



Unity Church
ORPINGTON

Follow Jesus more

SEEK & FIND · A FOUR-WEEK GUIDE

Following Jesus isn't about getting everything right. It's about walking with him, one ordinary day at a time.

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28 (NIV)

Name _____ Start date _____

BEFORE YOU START

How to use this guide

Set aside about ten minutes, five days a week. Find a quiet spot, a Bible (or a Bible app), and a pen.

1. **Read** the day's short passage, slowly. Tick the box when you're done.
2. **Try** the week's simple practice in everyday life.
3. **Reflect** at the end of the week, and jot down what you noticed.
4. **Pray**, even if it's just: "God, help me to know you more."

Missed a day? No guilt. Just pick up where you left off. This isn't a test; it's an invitation.

THIS GUIDE IS FOR YOU IF YOU'RE...

Curious about Jesus, but not sure what you believe yet

Someone who used to follow him and has drifted

Already following, and wanting it to be real every day

YOUR FOUR WEEKS

WEEK 1

Meet him

WEEK 2

Hear his invitation

WEEK 3

Do what he says

WEEK 4

Follow together

You don't have to walk it alone

Find a friend to do this with you, or ask someone at Unity Church to check in with you each week. Call the office on 07723 291151.

Meet him

Before we follow anyone, we need to know who they are. This week, read the opening chapters of Mark, the shortest Gospel, and simply watch what Jesus says and does.

READ: ONE A DAY

☐	DAY 1	Mark 1:1–20	_____
☐	DAY 2	Mark 1:21–45	_____
☐	DAY 3	Mark 2:1–17	_____
☐	DAY 4	Mark 3:1–19	_____
☐	DAY 5	Mark 4:35–41	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Each day, note one thing Jesus says or does that surprises you.

REFLECT

What draws you to Jesus?

What puzzles or challenges you about him?

A PRAYER FOR THIS WEEK

Hear his invitation

Jesus didn't hand people a rulebook. He said, "Follow me." This week, listen to his invitation and notice how different people responded.

READ: ONE A DAY

☐	DAY 1	Mark 8:27–38	_____
☐	DAY 2	Luke 5:1–11	_____
☐	DAY 3	Luke 9:57–62	_____
☐	DAY 4	Luke 14:25–33	_____
☐	DAY 5	Luke 19:1–10	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Each morning, pray one sentence: "Jesus, I want to follow you today."

REFLECT

What might be holding you back?

Who in this week's readings do you relate to most?

A PRAYER FOR THIS WEEK

Do what he says

Following Jesus is learned by doing. The Sermon on the Mount is his clearest picture of the life he invites us into.

READ: ONE A DAY

☐	DAY 1	Matthew 5:1–16	_____
☐	DAY 2	Matthew 5:38–48	_____
☐	DAY 3	Matthew 6:1–18	_____
☐	DAY 4	Matthew 6:19–34	_____
☐	DAY 5	Matthew 7:7–29	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Choose one teaching from this week and put it into practice in a specific way.

REFLECT

Which teaching did you try, and what happened?

Where did you find it hard?

A PRAYER FOR THIS WEEK

Follow together

Nobody follows Jesus alone. From the very beginning, his followers learned, prayed, ate and served together.

READ: ONE A DAY

☐	DAY 1	Acts 2:42–47	_____
☐	DAY 2	John 13:1–17	_____
☐	DAY 3	John 15:1–17	_____
☐	DAY 4	John 21:15–19	_____
☐	DAY 5	Matthew 28:16–20	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Come along on Sunday, or tell one person what you've been learning.

REFLECT

Who could walk this road with you?

What is your next step after these four weeks?

A PRAYER FOR THIS WEEK

AFTER FOUR WEEKS

Keep going

Well done for taking these steps. Looking back over the last four weeks, what has changed?

YOUR NEXT STEP COULD BE TO...

- Try Alpha, a relaxed space to explore who Jesus is
- Join us on Sunday at 10:30am
- Ask for a one-to-one coffee with someone from our team

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

COME AS YOU ARE

There's a seat saved for you this Sunday.

SUNDAYS

10:30am

Unity Church, Rye Crescent
Orpington BR5 4NH

CONTACT

Office 07723 291151

Monday & Wednesday mornings

ONLINE

unitychurch.uk

Seek & Find pathways

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