



M-7 JOURNAL



M-7

JOURNAL

Ken Adams



M-7

JOURNAL

Copyright ©2018 by Ken Adams

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means - electronic, mechanical, photocopy, recording, or any other - except for brief quotations in printed reviews, without prior permission of the publisher.

Before you begin...

God wants to take you on a journey. From the moment you were saved, God's desire was for you to become a fully trained disciple of Jesus Christ. Luke 6:40 says...

"A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher."

Like a map, the M-7 Journal is a tool to help guide you in your journey. It is a resource that you can use to help keep your growth as a disciple on track.

The M-7 Journal is a **daily guide** and **weekly accountability tool** designed to help you *keep growing* into a fully trained disciple. As you continue reading, you will learn more about how the M-7 journal works.

Being and Building Disciples,

Ken Adams

A handwritten signature in black ink, appearing to read 'Ken Adams', written in a cursive style.

M-7 JOURNAL AN M-7 DISCIPLE

WHAT ARE THE M-7S?

An M-7 Disciple is simply a way of defining and measuring your progress in becoming a fully trained disciple of Jesus Christ. "M-7" stands for the seven marks of a disciple in a person's life, all of which are described in more detail below.

1

MEMBER

A disciple of Christ is a member of the family of God both universally and locally. This means he/she has accepted Christ, identified publicly with Him in baptism, and become an active part of a local body of believers.

2

MAGNIFIER

A disciple of Christ will always be committed to private and public worship. Disciples that worship consistently are disciples that magnify Christ and live lifestyles of making Jesus bigger!.

3

MINISTER

A disciple of Christ is a servant and will look for ways to serve and minister to others. Disciples understand that they have been given gifts, abilities, and talents to be used for serving others.

**4**

MANAGER

A disciple of Christ is a person that manages his/her time, treasure, temple, and talent in a way that honors God. Disciples know their God-given resources are a gift to be used to build the Kingdom of God and to help reach others for Christ.

**5**

MATURING

A disciple of Christ is someone that is growing in their faith. Every disciple starts out as an infant in faith. The goal is not to stay an infant; the goal is to grow into an adult in the faith.

**6**

MESSENGER

A disciple of Christ is a person that understands we are on earth to deliver the message of Christ's salvation to as many people as possible. Disciples are committed to sharing the "good news" of Jesus.

**7**

MULTIPLIER

A disciple of Christ is a person who reproduces more disciples of Christ. He/She understands that the goal is to multiply more disciples.

M-7 JOURNAL AN EXPLANATION

DAILY MAP

The M-7 Journal is made up of daily journals that serve as a map in developing the Seven Marks of a Disciple. Following this daily map will help you create a daily rhythm of living life according to M-7 priorities.

1

Begin the day by writing out a simple statement reflecting on something from yesterday that will magnify or praise God. No matter what kind of day you had yesterday, you can find a reason to magnify God. This will start your journey in the right direction each day.

2

Secondly, think for a moment about someone you might be able to serve or minister to in the coming day. Ask God to place a name on your heart and a simple way you could touch his or her life. Seek to follow through on the steps you have written down.

3

Third, take a minute and think about how to grow as a better manager or steward in the areas of time, money, body, or relationships. Write down at least one goal or action step that you will take this day to become a better manager.

4

The fourth step is to think about your role as a messenger. Ask God to place an unchurched person and a missionary or outreach effort on your heart. Think about a place where you might have an opportunity to share Christ with someone today. This will help you reach our world.



5

The fifth step is to take some time for growth and maturity. Maturity is the result of increased knowledge and experience. Through scripture memory, scripture meditation, and prayer, you will increase your knowledge which will help you mature and grow.

Scripture memory: Choose a memory verse from anywhere or agree on one from a small group you attend. Write your memory verse daily.

Scripture meditation: Select a verse or passage and write out one of the following- A: Attitude to change, C: Command to obey, T: Truth to believe, S: Sin to confess. Only select one of these four scripture applications.

Pray: Write or speak a prayer using the acronym- P: Praise, R: Repent, A: Ask, Y: Yield your will to God's will. Add your prayers of serving, sharing, and managing to your prayer time.

M-7 JOURNAL AN EXPLANATION

WEEKLY EVALUATION

Inside the M-7 Journal is a page at the end of every week to help you evaluate your progress in becoming a “fully trained” disciple. If you take some time to evaluate your week, over the course of a year, you might be surprised at how much you’ve grown as a disciple of Christ.

- 1.** Start your weekly evaluation by asking how you did as a **member**. Being a member means being a believer that has been biblically baptized and is active in a local church. Hold yourself accountable each week for being active in a small group and a large group.
- 2.** The second step of weekly evaluation is to reflect on your role as a **magnifier**. A magnifier is someone who worships God privately and publicly on a regular basis. Keep growing as a magnifier by writing down one insight from the past week of private and public worship.
- 3.** A third step of weekly evaluation is in the area of **maturity**. A fully trained disciple is always growing and increasing his or her knowledge and experience with God. Take a minute and mark the ways you grew in spiritual maturity this past week.
- 4.** Being a fully trained disciple also means being a **minister**. A minister is someone who serves individuals and on a ministry team within a local church. Hold yourself accountable for how well you served in the past week.

5. The fifth step to becoming an M-7 disciple is to grow as a **messenger**. A messenger is someone who prays for lost people, shares Christ with those far from God, and supports outreach efforts and missionaries. Ask yourself each week how you are doing at becoming a better messenger.
6. The sixth step to becoming an M-7 disciple is becoming a person who **manages** themselves in a way that honors God. Evaluate how you did in managing your time, treasure, and talent this week to honor God.
7. The last mark of an M-7, fully trained, disciple is the mark of **multiplying**. Take a moment each week to ask yourself how you have invested in a disciple if you are leading a discipleship group.

A Small Group Accountability Time: Making the M-7 Journal a consistent part of a regular small group time is a great idea. If everyone in your small group is working through the M-7 Journal together you will harness the power of accountability to help you become more successful in your growth as a disciple. It is highly recommended that you use the M-7 Journal as the accountability piece of a small group environment.

DAY 1 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 2 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 3 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 4 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 5 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 6 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 7 WEEKLY EVALUATION

1

MEMBER: This week I was active in a...

Large Group Yes No

Small Group Yes No

Takeaway from both: _____

2

MAGNIFIER: My take away from worship this week...

Private Worship: _____

Public Worship: _____

3

MATURITY: I grew this week through...

Quiet Time Bible Study Reading

Prayer Journaling Other Disciplines

4

MINISTRY: In the past week...

I served individuals Yes No

I served on a ministry team Yes No

How I feel about my growth as a minister: _____



MANAGING: This week I made progress in managing my...

- Time Body Money Relationships

How I made progress: _____



MESSENGER: This week I made progress in reaching our world...

- Praying for lost people
 Inviting someone to church
 Sharing Christ or serving in outreach
 Supporting or encouraging a missionary



MULTIPLIER: In the past week I invested in the following disciples...



NOTES:

DAY 8 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 9 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 10 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 11 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 12 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 13 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve him/her? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today? _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 14 WEEKLY EVALUATION

1

MEMBER: This week I was active in a...

Large Group Yes No

Small Group Yes No

Takeaway from both: _____

2

MAGNIFIER: My take away from worship this week...

Private Worship: _____

Public Worship: _____

3

MATURITY: I grew this week through...

Quiet Time Bible Study Reading

Prayer Journaling Other Disciplines

4

MINISTRY: In the past week...

I served individuals Yes No

I served on a ministry team Yes No

How I feel about my growth as a minister: _____



MANAGING: This week I made progress in managing my...

- Time Body Money Relationships

How I made progress: _____



MESSENGER: This week I made progress in reaching our world...

- Praying for lost people
 Inviting someone to church
 Sharing Christ or serving in outreach
 Supporting or encouraging a missionary



MULTIPLIER: In the past week I invested in the following disciples...



NOTES:

DAY 15 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 16 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 17 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 18 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 19 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 20 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 21 WEEKLY EVALUATION

1

MEMBER: This week I was active in a...

Large Group Yes No

Small Group Yes No

Takeaway from both: _____

2

MAGNIFIER: My take away from worship this week...

Private Worship: _____

Public Worship: _____

3

MATURITY: I grew this week through...

Quiet Time Bible Study Reading

Prayer Journaling Other Disciplines

4

MINISTRY: In the past week...

I served individuals Yes No

I served on a ministry team Yes No

How I feel about my growth as a minister: _____



MANAGING: This week I made progress in managing my...

- Time Body Money Relationships

How I made progress: _____



MESSENGER: This week I made progress in reaching our world...

- Praying for lost people
 Inviting someone to church
 Sharing Christ or serving in outreach
 Supporting or encouraging a missionary



MULTIPLIER: In the past week I invested in the following disciples...



NOTES:

DAY 22 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 23 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 24 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 25 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 26 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 27 BECOMING A FULLY TRAINED DISCIPLE



MAGNIFY: A praise to magnify God from yesterday...



MINISTER: Who has God placed on your heart today?

Who will I serve? _____

How will I serve them? _____



MANAGER: How will I better manage my world today? (Time,
Money, Physical Body, Relationships)

What goals or steps do I have for today: _____



MESSENGER: How can I help reach the world today?

Which unreached person(s) do I need to pray for today?

Which outreach or missionary effort can I pray for today?

Where do I have an opportunity to "invite" someone today?



MATURITY: How can I increase my knowledge and experience with God? (Scripture memory, meditation, and prayer)

Memory Verse: _____

DAY 28 WEEKLY EVALUATION

1

MEMBER: This week I was active in a...

Large Group Yes No

Small Group Yes No

Takeaway from both: _____

2

MAGNIFIER: My take away from worship this week...

Private Worship: _____

Public Worship: _____

3

MATURITY: I grew this week through...

Quiet Time Bible Study Reading

Prayer Journaling Other Disciplines

4

MINISTRY: In the past week...

I served individuals Yes No

I served on a ministry team Yes No

How I feel about my growth as a minister: _____



MANAGING: This week I made progress in managing my...

- Time Body Money Relationships

How I made progress: _____



MESSENGER: This week I made progress in reaching our world...

- Praying for lost people
 Inviting someone to church
 Sharing Christ or serving in outreach
 Supporting or encouraging a missionary



MULTIPLIER: In the past week I invested in the following disciples...



NOTES:



M-7 JOURNAL

YOUR DAILY MAP

Like a map, the M-7 Journal is a tool to help guide you in your journey to becoming a fully trained disciple of Jesus Christ.

The M-7 Journal is a daily guide and weekly accountability tool designed to help you keep growing into a fully trained disciple.



Impact Discipleship Ministries
impactdisciples.com