

The logo for Operation Solid Lives features a large, stylized 'O' in dark grey on the left and a large, stylized 'L' in blue on the right. Below these letters, the word 'OPERATION' is written in a smaller, dark grey, sans-serif font. Below 'OPERATION', the words 'SOLID LIVES' are written in a larger, bold, sans-serif font, with 'SOLID' in dark grey and 'LIVES' in blue.

# OPERATION SOLID LIVES

**Welcome to Newsong Discipleship, Operation Solid Lives (OSL).**

We are so excited that you have chosen to participate in this exciting month of refining, sharpening and growing. We often put a high priority on exercise and eating habits, but we neglect the most important part of our lives - our spiritual health! We encourage you to stay strong, put in the time and stick with it. If you do, this 4 weeks will serve as a great springboard for thriving through this difficult season we have all had to endure!

The following pages will lay out the important elements that will ensure your growth. Make sure to take note of the “disciplines” and let the checklist be a guideline each week to help you follow through. Remember, this season will only be as powerful as you prioritize and stick to the plan.

Blessings on your pursuit,

Stephen & Cynthia Hibdon

## Disciplines

Operation Solid Lives is structured to help you grow in your relationship with Jesus like never before. Here are a list of **disciplines** designed to be a highly effective but temporary “fast.” For a mere few weeks, you will limit many of the unnecessary habits and influences in your life and replace them with activities through which God has promised power and life-change. Remember, the root word for discipleship is “discipline.” It is discipline that makes discipleship different from a typical class, which generally speaking gives us more knowledge, but little life-change. A wise person will excitedly embrace these disciplines as part of a necessary process for change.

### 1. Online Audio Teaching

Listen to the main class teaching each week and the supplemental “Faithbuilder” teachings. ([newsongcs.com/grow](http://newsongcs.com/grow))

Week 1: The Bad News , The Sluggard , True Repentance

Week 2: The Great Exchange, The New You

Week 3: Look In The Mirror, Righteousness Consciousness, Protecting Your Heart

Week 4: Overcoming Sin Pt. 1, Overcoming Sin Pt. 2, Fear of the Lord

### 2. Church Attendance (online or in person)

Attend one church gathering each week and take notes.

### 3. Devotions

*Daily Bible Reading, Journaling and Prayer:* Read the assigned Bible reading chapter(s) each day and journal on what you hear God speak to you. You will read one chapter a day from the book of Acts. You will also spend a minimum of 5 minutes each day in undistracted prayer, and pray aloud.

#### **4. Memory Verses**

Memorize these verses and without looking at the text, send a recording to [newsongfamily@yahoo.com](mailto:newsongfamily@yahoo.com) or text it to 719-354-7888 each Sunday.

Verses due on 1st Sunday: Romans 3:23; Romans 6:23

Verses due on 2nd Sunday: Ephesians 2:8-9

Verses due on 3rd Sunday: Romans 5:12, 2 Corinthians 5:17

Verses due on 4th Sunday: John 14:6, 1 John 1:9

#### **5. Distractions**

Limit your media (e.g. TV, Internet, video games, phone apps, etc.) to **seven** hours per week during the course, not including work, school or OSL disciplines. Do not listen to secular music, and only watch TV and movies that are appropriate for the entire family. Consider eliminating other potential distractions, such as sugar, coffee, alcohol and/or addictive substances.

#### **7. Ministry & Evangelism**

Be Jesus to those around you. Invite a guest to church online or in person each week. Perform a random act of kindness to a neighbor or a stranger each week.

## 3 STEPS TO BIBLE READING & JOURNALING

### Step 1

Read a chapter a day from the book of Acts. (30 days - 28 chapters)

### Step 2

While reading, underline key words or verses through which God is speaking to you. You'll know them because God will cause them to catch your attention, and He'll show you how to apply them to your life.

### Step 3

After reading, capture what God is saying to you by journaling. On a blank page of your notebook or journal, write the acronym "SOAP" as an acrostic on the left side of the paper, leaving a few blank lines between each letter.

S stands for **Scripture**—write the verse(s) through which Jesus is (or may be) speaking.

O stands for **Observation**—write the truth or insight you see in the verse(s).

A stands for **Application**—write how the truth or insight applies to your life.

P stands for **Prayer**—write a prayer/response to God.

- 1. Print out the checklist and take a picture of your weekly report.**
- 2. Email it to [newsongfamily@yahoo.com](mailto:newsongfamily@yahoo.com) or text it to 719-354-7888**

## END OF WEEK 1: **WEEKLY CHECKLIST**

checkmark=Completed | checkmark and circled=Completed with exceptions | circled=Partially Complete | no marks=Incomplete

- I completed my Daily Bible Reading and Journaling.
- I completed my prayer time.
- I attended a church gathering
- I have recited my memory verse(s) and sent them in.
- I listened to the assigned audio teachings completely and took notes.
- I have kept myself from distractions and have abstained from going over my 7 hours for secular media.
- I invited at least one new person to church and performed one act of kindness this week.

## END OF WEEK 2: **WEEKLY CHECKLIST**

checkmark=Completed | checkmark and circled=Completed with exceptions | circled=Partially Complete | no marks=Incomplete

- I completed my Daily Bible Reading and Journaling.
- I completed my prayer time.
- I attended a church gathering
- I have recited my memory verse(s) and sent them in.
- I listened to the assigned audio teachings completely and took notes.
- I have kept myself from distractions and have abstained from going over my 7 hours for secular media.
- I invited at least one new person to church and performed one act of kindness this week.

- 1. Print out the checklist and take a picture of your weekly report.**
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## END OF WEEK 3: WEEKLY CHECKLIST

checkmark=Completed | checkmark and circled=Completed with exceptions | circled=Partially Complete | no marks=Incomplete

- I completed my Daily Bible Reading and Journaling.
- I completed my prayer time.
- I attended a church gathering
- I have recited my memory verse(s) and sent them in.
- I listened to the assigned audio teachings completely and took notes.
- I have kept myself from distractions and have abstained from going over my 7 hours for secular media.
- I invited at least one new person to church and performed one act of kindness this week.

## END OF WEEK 4: WEEKLY CHECKLIST

checkmark=Completed | checkmark and circled=Completed with exceptions | circled=Partially Complete | no marks=Incomplete

- I completed my Daily Bible Reading and Journaling.
- I completed my prayer time.
- I attended a church gathering
- I have recited my memory verse(s) and sent them in.
- I listened to the assigned audio teachings completely and took notes.
- I have kept myself from distractions and have abstained from going over my 7 hours for secular media.
- I invited at least one new person to church and performed one act of kindness this week.