



SPRING 2024
APRIL 1ST - MAY 5TH

NAME: _____



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Welcome to **Forged & Refined!** I'm thankful you have chosen to work through this 5-week plan with us.

Jesus told us in **Matthew 22:36-40** that the greatest commandment is to "Love the Lord your God with all your heart and with all your soul and with all your mind." The second is to "love your neighbor as yourself." Our mission statement at MGBC - "**Worship God, Serve Others**" - reflects these commands as we love God through our worship of Him and we love others by serving them. Both of these commands are relational in nature.

The heart behind Forged & Refined is to grow these relationships: our vertical relationship with God and our horizontal relationships with others. While we can and should **worship God** in everything we do, we specifically focus on the areas of Bible Study, Prayer, and Self-Discipline as acts of worship. In an effort to **serve others**, we will complete various service activities as well as learn how to better connect in our closest relationships. All of this is designed around accountability groups where other believers with the same goals can mutually encourage one another.

This plan can be adapted to the needs of your group so feel free to modify as needed. The "points" and "incentives" are there just as fun motivators to help us push toward goals we already want to meet. If you are looking for more of a challenge in any area, I encourage you to complete the "above and beyond" challenges in each growth area!

NOTE: Look toward the back of this booklet for more info on points and "above and beyond" challenges.

If you have any questions or if your group has any prayer requests, don't hesitate to reach out throughout this round. Praying for each of you as we get started!

Pastor Ryan

GETTING STARTED

Check this out before we start...

BIBLE STUDY

During this round, we are encouraging everybody to follow the "**Proclamation of the King: Part 2**" reading plan. Hard copies are available at MGBC or you can follow along on the Forged & Refined website.

SERVICE

Each week we will be challenged with practical ideas to serve those around us. Feel free to use each week's suggested idea or pick another from our "service" list.

We will also learn about our own personalities and how they work in relationship with others.

PRAYER

Each week we will pray for the following:

Prayer Partner: A family member or close friend. Contact this person regularly to share prayer requests. If you are married, choose your spouse if he/she is willing.

Potential Disciple: Somebody you hope will deepen his/her walk with Jesus. Possibly a new believer, younger believer, or nonbeliever.

Prayer List: In keeping with our theme of relationships, each week we will add a new person to our prayer list.

Before we start, write the names of your prayer partner and potential disciple on page 18 of this booklet. We will go back to that page each week to add to our prayer list.

SELF-DISCIPLINE

Choose a new habit you would like to develop over the next 5 weeks. These should go beyond our other challenges - Bible Study, Service, Prayer - and could include dieting, fasting, schedule changes, etc. If you choose to give something up, decide how to replace it with something better.

Examples: Give up sweets and replace with fruit. Give up social media and replace with family time. Give up watching TV and replace with reading Scripture. Wake up earlier than usual to work out.

Before we start, write out your goal on page 17 of this booklet.

ACCOUNTABILITY

We will meet with our groups at least once per week on the phone, video chat, or face-to-face. We should also check in throughout the week via text, quick call, etc. During your meetings, take time to discuss the **reflection questions** on the **MGBC Discipleship** page. Also, be sure to discuss Forged & Refined growth areas, catch up on life in general, and pray for each other.

WEEK 1 • APRIL 1 - APRIL 7

Use this week to get acclimated to Forged & Refined.
Daily challenges will start next week.

BIBLE STUDY

Start with Week 1 of the "**Proclamation of the King: Part 2**" reading plan. At minimum, complete Day 1 "Reflect" and write out your responses to this week's Sermon Reflection Questions. If your group starts early enough, try to complete all 5 days.

10 possible points for completing

COMPLETE

TOTAL POINTS: _____

PRAYER

Choose your prayer partner & potential disciple and pray for them at least once (or more). Next week we will pray 5 days.

10 possible points for completing

COMPLETE

TOTAL POINTS: _____

SELF-DISCIPLINE

Select your self-discipline goal and share it with your group. You should try to start your goal now, but next week we will start deducting points for "cheat days."

10 possible points for completing

COMPLETE

TOTAL POINTS: _____

SERVICE

Complete one "GROW" and one "CONNECT" challenge.

10 possible points = 5 GROW + 5 CONNECT

GROW: Take the "Family Personality Quiz" on the website and note your results.

CONNECT: Choose somebody to encourage this week with a call, text, note, meal, etc. Let this person know you are intentionally praying for them. (Examples: friend, parent, sibling, spouse, child, other family member, ministry leader, etc.)

GROW

CONNECT

TOTAL POINTS: _____

ACCOUNTABILITY

Meet with your group this week (phone, face-to-face, etc.).

10 points for meeting with your group

When you meet with your group, share who you chose for prayer partner & potential disciple. Discuss the Sunday Service reflection questions from the MGBC Discipleship site, catch up on life, and pray for each other.

MEETING

TOTAL POINTS: _____

TOTAL POINTS FOR WEEK 1:

WEEK 2 • APRIL 8 - APRIL 14

BIBLE STUDY

Complete 1 daily devotional on 5 separate days.

10 possible points = 2 points per day

DAYS

TOTAL POINTS: _____

PRAYER

Pray over your prayer list on 5 separate days.

10 possible points = 2 points per day

PRAY FOR: Prayer Partner/Spouse, Potential Disciple,
+ Prayer List: add a close friend

DAYS

TOTAL POINTS: _____

SELF-DISCIPLINE

Complete this week without cheating your self-discipline goal.

10 points for 0 "cheat days"

8 points for 1 "cheat day"

5 points for 2 "cheat days"

0 points for 3+ "cheat days"

DAYS

TOTAL POINTS: _____

SERVICE

Complete one "GROW" and one "CONNECT" challenge.

10 possible points = 5 GROW + 5 CONNECT

GROW: Watch the video corresponding to your personality type from the "Family Personality Quiz"

CONNECT: Choose somebody new (different from last week) to encourage this week with a call, text, note, meal, etc. Let this person know you are intentionally praying for them. (Examples: friend, parent, sibling, spouse, child, family member, ministry leader, etc.)

Alternative: Pick something from the service challenge option list.

GROW

CONNECT

TOTAL POINTS: _____

ACCOUNTABILITY

Meet with your group this week (phone, face-to-face, etc.).

10 points for meeting with your group

- Discuss at least 2 or 3 of this week's sermon reflection questions
- Discuss this week's growth areas
- Catch up on life in general
- Pray for each other

MEETING

TOTAL POINTS: _____

TOTAL POINTS FOR WEEK 2:

WEEK 3 • APRIL 15 - APRIL 21

BIBLE STUDY

Complete 1 daily devotional on 5 separate days.

10 possible points = 2 points per day

DAYS

TOTAL POINTS: _____

PRAYER

Pray over your prayer list on 5 separate days.

10 possible points = 2 points per day

PRAY FOR: Prayer Partner/Spouse, Potential Disciple,
+ Prayer List: add someone serving in ministry
(missionary, pastor, staff member, volunteer, etc.)

DAYS

TOTAL POINTS: _____

SELF-DISCIPLINE

Complete this week without cheating your self-discipline goal.

10 points for 0 "cheat days"

8 points for 1 "cheat day"

5 points for 2 "cheat days"

0 points for 3+ "cheat days"

DAYS

TOTAL POINTS: _____

SERVICE

Complete one "GROW" and one "CONNECT" challenge.

10 possible points = 5 GROW + 5 CONNECT

GROW: Read through the "Head" section of your Family Personality Quiz results. Thank God for your strengths, ask for His help in your weaknesses, and ask Him to use your motivators to push you toward greater service.

CONNECT: Choose somebody new (different from last week) to encourage this week with a call, text, note, meal, etc. Let this person know you are intentionally praying for them. (Examples: friend, parent, sibling, spouse, child, family member, ministry leader, etc.)

Alternative: Pick something from the service challenge option list.

GROW

CONNECT

TOTAL POINTS: _____

ACCOUNTABILITY

Meet with your group this week (phone, face-to-face, etc.).

10 points for meeting with your group

- Discuss at least 2 or 3 of this week's sermon reflection questions
- Discuss this week's growth areas
- Catch up on life in general
- Pray for each other

MEETING

TOTAL POINTS: _____

TOTAL POINTS FOR WEEK 3:

WEEK 4 • APRIL 22 - APRIL 28

BIBLE STUDY

Complete 1 daily devotional on 5 separate days.

10 possible points = 2 points per day

DAYS

TOTAL POINTS: _____

PRAYER

Pray over your prayer list on 5 separate days.

10 possible points = 2 points per day

PRAY FOR: Prayer Partner/Spouse, Potential Disciple,
+ Prayer List: add someone you know is hurting
(feel free to consult our church prayer list)

DAYS

TOTAL POINTS: _____

SELF-DISCIPLINE

Complete this week without cheating your self-discipline goal.

10 points for 0 "cheat days"

8 points for 1 "cheat day"

5 points for 2 "cheat days"

0 points for 3+ "cheat days"

DAYS

TOTAL POINTS: _____

SERVICE

Complete one "GROW" and one "CONNECT" challenge.

10 possible points = 5 GROW + 5 CONNECT

GROW: Read through the "Heart" section of your Family Personality Quiz results. Prayerfully consider how you can relate to others around you - whether you know their personality types or not.

CONNECT: Choose somebody new (different from last week) to encourage this week with a call, text, note, meal, etc. Let this person know you are intentionally praying for them. (Examples: friend, parent, sibling, spouse, child, family member, ministry leader, etc.)

Alternative: Pick something from the service challenge option list.

GROW

CONNECT

TOTAL POINTS: _____

ACCOUNTABILITY

Meet with your group this week (phone, face-to-face, etc.).

10 points for meeting with your group

- Discuss at least 2 or 3 of this week's sermon reflection questions
- Discuss this week's growth areas
- Catch up on life in general
- Pray for each other

MEETING

TOTAL POINTS: _____

TOTAL POINTS FOR WEEK 4:

WEEK 5 • APRIL 29 - MAY 5

BIBLE STUDY

Complete 1 daily devotional on 5 separate days.

10 possible points = 2 points per day

DAYS

TOTAL POINTS: _____

PRAYER

Pray over your prayer list on 5 separate days.

10 possible points = 2 points per day

PRAY FOR: Prayer Partner/Spouse, Potential Disciple,
+ Prayer List: add someone from a fellow group member's list

DAYS

TOTAL POINTS: _____

SELF-DISCIPLINE

Complete this week without cheating your self-discipline goal.

10 points for 0 "cheat days"

8 points for 1 "cheat day"

5 points for 2 "cheat days"

0 points for 3+ "cheat days"

DAYS

TOTAL POINTS: _____

SERVICE

Complete one "GROW" and one "CONNECT" challenge.

10 possible points = 5 GROW + 5 CONNECT

GROW: Read through the "Hands" section of the Family Personality Quiz which links to an article called "Navigating Personality Differences at Home." These descriptions can help in your home, workplace, friend group, etc. Consider the personalities around you and ask God to help you better navigate your differences.

CONNECT: Choose somebody new (different from last week) to encourage this week with a call, text, note, meal, etc. Let this person know you are intentionally praying for them. (Examples: friend, parent, sibling, spouse, child, family member, ministry leader, etc.)

Alternative: Pick something from the service challenge option list.

GROW

CONNECT

TOTAL POINTS: _____

ACCOUNTABILITY

Meet with your group this week (phone, face-to-face, etc.).

10 points for meeting with your group

- Discuss at least 2 or 3 of this week's sermon reflection questions
- Discuss this week's growth areas
- Catch up on life in general
- Pray for each other

MEETING

TOTAL POINTS: _____

TOTAL POINTS FOR WEEK 5:

SERVICE CHALLENGE IDEAS

Challenges for anybody...

- Send a note of encouragement to someone on this week's prayer sheet.
- Write a note, send a text, call, or spend time with somebody older than you to show your appreciation for them.
- Write a note, send a text, call, or spend time with somebody younger than you to show your thankfulness for them.
- Write a note or send a message to encourage somebody in their ministry.
- Complete a task for a family member or friend this week. (Examples: wash a car, prepare a meal, help with housework)
- Share a meal with a close friend or family member. You could invite them over or meet at a restaurant.
- Show thankfulness for somebody you haven't served in a while. This could be your parents, relatives, friends, or neighbors. Either complete an act of kindness or write a letter of thankfulness.
- Share your faith with somebody face-to-face, on the phone, or online!
- Text or call a friend you haven't seen in a while and ask how you can pray for him/her.
- Deliver a meal to somebody
- Call or text a mentor to thank him/her for their ministry
- Bless someone with a gift card (doesn't have to be much!)
- Give financially to a ministry
- Help somebody with yard work (or another chore)
- Write a letter to a sponsor child
- Bring somebody a coffee, tea, snack, etc.
- Leave somebody a note to find later
- Talk to a ministry leader about how you can serve at church
- Send a greeting card to somebody
- Send a note to somebody on your prayer list
- Pay for somebody else's meal
- Encourage your boss or somebody who works for you (note, text, word of encouragement, etc.)
- Teach somebody to do something new

SERVICE CHALLENGE IDEAS

If you are married...

- Tackle a chore that your spouse normally does.
- Plan a date night with your spouse. Take some time to look your spouse in the eye and tell them what you appreciate about him/her.
- Work together with your spouse to make a meal in the kitchen.
- Show thankfulness for somebody besides your spouse this week. This could be your in-laws, children, friends, or neighbors. Either complete an act of kindness or write a letter of thankfulness.
- Give your spouse the evening off and take care of his/her typical tasks (put the kids to bed, do the dishes, prepare future meal, etc.)
- Ask your spouse how you can best serve him/her this week and then do it!

If you have children...

- Spend some quality time with your child/children at least once this week. If they live away from home, call them on the phone to catch up.
- Write an encouraging letter to your child/children. If they are not old enough to read yet, you can read the letter aloud or save it for them to read at a future time.
- Surprise your child/children with one of their favorite foods, activities, or something else.
- Put your kids to bed and do something special (read a favorite book, sing a favorite song, let them stay up a little late for some quality time, etc.)
- Encourage your child's teacher in some way (note, card, text, email)

NOTE: You may also come up with your own service challenge. If it demonstrates the love of Jesus to somebody else, it counts!

POINTS

At the end of our 5 weeks, you will be eligible for various Forged & Refined "incentives" based on the number of points you accumulate. Ultimately, we should remember that Jesus is our prize (Philippians 3:14) - not a t-shirt, pen, or water bottle. That said, points are a useful way to track our weekly goals and an extra way to stay accountable to our groups. Incentives may also be a fun way to motivate yourself to stay on track with your goals. Every week, each person can earn 10 points in each of our 5 areas of growth (up to 50 points per week). Group leaders can use their own discretion as to whether something "counts" or not. Feel free to count "partial points" if somebody completes some but not all of a challenge. You can also earn up to 20 bonus points (see below).

BONUS OPTIONS

Complete these anytime during the 5 weeks and submit your total bonus points at the end of Week 5.

20 possible points = 5 points for each bonus option.

- Bonus #1: Meet face-to-face with your group at least once.
- Bonus #2: Find a way to serve or reach out to your potential disciple.
- Bonus #3: Visit the MGBC Discipleship Resources website and watch at least one video from "One Hour One Book with Dr. Randy Smith" or one video from RightNow Media. You can sign up for a free RightNow Media account at mgbconline.com/resources.
- Bonus #4: Write out your goals for AFTER these 5 weeks and share with your accountability group and/or spouse.

BONUS #1 **BONUS #2** **BONUS #3** **BONUS #4**

TOTAL BONUS POINTS: _____

ABOVE AND BEYOND

If you are looking for more of a challenge in any of our growth areas, here are some suggestions:

- **Bible Study:** Complete all 7 days in a week of our reading plan.
- **Prayer:** Pray for at least 10 minutes all 7 days each week.
- **Self-Discipline:** Add a second self-discipline goal for the round.
- **Service:** Add a second service goal each week.
- **Accountability:** Make an extra call or send an extra text to encourage somebody in your group each week.

FUTURE GOALS

As we wrap up our 5-week plan, it is really important that we decide our "next steps" to continue our growth. As relationships have been at the center of Forged & Refined, they should continue to be part of any future goals that we set. Here are some practical questions to consider when setting goals.

- **Accountability:** When can my group or partner meet again? How often can we continue to meet? Set this up ASAP!
- **Bible Study:** What devotional plan will I go through next? Will I do this by myself or with family/friends?
- **Prayer:** How can I add to my ongoing prayer list? When will I set aside time to continue to prayer regularly?
- **Service:** How can I continue to pray with and/or serve my spouse, family, or friends on a regular basis? How can I reach out to encourage my "potential disciple"? How can I continue to serve in my church?
- **Self-Discipline:** Should I continue to my goal from the past 5 weeks? Is there something different in my life I should consider doing moving forward?

See the Forged & Refined website for more ideas for setting goals.

PRAYER LIST	
PARTNER	
POTENTIAL DISCIPLE	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	

SCORING SHEET	
WEEK	POINTS
1	
2	
3	
4	
5	
BONUS	
TOTAL	

SELF-DISCIPLINE
Write out your goal and how you plan to achieve it.

