



OneLife

Develop Friendships
Discover Stories
Discern Next Steps



Yes2Love

Sherwood Oaks Christian Church

Dear Friends,

Here at Sherwood Oaks Christian Church, we're embarking on a challenging, yet incredibly rewarding, journey together. We're getting serious about the mission God has called us to from the beginning—reaching out to those who are not-yet-followers of Christ and inviting them to discover what we've found: God's unconditional love, unlimited forgiveness, and unimaginable new life! After all, we have been entrusted with the message of reconciliation; we are ambassadors for Christ, his representatives, as though God were making his appeal through us! (2 Corinthians 5:19-20)

So, if you call Sherwood Oaks your church home, and you're a follower of Jesus Christ, then we're inviting you to prayerfully identify one person in your sphere of influence that you hope might someday come to Christ! We're affectionately calling this person our One Life. You were probably someone's One Life at one time, and now that you've come to Christ, it's time for you to have a One Life! Of course, we're not talking at all about viewing people as "projects" rather we're being intentional about genuinely caring about people—One Life at a time.

Once you've picked out your One Life, then what? It's simple. Engage on a journey with your One Life using these 3Ds as your guide:

- Develop Friendships
- Discover Stories
- Discern Next Steps

This is exactly what we mean when we say "3D1." And you'll be seeing this around the church a lot as a reminder that we want to get focused on living out the 3Ds with at least 1 other person God has put on our hearts. Just think what God might do through us if each of us took on this 3D1 challenge!

And that's where this journal comes in! We wanted to make this resource available to you to use to capture your thoughts and prayers, roadblocks encountered, lessons learned, and breakthroughs experienced. It's organized around the 3Ds and, along with space to write, there are verses to read, questions to ponder, and prayers to pray for each day. We hope this will serve you and inspire you as you live out the 3D1 Challenge. May God bless you in your efforts, and may He receive all the praise!

Prayerfully,



Shawn Green
Spiritual Influence | Campus Minister (Bedford)

DEVELOP FRIENDSHIPS

Day One

How passionate about evangelism are you?

What steps could you take to grow your passion for evangelism?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for those that don't know Jesus Christ as their personal Lord and Savior. Pray for God to grow in us a heart for those that don't know the Lord and are without hope. Pray for a passion to share the love and gift of Salvation that we have received.

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." *Matthew 28:18-20*

DEVELOP FRIENDSHIPS

Day Two

What causes your heart to grow cold toward non-Christians?

What can you do to overcome this level of apathy?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for our hearts to be softened toward non-Christians so that we may become friends with them. Pray for the humbleness of our hearts, to consider others above ourselves, and be willing to do whatever it takes to reach others for the sake of Jesus Christ.

Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ. *Philippians 3:8*

DEVELOP FRIENDSHIPS

Day Three

What motivates you to initiate and build authentic friendships with people far from God?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Ask God to draw our hearts to the truth of Jesus Christ and His Word. Pray, as Christ's ambassadors, that we seek out those far from God so that they may know Him through the work of the Holy Spirit and our actions.

That is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. *2 Corinthians 5:19-20*

DEVELOP FRIENDSHIPS

Day Four

What obstacles hinder you from developing friendships with non-Christians?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for God to reveal the obstacles in us so that they can be removed, allowing us to be the light of Christ.

Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. *Matthew 5:15-16*

DEVELOP FRIENDSHIPS

Day Five

What fears and concerns do you suppose non-Christians might have about being friends with Christians?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for sensitivity to the fears and concerns of non-Christians. Pray for humbleness in our relationships and a reflection of the testimony of Jesus' work in our life.

But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God. *Acts 20:24*

DEVELOP FRIENDSHIPS

Day Six What might your One Life need from you to ensure that your friendship is going to be a sincere, safe one?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:

Pray for the opportunity to build trust with our One Life. Pray that through our Christ-like attitude and actions, our One Life will begin opening up to a deeper friendship.

Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. *Colossians 3:12-14*

DEVELOP FRIENDSHIPS

Day Seven

What can you do to build bridges of trust with your One Life?
What could dismantle the bridge of trust between you and your One Life?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray for opportunities to build mutual trust. Pray for our One Life and the hurt from the past that destroys trust. Pray to be slow to speak and quick to hear.

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.
James 1:19-20

DEVELOP FRIENDSHIPS

Day Eight

For you and your One Life, what areas of common interest can you identify? Based on those commonalities, what specific steps will you take to initiate time together?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for a common passion to build a relationship around. Pray for a mutual desire to grow in our friendship.

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! *Ecclesiastes 4:9-10*

DEVELOP FRIENDSHIPS

Day Nine

It has been said that people don't care how much you know until they know how much you care. What are some ways you can authentically demonstrate your care for your One Life?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for opportunities to demonstrate how you genuinely care for your One Life. Pray for opportunities to love the Christians in your life.

By this all people will know that you are my disciples, if you have love for one another. *John 13:35*

DEVELOP FRIENDSHIPS

Day 10

How might you prioritize time in your daily life to pray about your heart and attitude toward your One Life, as well as your personal efforts to spend time with him or her?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray about how you can simplify your life so you can invest in your One Life. Pray as you friendship continues, the love of Christ covers adversity and sin in our lives.

Above all, keep loving one another earnestly, since love covers a multitude of sins. *1 Peter 4:8*

PRAYERS & THOUGHTS

DISCOVER STORIES

Day 11

What does it mean to seek first to understand before seeking to be understood? In what ways would practicing this principle make a positive impact on the non-Christians in your life?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray that our first intention would be to listen and not speak. Pray that we seek to hear and understand so that we can find wisdom in the Word of God.

Making your ear attentive to wisdom and inclining your heart to understanding.
Proverbs 2:2

DISCOVER STORIES

Day 12

What are some of the benefits behind sincerely showing interest in hearing another person's story?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray that we value our One Life's story and the journey God has brought them on. Pray that we set aside biases or preconceived notions so we can love them as Christ loves us.

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

DISCOVER STORIES

Day 13

Think about your One Life. How well do you know his or her life story? ...his or her spiritual story? What steps could you take to get to know your One Life better?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for opportunity to ask and hear about the deeper story of your One Life. Pray for patience as God orchestrates the meetings and conversations with the desire to share the love of Jesus Christ through you.

The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance. *2 Peter 3:9*

DISCOVER STORIES

Day 14

What are the benefits of asking good questions?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray that God leads us in the questions to ask of our One Life. Pray to be sensitive yet bold in our personal faith as an example of how Jesus Christ works.

For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes. *Romans 1:16*

DISCOVER STORIES

Day 15 Generally speaking, how well do you engage in conversations using sincere questions? How might you grow in this area?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for a deeper understanding in your personal relationship with Jesus Christ and the hope that you have. Pray as your relationship deepens, God engages your One Life in transformational questions.

But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled, but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect. *1 Peter 3:14-15*

DISCOVER STORIES

Day 16

What are the benefits of listening well?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray that as you listen, in humility, gentleness, and patience, your heart will be drawn to God and directing your One Life conversations.

With all humility and gentleness, with patience, bearing with one another in love.
Ephesians 4:2

DISCOVER STORIES

Day 17 How would you rate your ability to listen well?
How might you improve your listening skills?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray as you walk with Christ, you sense His presence and the peace that He brings to the journey of life. Pray that God's peace affects your ability to listen well and bring the wisdom of God.

Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.
Matthew 11:29-30

DISCOVER STORIES

Day 18

In the past, what opportunities to discuss spiritual things have you either leveraged or let slip by? How can you ensure you make the most of open opportunities in the future?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray for boldness to share spiritual things when God provides opportunities. Pray for the Holy Spirit to give you the words and courage to fully engage with your One Life as they explore what it means to follow Christ.

How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, “How beautiful are the feet of those who preach the good news!”
Romans 10:14-15

DISCOVER STORIES

Day 19 What prevents you from feeling more confident to initiate and carry on spiritual conversations with your One Life?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray that as you spend time in God's Word, he will bring to mind Scripture that can help with your spiritual conversations.

Man shall not live by bread alone, but by every word that comes from the mouth of God. *Matthew 4:4*

DISCOVER STORIES

Day 20 What are some safe ways you could sincerely initiate spiritual conversations with your One Life?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray that just as Christ loved us, that His love would flow through you into the spiritual conversations with your One Life.

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. *John 15:12-15*

PRAYERS & THOUGHTS

DISCERN NEXT STEPS

Day 21 Define the word “discern”. What process could you follow to be able to discern the best next steps to take with your One Life?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray for wisdom and discernment for the next steps you can take with your One Life. Pray for boldness to do what the Word of God says.

Do not merely listen to the word, and so deceive yourselves. Do what it says.
James 1:22

DISCERN NEXT STEPS

Day 22 What is the role of prayer as it relates to the process of discerning the best next step to initiate with your One Life?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray in confidence that as you ask for God’s guidance, help, strength, and timing, He will answer your prayers. Pray for the area in your relationship with your One Life that you need God’s intercession with.

Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. *Hebrews 4:16*

DISCERN NEXT STEPS

Day 23 How can you safeguard against ever viewing your One Life as a “project”?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:

Pray for a thankful heart, for your One Life relationship, and for the journey that God has you on.

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. *1 Thessalonians 5:16-18*

DISCERN NEXT STEPS

Day 24 How do you balance the tension between the urgency of the Gospel and honoring people in the process?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for trust and peace in God's timing. Pray that God will provide the right time for sharing the Gospel with your One Life.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4:6-7*

DISCERN NEXT STEPS

Day 25 What ideas come to mind as you pray about taking a next step in your friendship with your One Life?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for occasions to serve and serve with your One Life. Pray that these opportunities would reveal to your One Life God's heart for the lost.

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. *Galatians 5:13*

DISCERN NEXT STEPS

Day 26

What guidelines (do's and don'ts) come to mind as you consider the process of inviting non-Christians to take spiritual next steps?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for God's guidance on when and how to invite your One Life to church. Pray that as you have spiritual conversations, the Holy Spirit reveals the things of God so that they may gain understanding.

The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. *1 Corinthians 2:14*

DISCERN NEXT STEPS

Day 27 What factors suggest you have earned the right to invite your One Life to attend a church service with you?

MY ONE LIFE IS:	MY ONE LIFE PRAYER:
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Pray for your One Life to have an open heart to eventually attend a church service with you. Pray that as you journey in life together, there will be opportunities to take greater risks in being open and transparent with each other.

Carry each other's burdens, and in this way you will fulfill the law of Christ.
Galatians 6:2

DISCERN NEXT STEPS

Day 28

What signals tip you off that it's time to ease off and back away from trying to engage in a spiritual conversation with your One Life?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for a clear direction from God on when to slow down or speed up the pace of spiritual conversations. Pray for confidence that Salvation is found in no one other than Jesus Christ so that when the time comes you can confidently proclaim the name of Jesus Christ.

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved. *Acts 4:12*

DISCERN NEXT STEPS

Day 29

How confident are you in your ability to clearly articulate the Gospel and assist a person in receiving Jesus Christ into his or her life?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for God to continually build in you Scripture and the message of the Gospel. Pray that your One Life receives the love displayed through the life, sacrifice, and eternal life through Jesus Christ.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. *John 3:16*

DISCERN NEXT STEPS

Day 30

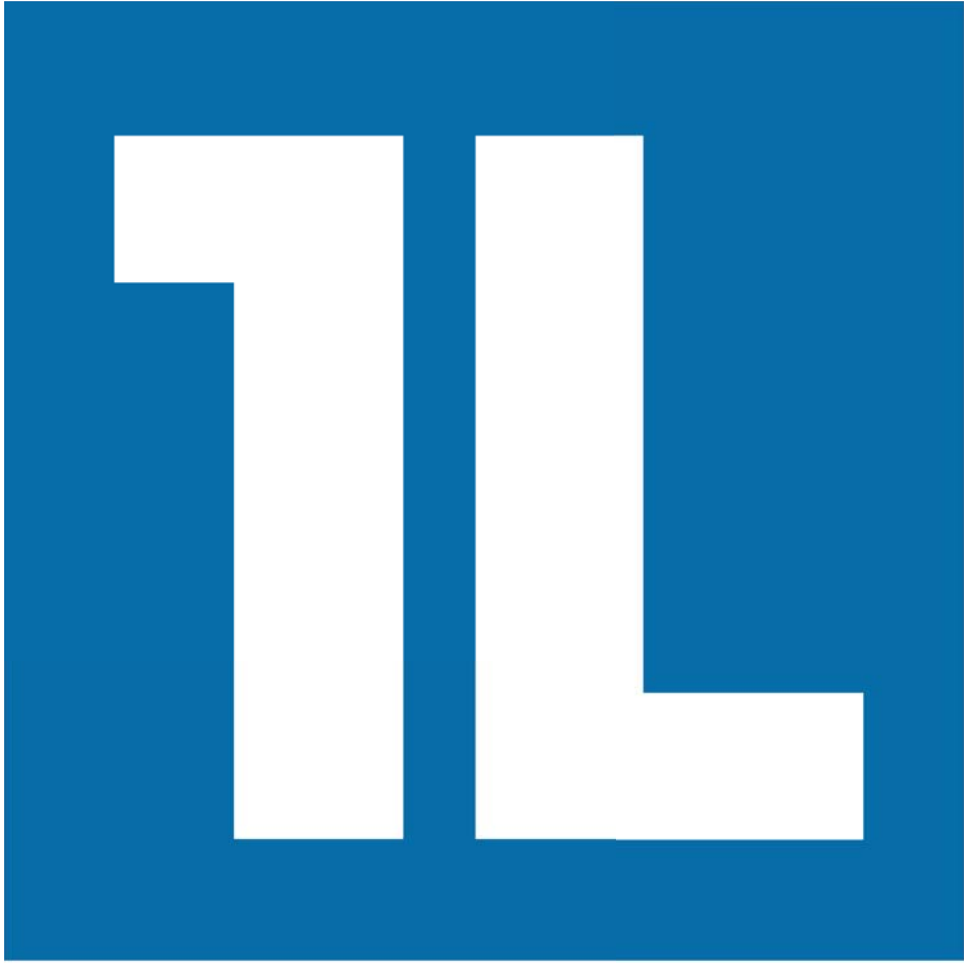
What steps could you take to better prepare yourself to clearly articulate the Gospel message?

MY ONE LIFE IS:

MY ONE LIFE PRAYER:

Pray for knowledge and the wisdom of Scripture. Pray that the Holy Spirit will help you clearly articulate the Gospel and we can all celebrate your One Life joining the family of God

For all have sinned and fall short of the glory of God. *Romans 3:23*
For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. *Romans 6:23*
If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. *Romans 10:9*



OneLife

for more information, go to
socc.org/onelife