



COMPANION GUIDE

Equipping Women To Be Disciples Of Jesus



It Takes A Team

We just wanted to say thank you for allowing us to have your wife during this season of The One Five. We want to help prepare you for what this journey will look like and how important your role is in it.

First of all, she'll be attending monthly gatherings with the women of The One Five. These nights are designed to help her connect deeply with other women, grow spiritually, and be encouraged in her walk with Jesus. Throughout the season, she may also meet in smaller groups, spend time in personal study, complete reading assignments, memorize Scripture, and invest intentionally in her spiritual growth.

Some of this will come naturally to her, and some of it may stretch her. Either way, this is good for her soul, her faith, your marriage, and your family.

One of the greatest gifts you can give her during this season is your support. Help make it easy for her to leave the house with peace instead of stress. Help with dinner. Bathe the kids. Handle bedtime. Do the dishes. Create an environment where she knows the home is covered and she doesn't have to carry guilt for taking time to grow spiritually and connect with other women.

Encourage her. Ask her what she's learning. Celebrate every step of growth you see in her. What gets celebrated gets repeated. Your words matter more than you know.

Most importantly, pray for her — genuinely pray for her. Ask God to give her “eyes to see” and “ears to hear” everything He wants to show her during this season of intentional discipleship.

Pray that He strengthens her faith, refreshes her spirit, deepens her identity in Christ, and draws her closer to Him than ever before.

We believe healthy marriages cheer one another on toward Jesus. As she invests in becoming the woman God has called her to be, your support and service become part of that process too.

**We are excited for the journey ahead
and thankful to partner with your family
during this season.**

Coastal Church



Discipleship Commitment

We are hereby making a commitment to the following:

- I desire to be an all-in Jesus follower — wife, mother, daughter, sister, friend, disciple-maker and leader.
- I will take direct, unfiltered feedback and I will do everything in my power to receive it in love and to learn from it. I will avoid defensiveness, realizing that when I defend, I lose the opportunity to learn. I commit to being open in examining myself — my personality, my past, my habits, my heart, my words, and my responses to people. I want to learn and become more like Jesus in every fiber of my being.
- I commit to attend every gathering and outing, to be there on time, and to complete all my assigned reading and homework. I understand and agree that I will have to say “no” to important things in order to meet this commitment, and I am willing to do so. After we lay out our schedule for the 8 months, I will manage my other commitments around the dates we’ve selected for meetings and retreats.
- I understand that my leader and group will make a significant investment in me. Because it would be unfair and disrespectful to do otherwise, I commit to the entire season and to finishing well. I also recognize that my leader pledges to give the same level of commitment, dedication, and energy to me. She will check in with each of us during the year, and she will attempt to teach and lead from a humble, transparent and loving heart.
- I recognize that this discipleship process is based upon Jesus, His message, and His plan for our lives. I will be vulnerable about my relationship with Him, for the purpose of growing my faith.
- I commit to total confidentiality. What is said in the group stays in the group. This confidentiality does not supersede the law and must never cover up a current or future threat to the health or well-being of another person.
- I commit to pay it forward by investing in others for spiritual purposes. I will be a disciple-maker in whatever way the Lord leads — including the possibility of leading a One Five group of my own.
- If married: I discussed this commitment with my husband and he fully supports my involvement. He willingly releases the time it will take to attend the sessions and outings and to do the reading and homework, with the goal of me becoming a godlier woman, wife, and mother.

SIGNATURE _____

*SPOUSE'S
SIGNATURE* _____

LEADER'S SIGNATURE _____





THE ONE FIVE

2026-2027

NUMBER	MONTH	LARGE GROUP	TOPIC & TASK	BIBLE READING	MEMORY VERSE
1	September 2026	September 1	ABIDE Remain in the Vine	John 15 · Colossians 3 · Galatians 5 · Jeremiah 17	John 15:5 (NLT)
2	October 2026	October 6	HOPE Grace that coast Everything	Romans 3, 6 & 12 · 1 John 3 · Philipians 2:1-18 · 1 Peter 2	Romans 3:23 (NLT)
3	November 2026	November 3	LOVE Love that washes feet	1 Corinthians 7 · Ephesians 5 · Matthew 19:1-12 · 1 Peter 3 · John 13	John 13:34-35 (NLT)
— CHRISTMAS BREAK & JANUARY RESET — December 2026 - Space for Grace Challenge. January 2027 - 21 Days of Prayer & Fasting. No formal gatherings.					
4	February 2027	February 2	DISCIPLE Pour Out What He Poured In	Matthew 28 · Ephesians 6 · Deuteronomy 6 · Psalm 127 · 2 Timothy 3 · Proverbs 31 · Hebrews 12 · John 13	Matthew 28:19-20 (NLT)
5	March 2027	March 2	SERVE Freedom to Serve	Acts 2:42-47 1 Thessalonians 5 Mark 10:35-45 Ecclesiastes 4 Matthew 25:31-46 Romans 12 Galatians 6	Galatians 5:13 (NLT)
6	April 2027	April 6 *Special Event	TESTIFY Tell Your Story	2 Timothy 4 · Psalm 107 · Hebrews 12 · Revelation 12:11 · Colossians 3 · Titus 2	1 Peter 3:15 (NLT)

BIBLE READING:

MEMORY VERSE:

JOHN 15
COLOSSIANS 3
GALATIANS 5
JEREMIAH 17

JOHN 15:5 NLT
“YES, I AM THE VINE; YOU ARE THE BRANCHES. THOSE WHO REMAIN IN ME, AND I IN THEM, WILL PRODUCE MUCH FRUIT. FOR APART FROM ME YOU CAN DO NOTHING.

TOPIC AND TASK:

Abide

Before you do anything for Jesus this year, He invites you to be with Him. Jesus called Himself the Vine and us the branches. A branch doesn't strain to produce fruit — it stays connected, and the life of the Vine moves through it. The world will offer you a hundred labels to live under: wife, mom, professional, daughter, friend, achiever. None of them are wide enough to hold who you are. Your truest identity is the one Jesus gave you when He said, “Remain in me.” This month, get specific about what abiding looks like in your real life. Don't wait for a perfect season to begin. Choose one daily rhythm — a quiet moment in the Word, a walk with God, time in worship — and protect it like a meeting on your calendar. The more we get to know Him and spend time with Him, the more like Him we become. As we abide in Him, we know Him more deeply and we are changed by Him. In that way, the fruit begins to grow and mature and we can only do this by the power of the Holy Spirit. The fruit of the spirit grows, rather than the works of the flesh and we will bear His fruit as we keep in step with Jesus each day.

Ask yourself:

- What labels have I been wearing that aren't actually mine to carry?
- Where in my day am I producing fruit on my own strength instead of staying connected to the Vine? How do we bear fruit? What is our involvement in the growth of fruit in our lives?
- What is one daily practice that helps me remain in Christ — and what gets in the way of it?

Come ready to share what abiding looked like for you this month — what you held onto, and what you finally let go of.



COMPANION
GUIDE



September

PRAYER NEEDS:

NEXT MEETING:

NOTES:

BIBLE READING:

MEMORY VERSE:

ROMANS 3, 6 & 12
1 JOHN 3
PHILIPPIANS 2:1-18
1 PETER 2

ROMANS 3:23 NLT
“FOR EVERYONE HAS SINNED; WE
ALL FALL SHORT OF GOD’S
GLORIOUS STANDARD.”

TOPIC AND TASK:

Hope

We don't fully understand grace until we are honest about what it cost. Scripture is unflinching — sin is rebellion that broke our relationship with a holy God, and every one of us has fallen short. But on the same page where the Bible names our sin, it announces our hope. Jesus stepped into our place, took the wage we earned, and gave us the gift we did not earn and can never earn. This month, sit with both halves of the gospel. Don't rush past your sin. Don't rush past your rescue.

Ask yourself:

- Where have I been treating sin as a wage to manage instead of a debt only Jesus could pay?
- Is there an area I've quietly stopped calling sin because the world around me has stopped calling it sin?
- How would my gratitude — and my freedom — change if I let myself feel the full weight of grace? What are ways we can show grace to others?

Bring one place God has met you in honesty this month, and what He has done with what you brought Him.



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GUIDE



October

PRAYER NEEDS:

NEXT MEETING:

NOTES:

BIBLE READING:

MEMORY VERSE:

1 CORINTHIANS 7
EPHESIANS 5
MATTHEW 19:1-12
1 PETER 3
JOHN 13

JOHN 13:34-35 NLT
"SO NOW I AM GIVING YOU A NEW
COMMANDMENT: LOVE EACH OTHER.
JUST AS I HAVE LOVED YOU,
YOU SHOULD LOVE EACH OTHER.
YOUR LOVE FOR ONE ANOTHER WILL
PROVE TO THE WORLD THAT
YOU ARE MY DISCIPLES.

TOPIC AND TASK:

Love

Whether you are married or single, your relationships have a Kingdom assignment. Paul tells the singles in Corinth that their undivided devotion to Christ is a gift — not a holding pattern until something better comes along. He tells the husbands and wives in Ephesus that their marriage is meant to mirror Christ and the Church to a world that needs to see it. Both callings are weighty. Both are good. Both will be tested when daily life pulls you toward selfishness, comparison, or quiet resentment. The love that proves we belong to Jesus is the love that washes feet.

This month, treat the season you are in right now as a stage God has placed you on for His glory.

Ask yourself:

- Am I living my season as a gift, or as a waiting room?
- Where is my love for the people closest to me being shaped by the world's script instead of the gospel's?
- What would it look like to love one person this month with eternity in view?

Identify one relationship where you've been waiting to be loved well before loving well. Move first.

Come ready to share what God did.



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November

PRAYER NEEDS:

NEXT MEETING:

NOTES:

BIBLE READING:

MEMORY VERSE:

MATTHEW 28
EPHESIANS 6
DEUTERONOMY 6
PSALM 127
2 TIMOTHY 3
PROVERBS 31
HEBREWS 12
JOHN 13

MATTHEW 28:19-20 NLT
“THEREFORE, GO AND MAKE DISCIPLES OF ALL THE NATIONS, BAPTIZING THEM IN THE NAME OF THE FATHER AND THE SON AND THE HOLY SPIRIT. TEACH THESE NEW DISCIPLES TO OBEY ALL THE COMMANDS I HAVE GIVEN YOU. AND BE SURE OF THIS: I AM WITH YOU ALWAYS, EVEN TO THE END OF THE AGE.”

TOPIC AND TASK:

Disciple

The Great Commission was never meant to be outsourced.

Jesus' last words to His followers were not a suggestion for the spiritually advanced — they were marching orders for every disciple. Go and make disciples. Teach them to obey. The people God has placed near you — your kids, your nieces, the new believer in your small group, the friend who is just beginning to ask questions — are not a distraction from your calling. They are part of it. Discipleship happens in car rides, around tables, in bedtime conversations, and coffee dates. Let your life be visible enough that someone can follow you as you follow Jesus.

This month, stop waiting to be qualified and start pouring out what God has already poured in.

Ask yourself:

- Who has God placed in my home or circle that I am called to intentionally disciple?
- What rhythms in my home make Jesus visible — and what rhythms make Him hard to find?
- What do I need to lay down to invest more deeply in the people God has given me?

Name one person you can pour into and one person you can ask to pour into you. Initiate both conversations before we meet again.



COMPANION
GUIDE



February

PRAYER NEEDS:

NEXT MEETING:

NOTES:

BIBLE READING:

MEMORY VERSE:

ACTS 2:42-47
1 THESSALONIANS 5
MARK 10:35-45
ECCLESIASTES 4
MATTHEW 25:31-46
ROMANS 12
GALATIANS 6

GALATIANS 5:13 NLT
“FOR YOU HAVE BEEN CALLED TO LIVE IN FREEDOM, MY BROTHERS AND SISTERS. BUT DON’T USE YOUR FREEDOM TO SATISFY YOUR SINFUL NATURE. INSTEAD, USE YOUR FREEDOM TO SERVE ONE ANOTHER IN LOVE.

TOPIC AND TASK:

Serve

The early church was not impressive because it was big. It was impressive because it was together. Acts describes a community that shared meals, shared resources, prayed together, and watched the Lord add to their number daily. A community is built when ordinary believers step into the inconvenient, repeated work of serving each other and their neighbors. Jesus said the Son of Man came not to be served but to serve — and He invites us into the same posture. Your freedom is not only for you. Use your freedom in Christ Jesus to serve one another.

Ask yourself:

- Which marks of the early church — teaching, fellowship, breaking bread, prayer — are strongest in my life right now? Which one is weakest?
- Where is God asking me to use my freedom to serve someone else this month?

Pick one specific way to serve your church or community before the next meeting — not a one-time grand gesture, but a real yes. Bring the meal. Cover a shift for someone else. Show up for someone who can’t repay you. Be the hands and feet of Jesus!



COMPANION
GUIDE



March

PRAYER NEEDS:

NEXT MEETING:

NOTES:

BIBLE READING:

MEMORY VERSE:

2 TIMOTHY 4
PSALM 107
HEBREWS 12
REVELATION 12:11
COLOSSIANS 3
TITUS 2

1 PETER 3:15 NLT
“INSTEAD, YOU MUST WORSHIP
CHRIST AS LORD OF YOUR LIFE.
AND IF SOMEONE ASKS ABOUT
YOUR HOPE AS A BELIEVER,
ALWAYS BE READY TO
EXPLAIN IT.”

TOPIC AND TASK:

Testify

Every woman in this room has a story God is writing — and He never wastes a chapter. Paul’s last letter to Timothy is the testimony of a man who could say, “I have fought the good fight, I have finished the race, I have kept the faith.

” That kind of finish doesn’t happen by accident. It is built on a thousand quiet faithfulnesses — moments when no one was watching, when the road was long, when God was the only one who knew the cost. Revelation tells us we overcome by the blood of the Lamb and by the word of our testimony. Your story is not just yours. It is one of God’s tools to point another woman toward Him.

Ask yourself:

- What truth has taken deeper root in my heart this year, and how has it changed me?
- What does it look like to run well in the next season of my life?
- Whose story is mine meant to point toward Jesus this year?

Write your testimony. Where you were before Christ. How God met you. What He has done in you this year through The One Five.

Bring it ready to share — short or long, polished or raw.



COMPANION
GUIDE



April

PRAYER NEEDS:

NEXT MEETING:

NOTES:



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