



THISTLEBEND

Thistlebend Orientation
A Brief Overview



Contents

INTRODUCTION	5
SALT	6
GROW	8
STUDY COMPONENTS	10
STUDY ORGANIZATION	12
TAKING THE TRUTH TO HEART	15
THISTLEBEND AFFIRMATION AND COMMITMENT	23

THISTLEBEND

Calling, Equipping, and Encouraging women to know Jesus and follow Him in faith-filled obedience to “be Jesus” in and beyond their world.

CALLING women to live the gospel to:

- humbly submit to God and follow Him and His Word
- follow Jesus in faithful obedience
- exalt Christ above all else
- seek first His kingdom and His righteousness
- repent of sin
- die to self and take up their cross
- love the Lord, their husband, their children, and others in their life
- submit to the Lord, their husband, and the leadership of their local church
- study and know God and His Word
- sacrifice
- serve their families, the body of Christ, and others
- share the gospel as part of their daily life

EQUIPPING women to live the gospel through:

- intensive, intentional mentoring, shepherding, and biblical study
- SALT discipleship (Submission, Accountability, Laboring, and Transparency)
- training and instruction in discipleship relationships (see GROW section)
- Taking the Truth to Heart Groups designed to promote transparency, confession, repentance, and faithful obedience to God and His Word

ENCOURAGING women to live the gospel by:

- coming alongside of them (through mentoring, discipleship, and fellowship)
- encouraging them to fix their eyes on Jesus and put their hope in God
- praying for them
- speaking the truth to them in love
- providing structure, and support needed to study God’s Word diligently and faithfully
- by offering comfort in time of need
- by pointing them to God’s Word as their source of truth and light
- by helping them rely on the Spirit of Christ who dwells in them

Introduction

Thistlebend exists to support the body of Christ and the local church in obedience to God's Word to mentor women (Titus 2:3-5) and to make disciples. The apostle Paul tells the older women in the church to train the younger women:

Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled. (Tit. 2:3-5)

Thistlebend curriculum incorporates mentoring and discipleship into the framework of a traditional women's Bible study. The purpose of our studies is to assist us as women to come to know the Lord more fully and learn to live according to His Word in the midst of our daily lives. We hope you will find our studies helpful and encouraging as you seek to pursue Christ and live in obedience to His Word and in communion with Him. We hope they will be the encouragement and support you have been looking for!

In the following pages we want to introduce you to the SALT and GROW, the acronyms for the discipleship models that are the foundation and framework of our studies. In the remainder of the orientation we will give you a brief snapshot of the key components of a Thistlebend study and how it is organized. We are excited for you and are praying for you as you begin!



SALT

In the Sermon on the Mount Jesus said we are the salt of the earth. So we want to be salty!
But how do we go about becoming salty? One way is by taking God’s Word—His truth—to heart and daily living out the discipleship principles in our **S.A.L.T.** model: **S**ubmission, **A**ccountability, **L**aboring, and **T**ransparency.

Submission: We are commanded by the Lord to humbly submit to Him and obey His Word, our husbands (if married), and our pastors leaders or shepherds because of the love Christ has given us through His gospel. Jesus is our perfect example of submission.

Accountability: We are called to lovingly and humbly hold one another accountable to faithful obedience to God’s Word out of true biblical love for one another. We do this by speaking the truth in love to one another even though it may be difficult. We learn accountability by receiving the truth spoken in love to us with humble gratitude, recognizing our need for Christ and His Word. “Love bears all things, believes all things, hopes all things, endures all things” (1 Cor. 13:7).

Laboring. Philippians 2:12-13 says “work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.” We labor humbly with all diligence, dedication, and devotion in prayer; study of God’s Word; service; obedience; perseverance and diligence; repentance and faith. We labor in pursuit of righteousness placing all of our trust in God to work in us!

Transparency: We humbly reveal our true self remembering God’s mercy and grace, confessing our sins to each other knowing that there is no condemnation for those who are in Christ. He has paid the debt of sin we owe and we are safe in Him. We go forward in hope pursuing His righteousness, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” 1 John 1:9 “Therefore confess your sins to each other and pray for each other so that you may be healed” (James 5:16).

SALT at a Glance

Submission – to God & His word; leaders or shepherds; and to one another

- Obedience
- Sacrifice
- Dying to self
- Coming up under authority
- Encouraging one another to come up under the authority of their pastor, their husband (if applicable), and their leader(s).

Accountability – holding one another accountable to radical obedience in biblical love

- Speaking the truth in love
- Encouraging and caring for one another
- Coming alongside one another

Laboring – with diligence, dedication, and devotion

- In prayer
- In our study of God's word
- In service
- In obedience
- In hardship and difficulty
- In sound doctrine
- In repentance and faith

Transparency – humbly revealing one's true self to another

- Humility
- Confession
- Vulnerability



GROW

GROW is a paradigm that helps us understand and keep in mind the different aspects and relationships of mentoring and one way to look at the progression of discipleship in the Christian life. GROW stands for:

- **G**ather and **G**uide: the shepherd and sheep relationship
- **R**aise and **R**eason: the parent and child relationship
- **O**bserve and **O**bey: the master and apprentice relationship
- **W**alk and **W**orship: the Lord and disciple relationship

When the Lord first calls us and brings us to himself, we are born again—babes in Christ. Just as human beings grow from infancy to toddlerhood, childhood, puberty, and then adulthood, we must do the same as Christians. There comes a time when we are no longer children and must grow into full maturity. Children think differently and see differently than mature adults. Paul explained this to the Corinthians: “When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways” (1 Cor. 13:11).

We all have growing pains as we go from childhood to adulthood. In order to mature to full adulthood in the Lord to fully follow Jesus Christ we must learn how to take up our cross, die to self, daily! “Whoever does not bear his own cross and come after me cannot be my disciple” (Luke 14:27). “So therefore, any one of you who does not renounce all that he has cannot be my disciple” (Luke 14:33). “If you love me, you will keep my commandments” (John. 14:15). These words can seem hard, but take comfort knowing that even Jesus’ disciples had trouble understanding His message and mission at times. If they were to be His disciples, His apostles, and His ambassadors, they needed to grow up. If they were to bear fruit, they needed to develop into full maturity. “By this my Father is glorified, that you bear much fruit and so prove to be my disciples” (John. 15:8). We want to grow into full maturity and encourage one another as we seek to follow our Lord! GROW helps us understand this process more fully and keep this in mind.

GROW at a Glance

<p>Shepherd</p> <ul style="list-style-type: none"> • Watches/Keeps/Tends • Leads • Uses rod and staff • Protects/Provides • Feeds • Nurtures/Cares/Anoints • Seeks/Rescues/Restores • Guides/Directs • Fosters rest • Carries sheep at times • Alert • Puts sheep above self • Lays down life for sheep 	<p>Father</p> <ul style="list-style-type: none"> • Watches over • Protects/Provides • Leads with courage • Instructs • Disciplines/Corrects • Teaches/Trains • Gives good gifts • Head/Authority • Loves his children • Encourages • Example • Doesn't exasperate • Remembers their youth • Has compassion 	<p>Master/Mentor/Teacher</p> <ul style="list-style-type: none"> • Expert in field • Specialist • Desires to pass on trade • Models and leads by example • Spends time one on one • Devoted to discipline • Depend on method • Watches over apprentice • Able teacher • Committed to excellence • Approved by his master 	<p>Lord Jesus</p> <ul style="list-style-type: none"> • Chooses and calls disciple • Requires extreme commitment • Commands to observe all that He commands and serve Him only • Good Shepherd • Bread of Life • Master/Teacher • Sends out disciples • Devoted to prayer • Covenant Lord • Everlasting Father • Laid down His life for us • Servant • Perfect life; perfect love
<p>Sheep</p> <ul style="list-style-type: none"> • Wander/Get lost/Stray • Go their own way • Vulnerable • Must be part of a flock • Dumb • Need a shepherd • Prey for predators • Weak/Helpless • Know the shepherd's voice • Follow other sheep • Easily distracted 	<p>Son/Daughter/Child</p> <ul style="list-style-type: none"> • Goal is to grow/mature • Obeys • Honors parent • Milk first – then solid food • Needs protection and provision • Needs to be cared for • Foolishness bound up in his heart • Childlike trust of parent • Needs to be trained • Rebels/resists • Seeks to please parent 	<p>Apprentice/Learner</p> <ul style="list-style-type: none"> • Primary task is to learn, study and pass along the teaching of master • Seeks proficiency • Makes the time, keeps commitments, disciplined • Thought through cost • Hard-working, persevering • Teachable and Humble • Sacrifices • Doesn't lose sight of goal • Dedicated self to pursuit • Holds to what is taught • Submits and obeys • Seeks a master • Seeks to please master 	<p>Disciple of Jesus</p> <ul style="list-style-type: none"> • Whole life in conformity • Dies to self • Renounces other ways • Leaves all, hates father, mother, sister, brother, even own life • Follows Jesus, not man • Entrust self to Christ • Trusts in Christ • Serves Him as Master • Union with Christ • Loves Christ, loves others • Willing to sacrifice, suffer • Devoted to prayer • Seeks to please Christ



Study Components

Biblical mentoring and discipleship happens in relationship and community, with God’s Word as the foundation. Therefore, the Thistlebend mentoring and discipleship studies incorporate the components of SALT and GROW in a “turn-key” fashion that works effectively in the context of a traditional weekly Bible study format. The model is integrated into everything we do, so that each woman, whether participant or leader, is guided through the components of the model step by step. Some of the components will be visible and some will be virtually undetectable because they are part of the Bible study or mentoring itself.

What are the key components of Thistlebend’s mentoring and discipleship practice?

1 Mentoring and Discipleship Bible Study

Daily Workbook and Devotional:

- Personal guided study in the Word of God
- Questions for truth and heart reflection and life application
- Guided prayer
- Assigned Scripture memorization directly related to study content

Weekly Meeting:

- Large group mentoring and discipleship by a teaching leader—either live, by video, or by audio
- Small group mentoring and discipleship (groups of 8-12) with small group leader leading discussion of lecture and homework to help women gain an accurate understanding of God’s Word and to appropriately apply it in their day-to-day life
- Taking the Truth to Heart groups (max. of 4) for sharing, confession, and accountability

2 Taking the Truth to Heart Tools (incorporated within the study, see section on pg. 15).

The tools consist of a Taking the Truth to Heart section at the end of each day and each week of the study where participants are asked to apply the truths of what they are learning in practical and concrete ways. In addition, during weekly meetings, participants break

into smaller Taking the Truth to Heart groups to share from these sections. Participants also fill out Taking the Truth to Heart cards each week in order to take what the Lord is teaching them on the go. The tools are used as we ask the Lord to search our hearts, confess and repenting of our sin, and apply God’s Word. They incorporate discipleship principles from God’s Word and are designed to help spur on and support authentic, sustained heart transformation—possible only by God’s grace—for genuine life change.

3 Thistlebend Affirmation and Commitment

As believers in Jesus Christ we are called to love and encourage one another and build one another up in the Lord. We set the two great commandments before us as our primary focus: “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” Keeping these in mind we commit by God’s grace to earnestly seek the Lord and serve one another adhering to the principles of the SALT model (submission, accountability, laboring, and transparency) understanding that what we do impacts others in the body. Our affirmation and commitment document (pg. 23) is read and signed by all participants at the beginning of the study.

4 Small Group Leaders

A small group leader serves as the shepherd leader of the small group to mentor, encourage, instruct, and help each participant keep in mind that the goal of our lives is to follow God’s call. They are not merely facilitators or discussion group leaders; they serve as mentors and encouragers according to the pattern set forth in Titus 2.

5 Children’s Bible Workshop (CBW)

The Children’s Bible Workshop is an optional but highly beneficial component of what we do. We believe children are able to begin learning the deep truths of God’s Word, apply those truths to their hearts, and live them out, even at a young age. Therefore, we offer a companion children’s program designed to coincide with the lessons and Scriptures the mothers are being taught during the women’s studies. Our goal is to support gospel discipleship training in the home and provide easy-to-use tools and materials to encourage parents as the primary teachers of God’s Word. These materials include: story and coloring books emphasizing “Big Bible Words,” a memory verse chart, Bible on Board cards to aid with memory work, prayer cards, etc.

6 Family Discipleship Packs

We provide simple tools that combine CBW materials with additional easy-to-use resources to promote family discussion and discipleship at home.



Study Organization

CLASS DAY

What to Bring

- A Bible, your study workbook, and a pen.

Large Group Mentoring and Discipleship:

- Each week the class begins with the mentoring and teaching lecture time by the teaching leader. This can be done by a local teaching leader, by full-length video (or smaller portion of video) provided by Thistlebend (available on our website or app). You can include a worship and prayer time as well.
- Unless you have chosen to incorporate a week for Orientation, the Introduction
- lecture/video should be scheduled for the first large group meeting of the study. The Lesson One homework will follow during the first week.

Small Group Mentoring and Discipleship (8-12 people):

- Participants move to their small group room (if applicable). Led by the small group leader, they then discuss the large group mentoring and teaching and how the Lord used it to speak to their hearts. They will also review and discuss the homework.
- Participants are asked to fill out a Homework Accountability Card (optional, see pg. 22) to let their small group leader know how they completed their homework so the leader can help them keep their commitment to the Affirmation and Commitment and assist where they may need help. The small group together recites the Scripture memory verse(s) for that week.

Taking the Truth to Heart Groups (4 or fewer people):

- The small group then breaks into smaller groups. Each participant takes a turn reading from their Taking the Truth to Heart and Bringing It to Life pages on Day Six.
- A detailed explanation is found in the Taking the Truth to Heart section.

WORKBOOK

Introduction, Welcome, What to Expect:

These introductory sections will provide valuable information, tools, and encouragement for successfully completing the study.

Lessons: Each lesson contains six days of homework.

Day 1

- Each lesson begins with a devotion that is meant to give direction for the week and help prepare your heart and mind to receive the Lord’s teaching throughout the remainder of the lesson.
- This day may also include a guided prayer section to help you reach a frame of mind and heart ready to receive the Lord’s teaching.
- At the close of this day, you will find a Taking the Truth to Heart section.

Days 2- 5

- On these days you will be in the text of the Bible and asked questions to help you think according to the Word of God and to have the Lord search your heart.
- Each day begins with a Scripture passage and brief thoughts or questions to get you started for the day in the Word. In some studies, this is broken out by “Morning Quiet Moment.” This segment is designed for your initial time with the Lord early in the morning, when you may have only a few minutes. It gives you a truth to meditate on throughout the day.
- Then you can either immediately continue on (again, in some studies, this is broken out with a “Going Deeper” section), or you can plan a time later in the day to come back to it. Each numbered section represents either a new question or instruction or a change in thought or commentary.
- At the close of your study each day, you will find a Taking the Truth to Heart section.
- Regarding homework, you will have an opportunity to discuss your answers when your small group meets. If you’re not in a group, feel free to send your questions to info@thistlebend.org.

Day 6 Taking the Truth to Heart and Bringing It to Life

- This day provides a way for you to review, assimilate, and apply the truths God has revealed to you during the week. It is completed using the daily Taking the Truth to Heart sections you filled out throughout the lesson that week.
- This section should be completed before you come to class (even if you did not complete other days) so you are prepared to share your answers with your Taking the Truth to Heart group.

Time options for daily homework

Thistlebend studies are designed to allow you the flexibility to choose the appropriate amount of time for where you are in your walk with the Lord (i.e. 20 min., 30 min., 45 min., or to complete the day's lesson regardless of the time—perhaps an hour or more).

The goal is to help you develop a pattern of consistent daily time with the Lord in His Word.

STAYING CONNECTED

Contact your leader if you have any questions or prayer requests. No question is too insignificant to ask. Also, if you need to miss class, the audio and video lectures are available on our app or online (with free registration) at thistlebend.org/resources.



Taking the Truth to Heart

By Susan Sampson

Director of Weekly Mentoring and Discipleship Studies

Our Heart

The aim of Thistlebend is to assist women in their desire to really live out the gospel in their daily lives—to be doers of the Word and not just hearers, as we are instructed in the book of James. One of the practical ways we do this is by teaching and shepherding women how to practically apply the truth of God’s Word to their hearts and lives using the Taking the Truth to Heart tools. These tools serve to fulfill the principles of the SALT model.

Personal Testimony

I spent years in Bible study really just going through the motions. My homework was really just an item on my to-do list. I didn’t understand that spending time in God’s Word was actually time spent with a person in a relationship. So I gained some head knowledge, but not a lot of life change. The Bible even tells us that knowledge puffs up but love builds up (1 Cor. 8:1). If we read our Bibles and memorize our Scriptures, but then don’t live out what we are learning at home and at work and in life, then we’ve missed it. We’ve missed the love of Christ.

Our Desire to Serve the Body

In our desire to serve the body of Christ and bring the Word of God to life in our lives, we have implemented what we call Taking the Truth to Heart, which consists of two parts.

I Taking the Truth to Heart in the Daily Workbook

Each day at the end of the homework, there is a prompt to choose one Scripture from the day, write it out, and then meditate on it throughout the day in order to apply it.

Step by step:

At the end of the week’s lesson, on Day 6, depending on the study, there is a Taking the Truth to Heart page that walks through the process step by step.

Participants will be prompted to go back and review the daily Taking the Truth to Heart sections. Then there are three steps to finish out the Taking the Truth to Heart for that week's lesson.

- **STEP ONE: Taking the Truth to Heart.** Participants choose one of the Scriptures from the daily sections that the Lord is using to renew their mind and transform their heart (Rom. 12:2) and write it out. They will also be prompted to write out what the Lord is revealing to them about himself and how the Lord is using that Scripture to teach, instruct, reprove, correct or train them (2 Tim. 3:16).
- **STEP TWO: Putting the Flesh to Death.** Participants are then asked to write out what specific sin is being addressed in their life by the Scripture they wrote. They are asked to write out an example of how this sin specifically manifested itself in their life during the week. James tells us to confess our sins to one another. This is just one way we are called to be transparent and real with each other.
- **STEP THREE: Bringing the Truth to Life.** While it is important to put off our old selves, it is also vitally important to put on our new selves which are being renewed after the likeness of God! In this step participants are asked to write down very specific adjustments the Lord is leading them to make in their thinking, attitude, or behavior to submit to Him and His Word and to apply His truth to their mind and heart. Also, as a way to hold one another accountable in love, they will be prompted to write a sentence or two on how they did throughout the week with this step of repentance.
- **PERSONAL REFLECTION.** There is also an opportunity at the end of each lesson for personal reflection to see in what areas the Lord has given wisdom, grace, repentance, or encouragement. This too will be written down and shared with the small group.

2 Taking the Truth to Heart on Class Day

Each week, everyone first gathers in a large group for a time of mentoring and teaching. After that, the large group breaks into preassigned small groups. The small groups meet together to share with one another how the Lord used the mentoring time to speak to their hearts; to break into smaller groups to share from their Taking the Truth to Heart page at the end of the lesson; and to gather back again to review the homework from the week.

Taking the Truth to Heart Groups: Size and Time Frame

- The Taking the Truth to Heart groups ideally will have no more than four people and can be as small as two people.
- We typically allow 15 minutes for this portion of the small group time. The small group leader will watch the time and gather everyone back together after the 15-minutes is up to close the group time.
- In order to protect each participant's turn to share, the women are asked to limit their sharing of the Taking the Truth to Heart page to 3 minutes each. We remind the ladies to simply read what they wrote down. We all love to talk and it's easy to go over the 3-minute time frame when we just start talking about all that the Lord has been showing us! But since our time is limited, we trust that the Lord knows all that is going on in each of our lives and is in control of it all. We ask the small group leader to use a timer to help the group stay on time in order to be respectful and caring for one another.
- For those sharing something particularly sensitive or emotional, small group leaders are trained to stop and pray in the moment and to ask if they can talk further about the situation after class or another convenient time.

Taking the Truth to Heart Chart and Order

- We have also provided a Taking the Truth to Heart chart in the workbook at the end of each lesson. This is a place to record what the other women in the group share during the Taking the Truth to Heart group time.
- As each woman reads from her Taking the Truth to Heart page, the others are writing down what she is sharing on their Taking the Truth to Heart chart.
- The chart is simply a great tool to remind the group what to pray for one another throughout the week as the Lord asks us to do!
- We have found it best to keep this order: 1) to discuss the lecture while it is fresh on everyone's mind; 2) to discuss the homework, and 3) to then move into the Taking the Truth to Heart time.

Another Great Tool: Taking the Truth to Heart Cards

We created Taking the Truth to Heart cards to give the ladies a way to remember their Taking the Truth to Heart Scripture throughout the day. The same information recorded in the workbook is simply copied to the card. It can be placed in their purse, in their car, at their desk at work, on the kitchen counter, or wherever works best for them. It is so easy in our busy days to completely lose sight of what the Lord spoke to us in His Word just that morning!

Taking the Truth to Heart Leader Helps

For the small group leaders it will be important to be listening to their ladies for several different things in order to help shepherd them.

- **Specifics:** We want to help the ladies get to the point of really being able to name their sin, not talk around it in generalities, but transparently and humbly confess their sin, trusting in the love and forgiveness and grace of Jesus.
- **Patterns of sin:** If ladies are confessing the same sin each week, it will help the small group leader know how to be praying for them and to ask the Lord how to help them overcome in that area by God's grace and in the power of the Holy Spirit.
- **Opportunities to love and shepherd:** To speak the truth in love or to speak a word of encouragement.
- **Genuine heart transformation.**

Point to the Gospel

For many women it may be difficult at first even thinking about confessing their sin to someone else. It is always important to encourage the ladies by continually reminding them of the gospel, continually pointing everyone to Christ and His finished work on the cross. Christ died for our sin. His blood paid our debt. We have been forgiven and set free. There is no condemnation for those who are in Christ. Nothing can separate us from the love of God in Christ Jesus. It is the transforming grace of the gospel of Jesus Christ that enables us to stand in grace and live lives of repentance and faith.

We sincerely hope that these tools of grace will be used by the Lord to help us all continue to grow in Christ and in our ability to take His Word to our hearts and bring it to life.



Sample Taking the Truth to Heart Tools

Day 6

Taking the Truth to Heart and Bringing It to Life

*Be doers of the word, and not
hearers only, deceiving yourselves.*

JAMES 1:22

*But grow in the grace and knowledge of our
Lord and Savior Jesus Christ. To him be the glory
both now and to the day of eternity. Amen.*

2 PETER 3:18

* PERSONAL REFLECTION: Looking Back

In what areas has the Lord given you wisdom, grace, repentance, or encouragement this week? Write a statement to share with your small group on how you did with your Taking the Truth to Heart Step Three from last week.

* STEP ONE: Taking the Truth to Heart

Review the Taking the Truth to Heart sections from each day. Choose one Scripture from the week that the Lord is using to renew your mind and transform your heart (Rom. 12:2) and write it out.

How is God using this Scripture to teach, instruct, reprove, correct, or train you? (2 Tim. 3:16-17)

*** STEP TWO: Putting the Flesh to Death**

What sin (wrong thinking or ungodly thought, belief, attitude, action, or inaction) is being addressed by the Scripture you wrote? Confess this in writing. Also include an example of where you saw the evidence of this sin in your life this week. Ask for the Lord's forgiveness and receive His mercy and grace. (1 John 1:9-10)

What do you now need to "put off" from your old self (Eph. 4:22; Col. 3:5-9) or adjust in your thinking, beliefs, attitude, or behavior to submit to God and apply His truth to your mind and heart?

*** STEP THREE: Bringing the Truth to Life**

Walking forward in repentance and faith by God's grace, what will you "put on" (Eph. 4:23-24; Col. 3:10, 12, 14)? How are you going to do this? Be specific in your plan of action and be encouraged by what the Lord is going to do.

Remember God's love in the gospel, that you have died and Christ now lives in you. Walk in love. Take God's Word to heart. Submit to it. Humbly live it out.

Take a moment to work on your weekly memory verse. Write it below.

Taking the Truth to Heart Guide

1

Step One
*Taking the Truth
To Heart*

>

2

Step Two
*Putting the Flesh
To Death*

>

3

Step Three
*Bringing the Truth
To Life*

NAME	SCRIPTURE	SIN	ACTION

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. (James 5:16)

Taking the Truth to Heart and Bringing It to Life

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. (2 Timothy 3:16-17)

STEP ONE: Taking the Truth to Heart

What Scripture is the Lord using to *renew* your mind and *transform* your heart.

STEP TWO: Putting the Flesh to Death

What sin (incorrect thinking, attitude, belief, perspective, or behavior) is being addressed by the Scripture you wrote?

STEP THREE: Bringing the Truth to Life

What do you need to adjust to submit to God and apply His truth to your mind and heart? (A specific action)



Thistlebend Homework Accountability Cards

“Nothing will be able to separate us from the love of God in Christ Jesus our Lord.” (Rom. 8:39)

_____ I completed the homework I covenanted to do each day, including learning my memory verse.

_____ I only completed _____ days of homework

The reason I did not fully complete my homework is:

Name: _____ Date: _____



Thistlebend Affirmation and Commitment

Below is a sample of the document that we ask participants to sign at the beginning of a Thistlebend discipleship study.

Affirmation

The goal and focus of this discipleship study is to learn how to:

- Live the gospel by grace through faith
- Grow in our understanding of true discipleship
- Love the Lord with all of our heart, soul, mind, and strength
and our neighbor as ourself
- Live for Christ because He died for us

*Do nothing from selfish ambition or conceit,
but in humility count others more significant than yourselves. Phil. 2:3*

*From whom the whole body, joined and held together by every joint with which it is equipped,
when each part is working properly, makes the body grow so that it builds itself up in love. Eph. 4:16*

Therefore encourage one another and build one another up, just as you are doing. 1 Thess. 5:11

*For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have
died; and he died for all, that those who live might no longer live for themselves but for him who for their sake
died and was raised. 2 Cor. 5:14-15*

Practically, this means earnestly pursuing the following by God's grace:

Believing You Have Received the Spirit of Sonship

Denying Self

Offering Yourself as a Living Sacrifice

Living as Members of One Body

Faithful Obedience

Speaking the Truth in Love

Commitment

I commit by God's grace to follow the Lord in true discipleship: receiving the Spirit of Sonship in the body of Christ, denying self, offering myself as a living sacrifice, living as a member of one body, obeying, and speaking the truth in love.
I believe that with God all things are possible.

I will submit by God's grace to God and His Word, my leaders, and to one another.

I commit by God's grace to attending both class and small group each week.

I commit by God's grace to spend a specific amount of time doing my study homework or to complete each day's lesson.

I commit by God's grace to completing my homework on a daily basis.

I commit by God's grace to memorizing the key Scripture passage on a weekly basis.

I make this commitment by God's grace before the Lord and my small group.

I sign this document being fully aware it is the grace of God that will enable me to remember these affirmations and keep these commitments.

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