



Sea to Sky Discipleship Journey Journal

**A One-on-One Guide to Growing in Christ
Sea to Sky Church**

“Elevating people from the sea of uncertainty to the sky of clarity and relationship with Christ.”

Welcome to Your Discipleship Journey

Dear Disciple,

Welcome! This journal edition of our booklet serves as your interactive roadmap for a transformative one-on-one journey with a mentor (your "Sky Guide") toward deeper intimacy with Jesus. Rooted in the Great Commission (Matthew 28:19–20), we're committed to making disciples who go, baptize, and teach obedience to all Jesus commanded.

As we walk together (8 sessions, 45–60 minutes each), expect:

- Bible-centered exploration of core truths.
- Spirit-led prayer for breakthrough.
- Practical action steps to multiply your faith.
- Grace-filled accountability in community.

Our goal? Elevate you from searching (the "Sea") to soaring (the "Sky") in Christ's love. Commit to weekly meetings, daily Scripture, and sharing your story. Use the reflection spaces to journal thoughts, prayers, and insights. Let's pray: Father, empower us by Your Spirit to obey Jesus fully. Amen.

Your Sky Guide: _____

Start Date: _____

Contact: info@seatoskychurch.ca

Journal Reflection: What drew you to start this journey? Note any "sea-level" uncertainties you're facing.

How to Use This Journal

- **Preparation:** Read the session's Scripture and questions beforehand. Journal initial reflections in the spaces provided.
- **Session Flow:**
 1. Check-In (10 min): Share wins, struggles, action steps from last week. Pray.
 2. Dive In (20–30 min): Study Scripture together. Discuss and note insights.
 3. Apply & Pray (10–15 min): Choose action steps. Close in prayer and journal commitments.
- **Between Sessions:** Memorize a verse, complete actions, invite one person to explore faith. Use daily journal prompts.

- **Completion:** Celebrate with baptism or small group integration if ready. Multiply by discipling another! Reflect on your overall growth.

Memory Verse for All Sessions: "Therefore go and make disciples of all nations, baptizing them... and teaching them to obey everything I have commanded you." (Matthew 28:19–20, NIV)

Journal Reflection: How does the Great Commission inspire your commitment? Write your memory verse personalization.

Session 1: Encountering Jesus – From Sea to Sky

Theme: Discovering the Gospel's hope in your uncertainty.

Scripture: John 4:1–42 (Woman at the Well)

Key Truth: Jesus meets us in our thirst, offering living water that satisfies forever.

Discussion Questions:

1. What "thirst" (loneliness, doubt, busyness) draws you to Jesus right now?
2. How does Jesus' pursuit of the Samaritan woman show His grace for outsiders like us?
3. What surprises you about her transformation from shame to bold witness?

Action Steps:

- Journal one area of "sea-level" searching in your life. Pray for Jesus' clarity.
- Share your story snippet with one friend this week (e.g., "Jesus met me in my mess").
- Memorize: John 4:14 – "Whoever drinks the water I give them will never thirst."

Prayer Focus: Thank God for pursuing you; ask for eyes to see His invitation.

Journal Reflection: Summarize your discussion insights. What "thirst" are you bringing to Jesus? Track your action step progress.

(Daily Prompt: Day 1-7 – Note one way Jesus pursued you today.)

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Session 2: The Gospel at the Core

Theme: Anchoring in Christ's death and resurrection.

Scripture: 1 Corinthians 15:1–8; Romans 3:23–26

Key Truth: We're saved by grace through faith—not works—because Jesus paid it all.

Discussion Questions:

1. What does "all have sinned" mean for your daily life? How does it free you?
2. Why is the empty tomb the ultimate proof of God's love?
3. How has the Gospel reshaped a past failure into freedom?

Action Steps:

- Write a one-sentence Gospel summary: "God [loves], I [sinned], Jesus [died/rose], so I [respond by faith]." Share it online or with a family member.
- Read Romans 5:1–8 daily; note one promise.
- Memorize: Romans 5:8 – "God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Prayer Focus: Confess sins; receive forgiveness afresh.

Journal Reflection: Write your Gospel summary here. Reflect on a reshaped failure. Track daily Romans readings.

Gospel Summary: _____

(Daily Prompt: Day 1-7 – One community interaction and its impact.)

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Session 7: Multiplication – Passing the Torch

Theme: Obeying the call to make disciples.

Scripture: 2 Timothy 2:1–7; Matthew 5:13–16

Key Truth: Disciples make disciples—be strong in grace and share the load.

Discussion Questions:

1. Who could you invest in like Paul did Timothy?
2. How does "entrust to reliable people" prevent burnout?
3. What's your next step in shining as salt and light?

Action Steps:

- Identify one person to disciple; pray and plan a first meeting.
- Review this journal—pick a session to lead soon.
- Memorize: 2 Timothy 2:2 – "Entrust to reliable people who will also be qualified to teach others."

Prayer Focus: Vision for multiplication in Calgary's deep south.

Journal Reflection: Name your potential disciple. Plan your meeting. Reflect on preventing burnout.

(Daily Prompt: Day 1-7 – Prayer for multiplication and one "salt and light" act.)

- Day 1: _____
- Day 2: _____
- Day 3: _____
- Day 4: _____
- Day 5: _____
- Day 6: _____
- Day 7: _____

Session 8: Celebration & Sending

Theme: Soaring into your Sky calling.

Scripture: Philippians 3:12–14; Hebrews 12:1–3

Key Truth: Press on toward the prize, eyes on Jesus.

Discussion Questions:

1. How has God elevated you from "sea" to "sky" these weeks?
2. What's one obedience step post-journey (baptism, serve, lead)?
3. Share your testimony—how will you keep growing?

Action Steps:

- Craft your full testimony (3–5 min). Practice sharing.
- Join a Sea to Sky small group or ministry.
- Memorize: Philippians 3:14 – "I press on toward the goal to win the prize..."

Prayer Focus: Endurance and joy in the race.

Celebration: Share a meal, pray blessings, exchange journals as mementos.

Journal Reflection: Write your full testimony. List post-journey steps. Celebrate growth.

Testimony: _____

Steps: 1. _____ 2. _____ 3. _____

Appendix: Tools for the Journey

Daily Prayer Guide:

- Adoration: Praise God for who He is.
- Confession: Name sins; receive grace.
- Thanksgiving: List three gifts.
- Supplication: Intercede for others.
- Listening: Silence for the Spirit.

Journal Reflection: Track a week of daily prayer.

Adoration: _____

Confession: _____

Thanksgiving: _____

Supplication: _____

Listening: _____

Key Resources:

- Bible App (YouVersion) for plans like "Discipleship Essentials."
- Books: Multiply by Francis Chan (free PDF online).
- Sea to Sky Website: Small groups, events at YMCA Seton.

Accountability Covenant:

We commit to: Honesty, prayer support, and joyful obedience.

Signed: _____ (Disciple) | _____ (Guide) | Date: _____

Final Charge: "You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last." (John 15:16)

Go, make disciples—your Sky awaits!

Overall Journal Reflection: How has this journey elevated you? What will you multiply?

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