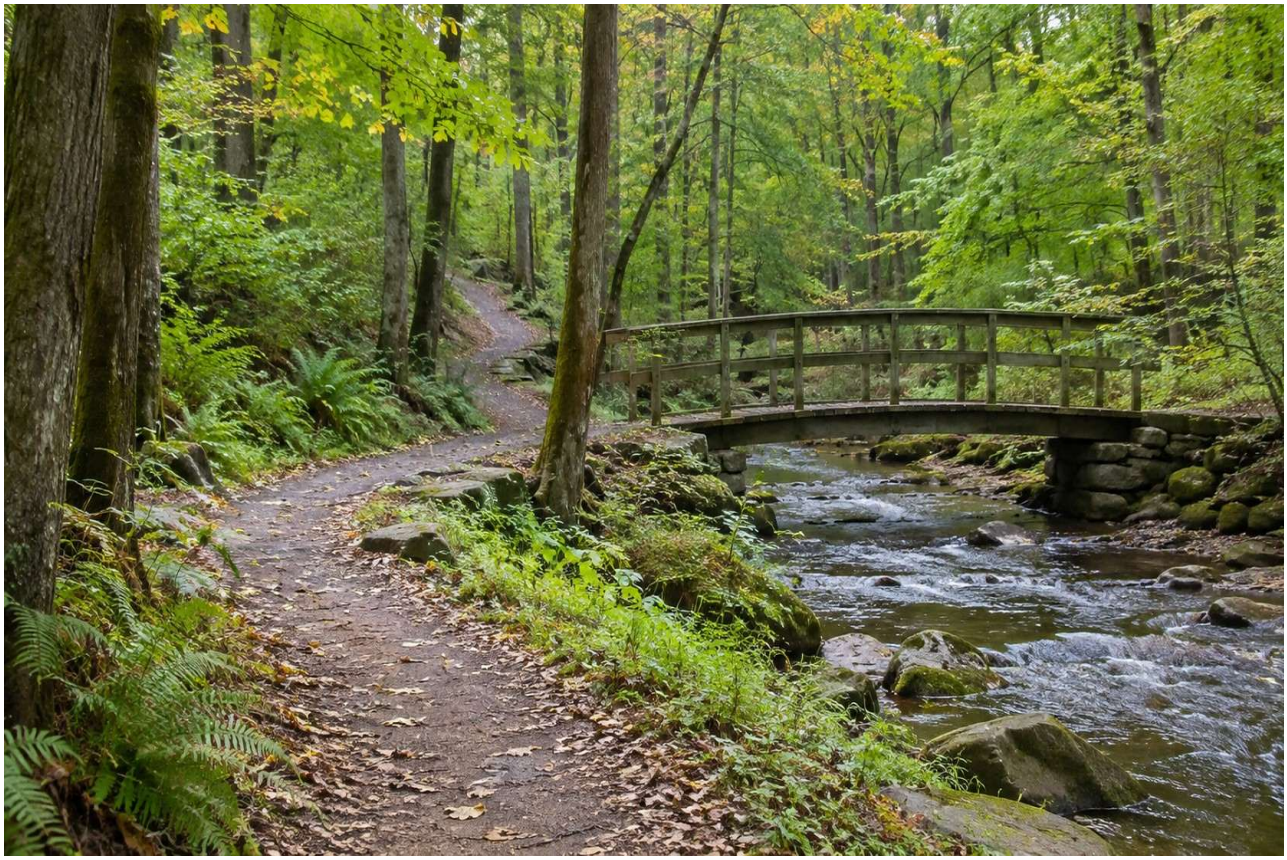
Movement 4

Following Jesus: Learning His Way of Life

A movement of apprenticeship, presence, and everyday obedience.



Following Jesus is learning His way of life, not just believing His ideas.

Movement Overview

Purpose:

To introduce you to the actual way of Jesus - His posture, His pace, His practices, and His everyday obedience.

Core Message:

Following Jesus is learning His way of life, not just believing His ideas.

Scripture Anchor:
Matthew 11:28-30; Luke 6:46-49

One-Sentence Summary:
Discipleship is apprenticing your real life to the way of Jesus.

What This Movement Forms:
Direction, imitation, daily faithfulness, grounded obedience, relational discipleship.

Before You Begin

You belong to Jesus.
You belong to His people.
And now you are invited into His way of life.

Following Jesus is not about mastering spiritual techniques.
It's not about performing for God.
It's not about trying harder.

It's about walking with Him - steadily, honestly, daily.

Jesus is gentle, but He is also Lord.
He doesn't crush you, but He does call you.
He doesn't demand perfection, but He does invite direction.

This movement helps you take real steps with Him, not out of pressure, but out of love.

LEARNING THE WAY OF JESUS

Welcome

Take a moment to breathe.

Following Jesus is personal, but He never called you to follow Him alone.
And He never asked you to follow Him in your own strength.

Discipleship is not a sprint.
It's not a test.
It's not a performance.

It's a relationship, one step at a time, one day at a time, with a Savior who is gentle and humble in heart.

Let that truth rest in your heart.

A Simple Prayer to Begin

Pray this slowly:

“Jesus, teach me Your way of life.
Help me walk with You today -
not perfectly, but faithfully.”

Scripture - Jesus’ Invitation to Walk With Him

Matthew 11:28-30 - My Yoke Is Easy

Read slowly:

Jesus invites the weary and burdened

His yoke fits you; it won’t crush you

He teaches gently, not harshly

Rest is found in walking with Him

To fan the flame of your faith:
Following Jesus is not striving, it’s staying close.

Luke 6:46-49 - Hearing and Doing

Read slowly:

Jesus calls us to hear His words

And to put them into practice

Obedience builds a life that can withstand storms

Discipleship is lived, not imagined

To fan the flame of your faith:
Small steps of obedience shape a strong life.

A Simple Truth to Hold

Following Jesus is not about perfection.
It’s about direction.

Jesus is not asking you to run.
He’s asking you to walk with Him.

Shared Humanity Moment

Everyone struggles with following Jesus consistently:

feeling unworthy

feeling too busy

feeling spiritually inconsistent

fear of failing

not knowing where to start

old habits pulling you back

These experiences are completely normal, but they don't define your discipleship.

Jesus doesn't ask you to be perfect.
He asks you to walk with Him.

THE FOUNDATIONS OF A FAITHFUL WALK WITH JESUS

The life Jesus lived - and the life He invites you to live with Him.

Grace: the very source of life with Jesus, sustaining every step of your walk with Him

Jesus lived from the Father's love, not toward it. Grace is not only the starting point, it is the ongoing source of your life with God. Every day, every moment, every step is sustained by His grace. Grace steadies you in uncertainty. It lifts you when you fall. It guides your steps when you feel unsure. Grace is what turns your heart to God in any circumstance. It frees you from striving, shame, and self-effort. It is the steady truth that you are already His - fully, securely, and without condition. Grace is not permission to drift; it is the power that draws you close. Grace is the atmosphere of discipleship, the place where your life with Jesus begins and continues.

Truth: letting Jesus' words shape your choices, desires, and direction

Jesus lived by the Father's word. Truth is not a list of rules; it is the voice of the One who loves you. It steadies you when emotions shift, when culture confuses, and when your own heart feels uncertain. Truth is the foundation that keeps your life aligned with Jesus - not perfectly, but faithfully.

Rest: living a life grounded in the peace of being His, rooted and abiding in Him, free from the quiet pull of busyness

Jesus lived from a deep, unhurried rest, not because His life was simple, but because His heart was anchored in the Father. Rest is not inactivity; it is inner groundedness. It is the settled peace of knowing you are held, loved, and secure. It is abiding in Him, letting His presence steady your pace and quiet the noise within you.

Busyness is one of the great enemies of formation in our time. Not only because it exhausts us, but because it distracts us. It slowly pulls us away from what matters most, often without us noticing. Rest is the foundation that keeps your soul from being carried by that current. It is the way Jesus lived, and the way He invites you to live with Him.

Obedience: aligning your life with the One who knows you best and has your best interests at heart, even when you may disagree in the moment

Jesus obeyed the Father because He loved the Father. Obedience is not about earning God's approval; it is about trusting the One who sees the whole picture. It is aligning your life with the One who knows you better than you know yourself, and who always leads you toward life, even when His way feels counterintuitive. Obedience is the small, daily "yes" that forms Christ in you. It is the foundation that turns belief into transformation. Not through pressure, but through love.

Reflection (Choose One)

Let the Spirit bring one of these to the surface:

What part of following Jesus feels unclear or intimidating

Where do you sense Jesus inviting you to take a small step

Which foundation - grace, truth, rest, or obedience - do you want to grow in

Let your honesty be your prayer.

Simple Practice: The Daily Check-In

A two-minute rhythm to help you walk with Jesus in real time.

Pause. Breathe. Become present.
Acknowledge. "Jesus, here's where I am today."
Listen. "What are You inviting me into?"
Respond. Take one small step of obedience.

This practice helps you follow Jesus in your actual life, not just in theory.

A Phrase to Carry This Week

Choose one to repeat when you feel overwhelmed or unsure:

Jesus, teach me Your way.

One small step at a time.

I walk with You, not alone.

Let it become a quiet anchor for your heart.

Closing Prayer

Jesus, thank You for inviting me into Your way of life.
Teach me to walk with You - gently, steadily, faithfully.
Shape my foundations, guide my steps,
and form Your life within me.
Amen.

When You're Ready

Move to Movement 5: Hearing God - My Sheep Hear My Voice.
Following Jesus becomes real when you learn to recognize His voice.