

## Recommended Format

1. Meet weekly for no less than 90 minutes.
2. Do a full meal or high quality health snacks on the front end to build relational atmosphere.
3. Groups have 1-2 point leaders, 2-8 breakout leaders, 6-50 participants.
4. **Point leaders** take the first 20 min. in mixed groups of 6-50 people by facilitating the 1) reading of the statements, 2) sharing of stories on what people saw Jesus do last week, 3) prayers for what people need to see him do next week, and 4) a 1-3 minute intro to any material breakout groups will be using. Point leaders gather everyone at the end of the breakout discussions for a 1-3 min. wrap-up lesson. Point leaders are there to diagnose and proscribe relational ties and complimentary MMM resources as needed at the group level, as well as compensate for any sense of inadequacy breakout leaders fear for themselves.
5. **Breakout leaders** take same sex groups of 2-5 people for 45 min. to discuss the proscribed MMM questions. Dive into complimentary MMM resources as needed.
6. **Participants** carry a MMM pamphlet with them and are prepared to discuss their progress.
7. Leaders should introduce any variations they believe will help achieve the next maturity mile marker, but the maturity mile marker objective should be maintained no less than weekly through reading the mission statement, and no less than every-other-week through the proscribed questions.
8. Give people room and reason to stay hours after the closing to continue their discussion.

**Write-Ups and Resources for each  
Maturity Mile Marker  
are available online at:  
[www.MaturityMileMarkers.org](http://www.MaturityMileMarkers.org)**

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# Maturity Mile Markers



A Discipleship Guide  
for Life-Change  
with Jesus and People

[MaturityMileMarkers.org](http://MaturityMileMarkers.org)



# Maturity Mile Markers for Life-Change with Jesus and People

## Mission Statement (to be read)

Our group exists for life-change with Jesus and people.

We believe there is no other way to live than with Jesus. We give up life as we know it to follow him. We trust him to change us – our character, our lifestyle, our actions. We anticipate Jesus in every moment and connect with him through spiritual practices.

Life in Jesus is something to be shared. We carry each other's burdens and joys – suffering and celebrating together. Anything Jesus gives us, we pass along to the next person without discrimination. The purpose, sacrifice, and relationship of Jesus is something we give, not just receive.

## Commitment Statement (to be read)

This group shares a mutual commitment to life-change by achieving one maturity mile marker after another. Each of us will reach the next mile marker in our own timeframe and in our own unique way. Take as long as you need to with your doubts, reservations, questions—whatever it is you need to work through before the next mile marker.

This group will work best when you share where you are at and where you are going as openly as possible, so never hesitate to express the real you. We are here to encourage and challenge each other in that process in whatever way you ask us to.

## Questions (to be discussed)

1. What MMM are you on with Jesus? What MMM are you on with People?
2. What did you try last week to progress toward the next MMM? To what extent did it work?
3. What do we need to do to help you toward your next MMM?
4. What do *you* need to do to move toward your next MMM? In what time frame will you do it?

## Maturity Mile Markers for Life-Change with Jesus

1. We admitted we were helpless in our sins—that our lives had become unmanageable.
2. Came to believe that only Jesus could restore life as it is meant to be lived.
3. Made a decision to turn our will and our lives over to the care of Jesus.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to Jesus, ourselves, and another person the exact nature of our wrongs.
6. Turned our worst actions into abstinence.
7. Turned our greatest negligence into action.
8. Turned our greatest weakness into a strength for helping others.
9. Made a list of all persons we had harmed, and made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Established and maintained friendships that celebrate the successes and correct the failures of our moral condition.
11. Established a pattern of conscious contact with Jesus through prayer, listening, and scripture reading.
12. Having had a spiritual awakening in Jesus, we tried to carry his life and message to other people, and to practice his principles in all our affairs.

## Maturity Mile Markers for Life-Change with People

1. We came around to observing people with genuine compassion.
2. Discerned and released our God given time, talents, and treasures for the good of others.
3. Made a commitment and plan for spreading love in all our relationships.
4. Practiced love without reservation, discrimination, or self serving motives.
5. Initiated spiritual conversations and mutual learning with people of similar *and* dissimilar beliefs.
6. Established meaningful friendships with people of similar *and* dissimilar beliefs.
7. Inspired some of our friends to chose the way, the truth, and the life of Jesus.
8. Carried some of those we inspired through a full life-change with Jesus.
9. Contributed to a movement by reproducing Jesus followers, who reproduce Jesus followers, who reproduce Jesus followers.
10. Repeated all our steps amongst places and peoples in which the Jesus movement has not entered their network of peers.
11. Changed the social and environmental orders of the world back to the intentions of their creator.