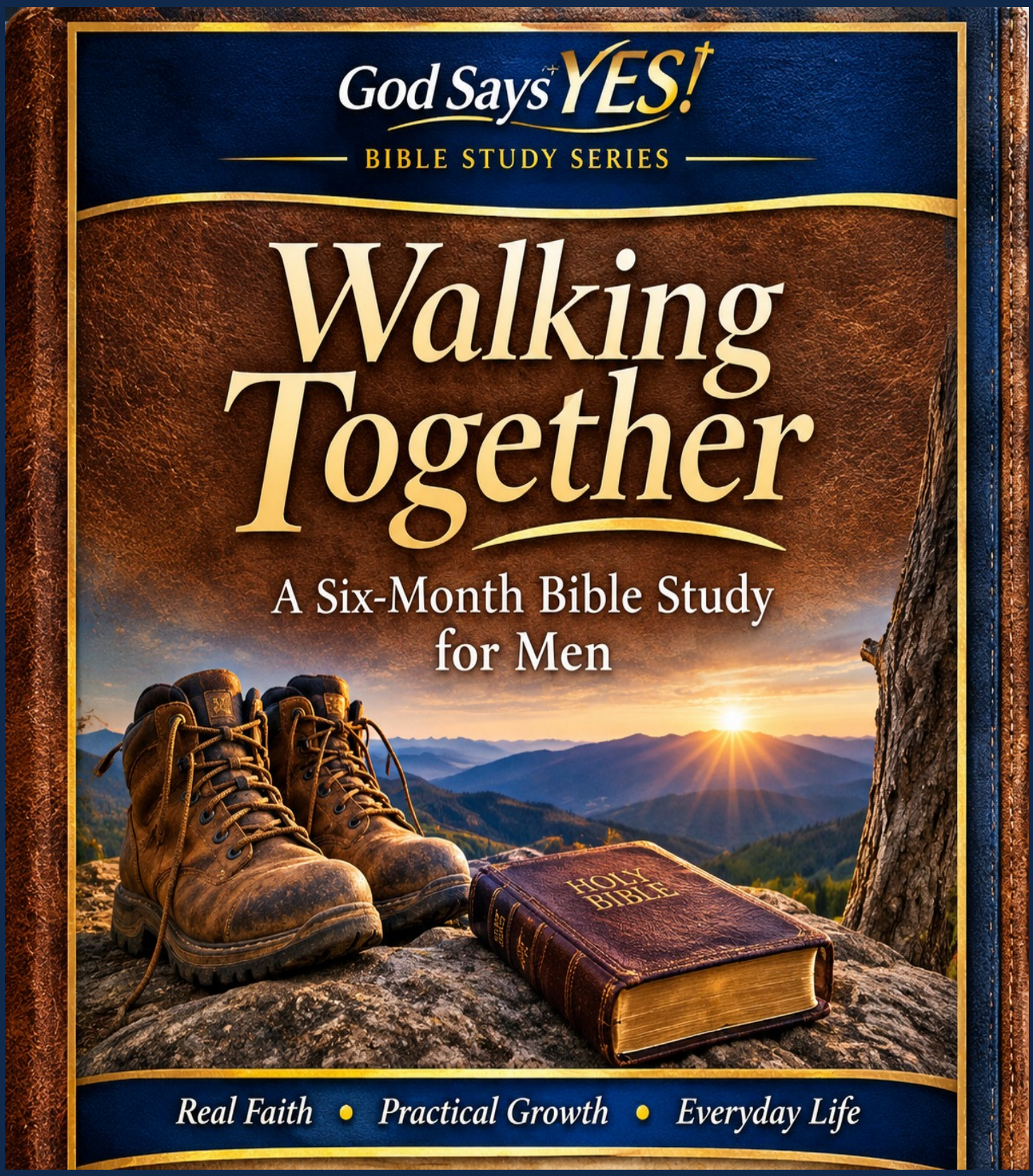
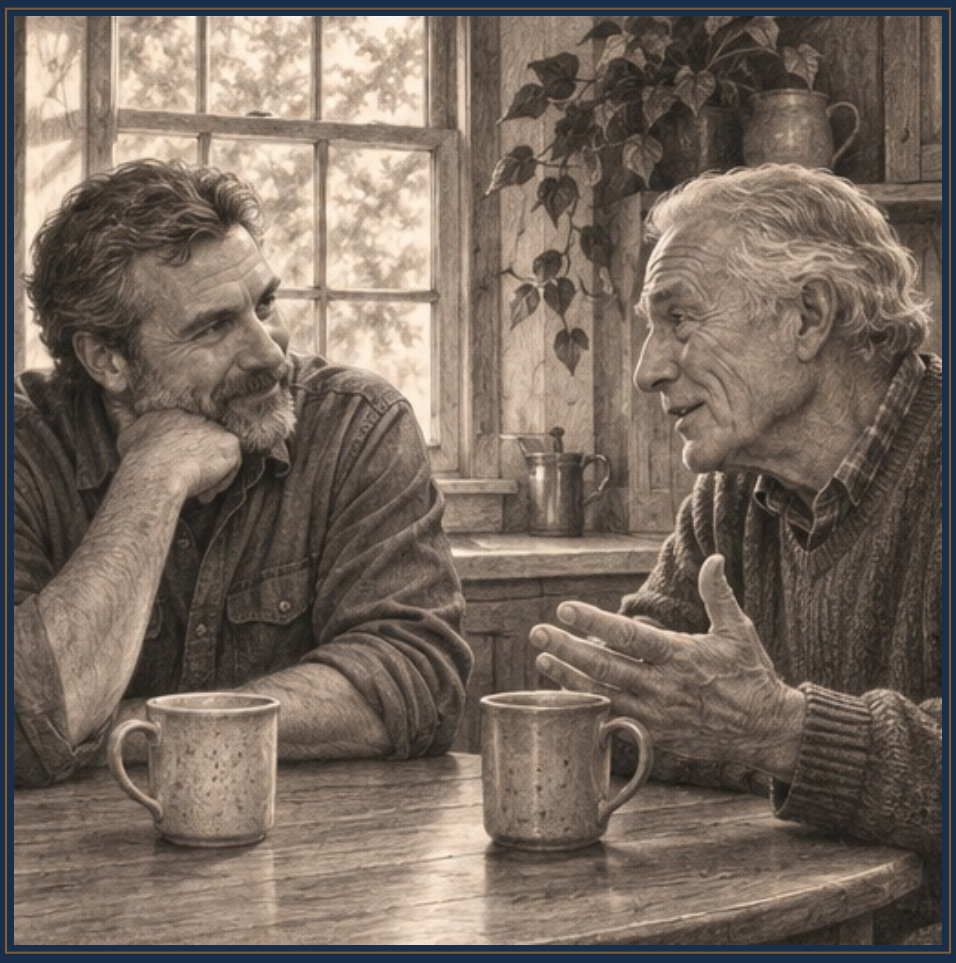


Six months • 24 weekly studies

An outreach of God Says YES! | godsaysyespodcast.com

Walking Together

Six months of Scripture, honest conversation, and prayer for men



An outreach of God Says Yes Podcast

www.godsaysyespodcast.com

Dedication

For Chris, and for men like him

This is for you, Chris, and for every man who wants to get serious with God and is looking for a place to start.

Maybe you've gone to church for years. Maybe you're just beginning. Wherever you are, you can take one honest step toward God this week. Here are four steps the two of you can put into practice right away.

1. Ask one man to walk with you.

Say, "I want to grow closer to God. Would you meet with me for half an hour this week to read Scripture and pray?"

2. Open the Bible and start with one passage.

Read it slowly. Ask, "What does this show me about God? What can I put into practice today?"

3. Tell the truth and ask for prayer.

Read the Promise Between Brothers together. Then share one thing you're ready to talk about and pray for each other before you leave.

4. Take one step and come back.

Each of you names one thing you'll do and one question your brother can ask you next time. Set a time to meet again.

A new beginning, not a list of failures

THE HEART OF WALKING TOGETHER

God did not forgive us merely so we could spend the rest of our lives feeling defeated. In Jesus Christ, forgiveness opens the door to a renewed, purposeful life. Men need to hear not only what to turn away from, but what they can become as they walk with God.

These studies are not a test of how much you already know. They are a place to open Scripture, be truthful, ask questions, compare translations, and discover a next step you can take with Christ.

HOW TO USE YOUR BIBLE

Bring the Bible you have and feel comfortable using. Any Bible translation is welcome; you do not need to purchase a different Bible to participate. Scripture quotations in this workbook use the NIV. Read each full passage in context. If possible, compare another translation for added understanding.

Talk honestly with your partner. Listen without shaming each other. Pray together. Return the next week and ask, “How did it go?”

TWO PASSAGES TO CARRY WITH YOU

Romans 12:1–2 describes offering ourselves to God and being transformed through renewed thinking. Philippians 4:10–13 teaches that Christ strengthens us to live faithfully in changing circumstances. Neither passage promises an easy life; both point toward a different way to live.

Before you begin

Find a brother to walk with

This notebook is for any man who wants a prayer partner and wants to grow as a follower of Jesus. You can begin with a man you already know or ask someone at church to introduce you to a man who'd welcome a regular time to read Scripture and pray.

"Would you meet with me for half an hour this week? There's a passage and a couple of questions I'd like us both to answer."

Give yourselves a regular time.

Bring your own notebooks and a Bible. Plan on four studies a month and use extra weeks for travel, breaks, or conversations that need more time.

Read, listen, and pray.

Read the passage in your preferred Bible translation. Give both men time to answer, choose one step apiece, and pray for each other before you part. Share what you're ready to share. If one question gives you plenty to talk about, stay with it.

Start next time by following up.

Ask the question your brother invited you to ask. Listen to how the week actually went, then open the next study together.

Read this aloud together

A Promise Between Brothers

What you entrust to me in confidence stays between us and God. I'll keep it private with my wife, my friends, and the people at church. If someone is in danger, I'll seek help and share only what's needed to protect them.

When you tell me where you're struggling or where you've sinned, I'll listen first. We'll open Scripture and ask what God says. If there's something you need to face, I'll tell you plainly and gently. I'll pray with you, help you take the next step, and ask how it went.

I'll be honest about my own struggles and give you room to speak into my life. We both need the grace we're asking each other to show.

Read James 5:16 and Galatians 6:1–2 together.

What will help each of us keep this promise?

A personal devotion

Lord, I want to know You

Read Philippians 3:7–14 and Psalm 27:7–8

You may know when to stand, when to sing, and what to say when somebody asks how you're doing. Then Monday comes. You sit in the driveway a little longer before going inside, wondering how to talk to God about the day you've had. That's a good place to begin.

Paul had a long list of things he could point to with pride. When he tells the Philippians what matters to him now, he speaks about knowing Christ. The psalmist takes that desire into prayer and seeks God's face. There's room in those passages for a man who has followed Jesus for years and for a man who is still learning how to pray.

Take a few minutes today while the house is quiet, or before you start the truck. Read the passages slowly. Notice one thing they show you about God and tell Him what you most want Him to help you understand. Then think about one place in the day ahead where you can put what you've read into practice.

A prayer you can make your own

Lord Jesus, I want to know You. Help me see what You are showing me in Scripture. Give me the courage to be honest with You and with a brother I can trust. Show me one thing I can do today to follow You, and help me do it. Amen.

A personal devotion

A few quiet minutes with God

What do I want to know about God as I begin these six months?

Where in my ordinary day do I most want Christ to shape how I live?

What would I like to tell God in my own words today?

The six months

Your reading plan

Month 1 · Learning to trust

Weeks 1–4 / Pages 8–24

Month 2 · Walking with God in ordinary life

Weeks 5–8 / Pages 25–41

Month 3 · Facing what trips us up

Weeks 9–12 / Pages 42–58

Month 4 · Making things right

Weeks 13–16 / Pages 59–75

Month 5 · Carrying one another’s burdens

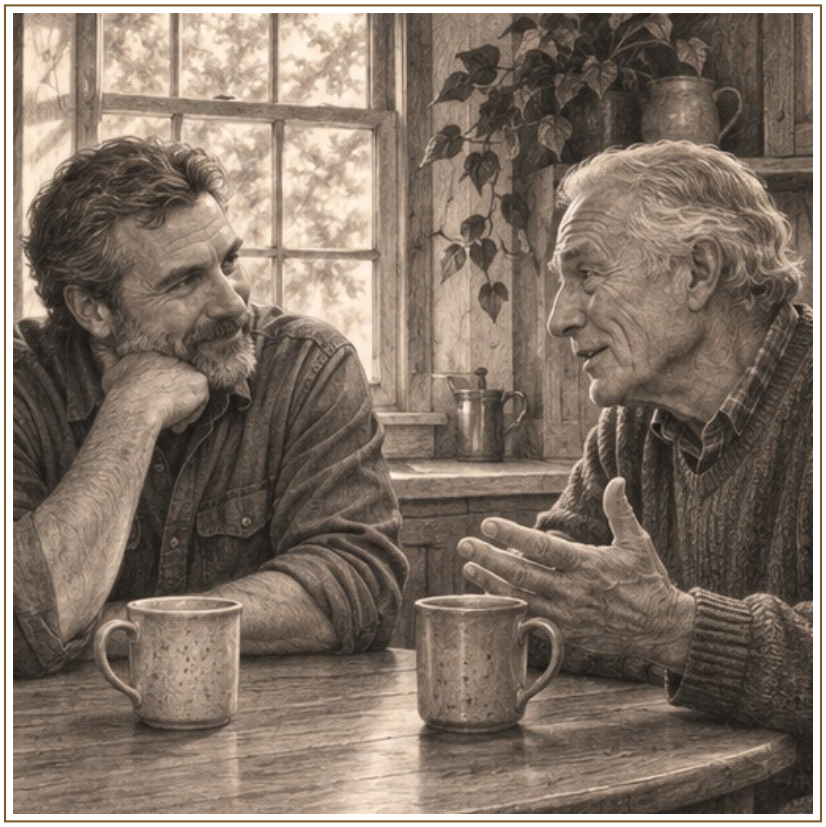
Weeks 17–20 / Pages 76–92

Month 6 · Keeping the walk going

Weeks 21–24 / Pages 93–109

Month 1

Learning to trust



01 How are you, really?

02 What makes a brother safe to talk to?

03 How do I ask for prayer?

04 How do we follow up with each other?

WEEK 01 • SCRIPTURE COMPANION

Two are better than one

FOUNDATION SCRIPTURE

> *“Two are better than one, because they have a good return for their labor:”*

Ecclesiastes 4:9 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Ecclesiastes 4:9 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

How does your translation describe the value of companionship? If possible, compare another translation. What changes in the emphasis?

ONE STEP THIS WEEK

Tell your partner one real thing about your week instead of saying “fine.”

How are you, really?

Read Ecclesiastes 4:9–12

Someone at church asks how you're doing. You say, "Pretty good," and the conversation moves on. Later, loading groceries into the car, you realize you wish he'd stayed long enough to hear the rest. Ecclesiastes gives us a picture of what companionship is for. When one falls, the other can reach down and help him up.

Try this together

Tell your brother one true sentence about how your week has been. Let him finish his sentence when it's his turn.

What stands out in the passage today?

Put it into words

Where in this passage do I recognize something I need right now?

What have I been carrying that I wish someone would ask about?

What helps me open up when I’m still finding the words?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 02 • SCRIPTURE COMPANION

Trust is earned

FOUNDATION SCRIPTURE

> *“A gossip betrays a confidence, but a trustworthy person keeps a secret.”*

Proverbs 11:13 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Proverbs 11:13 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Proverbs 11:13 in your preferred translation. If possible, compare another. What do you learn about safe conversation?

ONE STEP THIS WEEK

Agree on what confidentiality means, including the exception when someone is in danger.

What makes a brother safe to talk to?

Read Proverbs 11:12–13 and James 1:19–20

A friend starts telling you about a fight at home. Before he finishes, you've already thought of three things he ought to do. Try leaving your advice on the table for a moment. James puts hearing first, and Proverbs connects trustworthiness with keeping a confidence.

Try this together

After listening, say back what you heard and ask, "Did I understand you?"

What stands out in the passage today?

Put it into words

When have I felt heard by another man? What did he do?

Which is harder for me: waiting to speak or keeping a confidence?

What would help the two of us feel comfortable being honest?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 03 • SCRIPTURE COMPANION

Prayer is something we share

FOUNDATION SCRIPTURE

> *“Therefore confess your sins to each other and pray for each other so that you may be healed.”*

James 5:16 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read James 5:16 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read the remainder of James 5:16 in your preferred translation. If possible, compare another. What do you learn about honest prayer?

ONE STEP THIS WEEK

Ask for prayer for one specific, truthful need.

How do I ask for prayer?

Read James 5:13–16

You get a reminder about an appointment that has been weighing on you. You think about calling a friend, then put your phone down because you don't know what to say. Try this: "I have an appointment Thursday and I'm anxious. Would you pray with me now and check in on Friday?" You can share as much as you're ready to put into words.

Try this together

Each of you asks for prayer and then prays for the other before you leave.

What stands out in the passage today?

Put it into words

What does James invite people to do in trouble, joy, or illness?

What makes it hard for me to ask someone to pray with me?

If I asked today, what would I want prayer for and when would I like a check-in?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 04 • SCRIPTURE COMPANION

Encourage one another

FOUNDATION SCRIPTURE

> *“And let us consider how we may spur one another on toward love and good deeds,”*

Hebrews 10:24 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Hebrews 10:24 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

How does another translation express “spur one another on”? Which wording helps you picture encouragement?

ONE STEP THIS WEEK

Schedule a check-in and follow up on one promised step.

How do we follow up with each other?

Read Hebrews 10:23–25

Your brother said he'd make a difficult call on Wednesday. When you see him Sunday, you remember. You pull up a chair and ask how it went. Hebrews asks believers to think about how to encourage one another. Remembering what he asked you to bring up is one way to do that.

Try this together

Put your next meeting on the calendar and agree on how you'll check in between meetings.

What stands out in the passage today?

Put it into words

What kind of follow-up makes me feel cared for?

How can we respond if one of us didn’t take the step he planned?

What question am I willing to ask and answer next week?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

Month 2

Walking with God in ordinary life



05 How do I make room for God in my day?

06 What is a life verse, and how do I find one?

07 How do I pray to be successful?

08 How do I listen so that I hear God?

WEEK 05 • SCRIPTURE COMPANION

Make time to pray

FOUNDATION SCRIPTURE

> *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*

Mark 1:35 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Mark 1:35 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Mark 1:35–39 in two translations. Why might Jesus have chosen time alone before serving others?

ONE STEP THIS WEEK

Choose a realistic ten-minute time to meet with God.

How do I make room for God in my day?

Read Mark 1:32–39

The kettle is on, your phone lights up, and the quiet you meant to have goes to the first thing demanding your attention. Mark shows Jesus stepping away to pray after an evening when many people needed him. His example gives us permission to give prayer an actual place in a crowded day.

Try this together

Attach five quiet minutes of Scripture and prayer to something you already do, such as making coffee.

What stands out in the passage today?

Put it into words

What do I notice about when and where Jesus prays?

When is there a small stretch of time I could regularly give to God?

What usually crowds it out, and what would make it easier to begin?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 06 • SCRIPTURE COMPANION

Keep the Word close

FOUNDATION SCRIPTURE

> *“I have hidden your word in my heart that I might not sin against you.”*

Psalm 119:11 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Psalm 119:11 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare “hidden” with the language another translation uses. What is the difference between memorizing and living it?

ONE STEP THIS WEEK

Choose one short verse to write, remember, and practice.

What is a life verse, and how do I find one?

Read Psalm 119:9–16

A man keeps a slip of paper in his Bible because he wants those words in his mind when he walks into a difficult room. A life verse is a passage you return to because it reminds you who God is and how to live faithfully. You may carry one for years and find other passages that steady you in different seasons.

Try this together

Try Psalm 56:3–4 for fear or Matthew 11:28–30 for weariness. Read around the passage, then copy the verse you choose and read it aloud this week.

What stands out in the passage today?

Put it into words

Where do I most need Scripture to steady me right now?

What do the surrounding verses tell me about the passage I'm considering?

When this situation comes up again, how could this passage guide what I do?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

What can I become through Christ?

READ TOGETHER

Read Philippians 4:10-13 in your preferred Bible translation, especially verse 13. If possible, compare another translation, such as the Amplified Bible. Identify each translation as you read.

LOOK AT THE CONTEXT

Paul spoke about learning contentment in times of need and times of plenty. His confidence in Christ was not a promise that every ambition would succeed. It was the strength to remain faithful whatever his circumstances.

DISCUSS

What have you been told you could never become? How have those words affected you?

Where do you need Christ's strength right now: endurance, honesty, repentance, relationships, or service?

How can we encourage one another about what God is making possible without promising an easy path?

TAKE ONE STEP

Tell your partner one life-giving step you will take this week. Ask him to pray with you and check back on it.

Read Philippians 4:10-13 in your own Bible; compare another translation if possible.

WEEK 07 • SCRIPTURE COMPANION

Bring your work to God

FOUNDATION SCRIPTURE

> *“Lord, let your ear be attentive to the prayer of this your servant”*

Nehemiah 1:11 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Nehemiah 1:11 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Nehemiah 1:4–11 and 2:1–8. What did Nehemiah pray, and what action did he take?

ONE STEP THIS WEEK

Pray before one difficult conversation or decision.

How do I pray to be successful?

Read Nehemiah 1:4–11 and 2:1–8

You're about to ask for something that matters, and the answer is in another person's hands. Nehemiah names what he needs, asks God for success, and is ready to speak when the king gives him an opening. You can ask for a particular outcome and ask God for the courage and wisdom to respond faithfully whatever comes.

Try this together

Pray for a real situation by name. Decide what you can prepare, say, or do before you meet again.

What stands out in the passage today?

Put it into words

What does Nehemiah ask for, and what is he ready to do himself?

What outcome do I want badly enough to name in prayer?

What would faithfulness look like on my part, whatever the answer?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 08 • SCRIPTURE COMPANION

Ask God for wisdom

FOUNDATION SCRIPTURE

> *“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault,”*

James 1:5 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read James 1:5 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read the full verse in your preferred translation. If possible, compare another. What does this say about God?s willingness to help?

ONE STEP THIS WEEK

Name one decision and invite your partner to pray for wisdom with you.

How do I listen so that I hear God?

Read James 1:5 and 1 Thessalonians 5:19–22

You have a decision to make, and every time you sit down to pray your mind rehearses the answer you already want. Ask God for wisdom. Read Scripture in context and pause long enough to notice what it says. If an impression comes to mind, bring it into the light of Scripture and talk it through with your brother.

Try this together

Sit quietly for a minute. Write what the passage says and what you think it may mean for your decision. Discuss both together.

What stands out in the passage today?

Put it into words

What has God already shown me in Scripture that applies here?

What might I be assuming because I want a certain answer?

What wise step can I take while I’m still praying?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

Month 3

Facing what trips us up



09 What happens when I’m tired, angry, or lonely?

10 What do I do when temptation shows up?

11 Where do I need to tell the whole truth?

12 How do I get back up after a setback?

WEEK 09 • SCRIPTURE COMPANION

Slow down before reacting

FOUNDATION SCRIPTURE

> *“Everyone should be quick to listen, slow to speak and slow to become angry,”*

James 1:19 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read James 1:19 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

How does the Amplified expand on listening and anger? Which part challenges you most?

ONE STEP THIS WEEK

Pause before responding in one tense moment this week.

What happens when I’m tired, angry, or lonely?

Read James 1:19–20 and Psalm 42:5–8

A small remark feels like a big insult at the end of a long day. You hear the sharpness in your answer before you’ve set down your keys. James calls us to slow down. The psalmist gives us room to tell God how downcast we feel and to remember where our hope lies.

Try this together

Choose a short prayer and one action you can take before replying when you’re upset.

What stands out in the passage today?

Put it into words

Which of these feelings tends to steer what I say or do?

What happens just before I react in a way I later regret?

What could I say to God and to my brother in that moment?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 10 • SCRIPTURE COMPANION

Temptation has an exit

FOUNDATION SCRIPTURE

> *“No temptation has overtaken you except what is common to mankind.”*

1 Corinthians 10:13 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read 1 Corinthians 10:13 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read the whole verse in two translations. What does God promise—and what does he not promise?

ONE STEP THIS WEEK

Identify a danger time and plan a call or a change of routine.

What do I do when temptation shows up?

Read 1 Corinthians 10:12–13

There’s an hour of the evening when an old habit gets easier to justify. You know the chair, the screen, and the thoughts that go with it. Paul warns against overconfidence and points to God’s faithfulness. Think now about where the way out might be when that hour comes.

Try this together

Put one change in place before temptation comes. Tell your brother what you’ve changed and ask him to follow up.

What stands out in the passage today?

Put it into words

Where and when do I tend to let my guard down?

What practical way out could I take early in the moment?

Who can I contact, and what words would I use?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 11 • SCRIPTURE COMPANION

Carry the truth together

FOUNDATION SCRIPTURE

> *“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”*

Galatians 6:2 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Galatians 6:2 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare Galatians 6:1–2 with James 5:16. How do honesty and gentleness work together?

ONE STEP THIS WEEK

Tell your partner one area where you need support.

Where do I need to tell the whole truth?

Read James 5:16 and Galatians 6:1–2

You can tell a story truthfully and still leave out the part that needs confession. Saying it plainly can feel like taking a risk. The brother listening has a responsibility too. He can receive the truth gently, open Scripture with you, pray, and help with the next step.

Try this together

Return to the Promise Between Brothers. When your brother shares, thank him for trusting you and ask what would help him take the next step.

What stands out in the passage today?

Put it into words

What part of a story do I tend to soften or skip?

What would it sound like to own my part in one clear sentence?

What kind of help would make a change possible this week?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 12 • SCRIPTURE COMPANION

Begin again

FOUNDATION SCRIPTURE

> *“Lord, you know all things; you know that I love you.”*

John 21:17 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read John 21:17 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Jesus’ conversation with Peter in John 21:15–19. What does Jesus restore besides Peter’s feelings?

ONE STEP THIS WEEK

Identify one repair or fresh start you can make this week.

How do I get back up after a setback?

Read John 21:15–19

You promised you'd handle it differently this time, and then you slipped into the same pattern. Now you're tempted to skip the meeting. Jesus meets Peter after his denial, asks a hard question, and gives him work to do. Come to the conversation with what happened and a willingness to begin again.

Try this together

Name one change you can make now and arrange a check-in before your next meeting.

What stands out in the passage today?

Put it into words

What do I notice about how Jesus speaks to Peter?

Where am I tempted to hide after a setback?

What can I repair or restart with help this week?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

Month 4

Making things right



13 How do I listen when I’d rather defend myself?

14 How do I apologize and make things right?

15 What does it look like to begin forgiving?

16 How do I keep my word when it costs me?

WEEK 13 • SCRIPTURE COMPANION

Listen before answering

FOUNDATION SCRIPTURE

> *“To answer before listening—that is folly and shame.”*

Proverbs 18:13 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Proverbs 18:13 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare Proverbs 18:13 with James 1:19. Where do the passages reinforce one another?

ONE STEP THIS WEEK

Repeat back someone’s concern before giving your opinion.

How do I listen when I'd rather defend myself?

Read Proverbs 18:13, 17 and James 1:19

Someone says, "You didn't hear what I was trying to tell you." You can feel your reply forming. Proverbs makes room for another side of the story. Ask one question that gives the other person time to tell you what you missed.

Try this together

Try, "Can you tell me what it was like from your side?" Then repeat back what you heard.

What stands out in the passage today?

Put it into words

Whose feedback am I quickest to brush aside?

What might I learn if I let the other person finish?

What question could I ask before explaining my intentions?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 14 • SCRIPTURE COMPANION

Take the first step toward peace

FOUNDATION SCRIPTURE

> *“First go and be reconciled to them; then come and offer your gift.”*

Matthew 5:24 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Matthew 5:24 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Matthew 5:23–24 and Luke 19:5–10. How can apology become practical restitution?

ONE STEP THIS WEEK

Make one honest apology without defending yourself.

How do I apologize and make things right?

Read Matthew 5:23–24 and Luke 19:5–10

You've replayed the conversation enough to know where your words did damage. Jesus calls attention to the relationship, and Zacchaeus puts a concrete repair behind his change of heart. A sincere apology gives the other person room to respond in his own time.

Try this together

Write a short apology before you make the call. Name the harm and one repair you can offer.

What stands out in the passage today?

Put it into words

What did I actually do, and how did it affect the other person?

How would I say it plainly and ask forgiveness?

Is there something I can return, replace, or put right?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 15 • SCRIPTURE COMPANION

Choose compassion

FOUNDATION SCRIPTURE

> *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

Ephesians 4:32 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Ephesians 4:32 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare Ephesians 4:31–32 with Romans 12:17–21. What is forgiveness, and what boundaries may still matter?

ONE STEP THIS WEEK

Pray about one wound; take a wise, non-coercive next step.

What does it look like to begin forgiving?

Read Ephesians 4:31–32 and Romans 12:17–21

An old remark can still make your jaw tighten years later. Scripture calls us to kindness and asks us to give up revenge. Romans recognizes that peace involves what is possible and what depends on you. You can pray about the hurt, keep wise boundaries, and take one step that belongs to you.

Try this together

Pray honestly about what happened and choose one action that helps you release resentment this week.

What stands out in the passage today?

Put it into words

What hurt do I keep replaying?

What would it mean to give up payback in this situation?

What wise boundary or help do I need while I begin to forgive?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 16 • SCRIPTURE COMPANION

Let your yes mean yes

FOUNDATION SCRIPTURE

> *“All you need to say is simply ‘Yes’ or ‘No’;”*

Matthew 5:37 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Matthew 5:37 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Matthew 5:33–37 and Psalm 15. What do they teach about integrity when it is inconvenient?

ONE STEP THIS WEEK

Keep one promise that will require sacrifice.

How do I keep my word when it costs me?

Read Matthew 5:33–37 and Psalm 15:1–4

You said you'd show up Saturday. Now a better invitation has come along. Integrity grows in ordinary decisions like this one. When a commitment truly has to change, make the call early and take responsibility for what others were counting on.

Try this together

Choose one commitment to put on your calendar. Ask your brother to bring it up next time.

What stands out in the passage today?

Put it into words

Which promise am I most tempted to let slide right now?

How does someone else depend on my keeping it?

If I need to renegotiate a commitment, what can I say honestly?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

Month 5

Carrying one another’s burdens



17 How do I let someone help me?

18 How do I show up for a brother who’s hurting?

19 Where can I serve when nobody’s watching?

20 How do I encourage someone who’s losing heart?

WEEK 17 • SCRIPTURE COMPANION

You cannot carry everything alone

FOUNDATION SCRIPTURE

> *“The work is too heavy for you; you cannot handle it alone.”*

Exodus 18:18 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Exodus 18:18 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Exodus 18:13–24. How is receiving help different from shirking responsibility?

ONE STEP THIS WEEK

Ask for specific help with one burden.

How do I let someone help me?

Read Exodus 18:13–24

You've been doing every small job yourself and you're starting to resent that nobody offers. Jethro names what the strain is doing to Moses and to the people around him. Moses listens and shares the work. A specific request can give someone a clear way to help.

Try this together

Ask for one practical kind of help. Give the person a clear task or time.

What stands out in the passage today?

Put it into words

What am I carrying that someone else could share?

What makes receiving help hard for me?

Who might I ask, and what can I ask him to do?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 18 • SCRIPTURE COMPANION

Be present in another’s pain

FOUNDATION SCRIPTURE

> *“Rejoice with those who rejoice; mourn with those who mourn.”*

Romans 12:15 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Romans 12:15 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Romans 12:9-16 in your preferred translation. How does empathy become action?

ONE STEP THIS WEEK

Offer presence rather than a quick explanation to someone hurting.

How do I show up for a brother who's hurting?

Read Romans 12:9–16

Your friend's week has fallen apart. You could say, "Call me if you need anything." You could also ask if he'd welcome a meal, a ride, or twenty minutes on the porch. Paul asks believers to share one another's sorrow. Let your brother tell you what would help.

Try this together

Ask, "Would a meal or a visit help this week?" Follow through on whatever you agree to.

What stands out in the passage today?

Put it into words

When someone is hurting, do I tend to rush in or hang back?

What kind of help has meant the most to me in a hard week?

Who could use a specific offer from me right now?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 19 • SCRIPTURE COMPANION

Serve without applause

FOUNDATION SCRIPTURE

> *“Then your Father, who sees what is done in secret, will reward you.”*

Matthew 6:4 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Matthew 6:4 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare Matthew 6:1–4 with Mark 10:42–45. Who is the audience for faithful service?

ONE STEP THIS WEEK

Do one useful act without seeking credit.

Where can I serve when nobody's watching?

Read Matthew 6:1–4 and Mark 10:42–45

The room is almost empty and the chairs still need stacking. You could slip out with the last group or stay and help. Jesus teaches his followers to serve, and Matthew asks us to pay attention to whom we're trying to impress. Ordinary tasks give us a place to practice.

Try this together

Choose one act of practical service and do it quietly. Talk next week about what you noticed in yourself.

What stands out in the passage today?

Put it into words

What kinds of service do I tend to notice or overlook?

When does being thanked matter most to me?

What small need could I quietly meet this week?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 20 • SCRIPTURE COMPANION

Build each other up

FOUNDATION SCRIPTURE

> *“Therefore encourage one another and build each other up, just as in fact you are doing.”*

1 Thessalonians 5:11 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read 1 Thessalonians 5:11 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read verses 11–15. How do encouragement, patience, and correction differ?

ONE STEP THIS WEEK

Send a personal, specific message of encouragement.

How do I encourage someone who’s losing heart?

Read 1 Thessalonians 5:11–15

You notice a man who used to be there early now slips in late and leaves quickly. You could sit beside him and tell him one specific thing you’ve appreciated. Paul makes room for different kinds of care and calls us to be patient with everyone.

Try this together

Send a short note or make a call. Name something real you appreciate and give him room to talk.

What stands out in the passage today?

Put it into words

What difference do I see between encouraging, helping, and correcting?

Who around me might be losing heart?

What honest and specific words could I say to him?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

Month 6

Keeping the walk going



21 Where can I see God changing me?

22 Which Scriptures will I carry forward?

23 What do we want to keep asking each other?

24 Who could I walk alongside next?

A transformed life is possible

READ TOGETHER

Read Romans 12:1-2 in your preferred translation. If possible, compare another. Read the surrounding chapter so the call to transformation leads into practical love and service.

LOOK AT THE CONTEXT

Paul moves from God’s mercy to our response: offer ourselves to Him and allow our thinking to be renewed. Spiritual growth is not just trying harder to look religious. It shapes our choices, character, relationships, and service.

DISCUSS

What has changed about the way you think since beginning this study?

Where are you still tempted to let old patterns define you?

How does God’s mercy give us both the courage to change and the hope to begin again?

TAKE ONE STEP

Write down one way God has been renewing your thinking. Share it with your partner, then choose one action that expresses it this week.

Read Romans 12:1-2 in your own Bible; compare another translation if possible.

WEEK 21 • SCRIPTURE COMPANION

God continues his work

FOUNDATION SCRIPTURE

> *“he who began a good work in you will carry it on to completion until the day of Christ Jesus.”*

Philippians 1:6 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Philippians 1:6 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare Philippians 1:6 with Colossians 3:12–15. What evidence of growth can be small but real?

ONE STEP THIS WEEK

Name a change you see in your partner.

Where can I see God changing me?

Read Philippians 1:3–6 and Colossians 3:12–15

Look back at the first page you wrote on. Maybe your circumstances look much the same, but you asked for help sooner last week, or listened a little longer before answering. Scripture gives us words for those quiet changes. Your brother might have noticed something you missed.

Try this together

Each man names one change he's seen in the other, with a specific example, and thanks God for it.

What stands out in the passage today?

Put it into words

Which quality in Colossians have I begun to practice more often?

What small change could I point to in a real event?

Where do I still need patience and help?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 22 • SCRIPTURE COMPANION

Let Scripture guide the path

FOUNDATION SCRIPTURE

> *“Your word is a lamp for my feet, a light on my path.”*

Psalm 119:105 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Psalm 119:105 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Compare Psalm 119:105 with Colossians 3:16. How does Scripture guide choices and relationships?

ONE STEP THIS WEEK

Choose a verse to carry into the coming month.

Which Scriptures will I carry forward?

Read Colossians 3:16 and Psalm 119:105–112

You find the verse you wrote down four months ago. Now you can remember a day when it helped you choose your words. Take stock of the passages that have become familiar enough to reach for. Make a short list behind the front cover or on a card you can keep nearby.

Try this together

Write down up to three passages and a situation in which each could help. Read one together.

What stands out in the passage today?

Put it into words

Which passage came to mind when I needed it?

What did that passage help me remember or do?

What passage would I like to learn for the season ahead?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 23 • SCRIPTURE COMPANION

Keep encouraging each other

FOUNDATION SCRIPTURE

> *“But encourage one another daily, as long as it is called “Today,””*

Hebrews 3:13 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read Hebrews 3:13 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read Hebrews 3:12–14 and 10:24–25. What makes steady support stronger than occasional advice?

ONE STEP THIS WEEK

Agree on three questions you will continue asking each other.

What do we want to keep asking each other?

Read Hebrews 3:12–14 and 10:24–25

The notebook is nearly full. You've found a meeting time that works and a few questions you can trust each other to ask. Hebrews calls for steady encouragement. Talk about what you can realistically keep doing after these pages end.

Try this together

Pick two questions to keep and put your next meeting on the calendar before you leave.

What stands out in the passage today?

Put it into words

Which question has helped me be most honest?

What meeting rhythm can we both keep?

What would I like you to ask me a month from now?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

WEEK 24 • SCRIPTURE COMPANION

Pass it along

FOUNDATION SCRIPTURE

> *“And the things you have heard me say in the presence of many witnesses entrust to reliable people”*

2 Timothy 2:2 | New International Version (NIV), excerpt

READ THE FULL PASSAGE

Read 2 Timothy 2:2 and its surrounding verses in your preferred Bible translation.

COMPARE AND DISCUSS

Read 2 Timothy 2:1–2 with Galatians 6:2. What does multiplying discipleship require beyond information?

ONE STEP THIS WEEK

Pray by name for one man you might walk alongside next.

Who could I walk alongside next?

Read 2 Timothy 2:1–2 and Galatians 6:2

A man lingers after church and mentions that he wishes he had someone to pray with. You remember what it felt like to ask that first question. You can offer a half hour, a Scripture, and a willingness to listen. The confidence your brother placed in you stays with you.

Try this together

Pray for one man by name. If the time is right, invite him to meet and give him a fresh copy of Week 1.

What stands out in the passage today?

Put it into words

Who might welcome an invitation to pray and read Scripture together?

What have I learned about being trustworthy that I can practice with him?

How can I invite him in a way that gives him room to decide?

Talk and pray together

What I’m ready to share

What I’d like prayer for

One step I’ll take this week

Come back to it

Notes, prayers, or things I want to remember

Here’s what I’d like you to ask me next time.

Scripture and study notes

This revised edition retains the complete original 24-week Walking Together workbook and adds one short Scripture-first companion page to each weekly lesson.

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Quoted passages are brief excerpts. Read the full passages in your preferred Bible translation. Any translation is welcome; no different Bible purchase is needed. If possible, compare another translation, and identify the translation when reading aloud.

The dedication to Chris is retained on the original dedication page. The aim is to learn Scripture, live it out, and help another man do the same.