

PURPOSE-LED DISCIPLESHIP

LEGACY

A Life That Points to Christ

Participant Workbook

Full Weekend Retreat and Eight Week Group Experience

THE HEART OF THE EXPERIENCE

Your life does not have to become famous to become faithful. What Christ forms in you can strengthen someone else.

Purpose-Led Discipleship

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Your Life Is Already Speaking

Legacy is not only something considered at the end of life. It is being formed in ordinary decisions, relationships, words, repairs, prayers, boundaries, acts of service, and the way we return to Christ. This workbook will help you notice what has reached you, what should stop, what should continue, and what God may be asking you to carry faithfully now.

You do not need to have read the Legacy book or attended another retreat. You also do not need to be married, raising children, leading a ministry, or holding a title. Spiritual family is larger than biology, and faithfulness can travel through every life surrendered to Christ.

CORE TRUTH

You were created for purpose, with purpose, by God. You do not have to guarantee the harvest. You only have to be faithful.

How to Use This Workbook

- Read along during each teaching movement.
- Write privately. You choose what, if anything, you share.
- Use the reflection questions to slow down rather than rush toward an answer.
- Ask for prayer, pastoral care, or professional support when a next step needs more help.
- Return to your final letter after thirty days and choose the next faithful step again.

A Prayer for the Beginning

Jesus, I bring You the life I actually have, not the life I think I should have had by now. Show me what You have entrusted, what needs to be released, what should be strengthened, and who I can faithfully love. Keep this weekend centered on You. Amen.

Rise From Where You Are

“But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast seen, and of those things in the which I will appear unto thee;”

Acts 26:16 KJV

Read Along

Legacy can sound like a word reserved for the end of life. It may bring to mind an inheritance, a family name, a ministry, or something large enough to be remembered. Scripture brings the question closer. Legacy is already being formed through the way we live, love, return to God, speak, repair, serve, and help others follow Christ.

Christ met Paul while Paul was moving in the wrong direction. Jesus did not wait for him to repair his past or understand the entire future before saying, “Rise, and stand upon thy feet.” Paul would grow, learn, suffer, serve, and be corrected as he went. The first instruction was to rise and listen.

Your past matters, and some parts may need grief, repentance, healing, or repair. But your past does not have the final authority to decide what Christ can do from here. You do not need a perfect story before your life can become faithful. In fact, the pattern of returning to Christ may be one of the most important things another person ever learns by watching you.

You also do not need a particular family structure, title, platform, age, or audience. Faithfulness can move through a home, friendship, workplace, church, conversation, child, neighbor, or person who needs encouragement. Legacy begins with the life and responsibilities already in front of you.

REMEMBER

Legacy begins with the faithful life in front of you.

Private Reflection

Where have I been waiting to become more impressive, certain, healed, or qualified before I live faithfully?

Who helped me stand through ordinary faithfulness?

What responsibility or relationship is already in front of me?

What is one faithful response I can make this week?

One faithful response

Complete this sentence: One way faithfulness can move through my life now is...

Prayer

Jesus, meet us where we are. Show us what is ours to carry today, and free us from the pressure to become impressive before we can be faithful. Amen.

What Stops Here and What Continues

“And he established a testimony in Jacob, and appointed a law in Israel, which he commanded our fathers, that they should make them known to their children: That the generation to come might know them, even the children which should be born; who should arise and declare them to their children: That they might set their hope in God, and not forget the works of God, but keep his commandments:”

Psalm 78:5–7 KJV

Read Along

Every family and community passes something forward. We pass named things such as stories, traditions, prayers, skills, and beliefs. We also pass what becomes normal: the way conflict is handled, whether apologies are offered, whether questions are safe, where we turn when afraid, and whether love and boundaries can exist together.

Looking honestly at patterns is not the same as blaming everyone who came before us. People often passed forward what they knew, including wounds they had never learned to name. We can hold compassion and truth together. We can be grateful for what was good, grieve what was missing, and refuse to keep carrying what harms people.

Stopping a pattern is only part of the work. When anger stops, gentle truth and repair need to grow. When control is released, trust and responsibility need to grow. When silence ends, safe conversation needs to grow. Christ does not only show us what to put down. He teaches us what to practice in its place.

You may not be able to change every relationship or repair every part of the past. You can still ask what is yours today. One apology, boundary, prayer, conversation, request for help, or new response can become a beginning.

REMEMBER

What stops with us can become part of what we leave.

Private Reflection

What good pattern am I grateful someone passed to me?

What belief, response, or burden should not keep traveling through me?

What healthy practice can replace it?

Is there an apology, boundary, conversation, or request for help that belongs to me?

The three part handoff

Complete these sentences privately: This can stop with me. This can begin with me. This is good and worth continuing.

Prayer

Father, thank You for every good thing we received. Show us what must end, what must be healed, and what should be carried forward. Teach us to build new patterns with truth and grace. Amen.

Give Away What God Has Given You

“And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.”

2 Timothy 2:2 KJV

Read Along

Someone helped truth reach you. A parent, friend, teacher, pastor, neighbor, author, small group leader, or quiet person may have prayed, explained Scripture, told the truth, apologized, welcomed you, or showed you how to keep returning to Christ. Their faithfulness became part of your path.

Discipleship keeps that truth moving. It is more than giving advice. Advice often offers an answer. Discipleship helps another person learn how to follow Christ: open Scripture, pray honestly, listen, discern, obey, repent, repair, receive correction, and remain with Him.

You do not need to know everything before you can walk beside someone. You may know what it is like to begin again, establish a healthy boundary, pray through fear, serve consistently, manage responsibility, admit you were wrong, or ask for help. What you offer should be truthful and humble, never controlling.

Healthy discipleship does not make another person dependent on you. It helps them know Christ for themselves. The goal is not that they always need your answer. The goal is that they learn where to turn, how to test direction, and how to help someone else grow.

REMEMBER

Truth should keep moving through people, not stop with us.

Private Reflection

What truth or practice did someone patiently help me learn?

What have I learned that I could offer without pretending to be an expert?

Who is already close enough for one faithful conversation?

How can I help this person depend more on Christ rather than on me?

A discipleship step

Choose one action: invite, listen, pray, open Scripture, practice together, give responsibility, or follow up.

Prayer

Christ, thank You for those who helped truth reach us. Keep us teachable, and show us how to give away what You have entrusted without making ourselves the center. Amen.

Build Into People

“For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:”

Ephesians 4:12 KJV

Read Along

The work of ministry includes equipping people. That means helping people become capable, responsible, discerning, teachable, and able to serve. It does not mean making flawless Christians or keeping everyone dependent on one leader.

We build into people when we explain why, give appropriate responsibility, let someone try, correct without humiliation, and notice character alongside skill. Waiting may sometimes be part of development. A gift can open a door that character is not ready to carry.

Parents build into future adults. Church members build into one another. Friends can strengthen courage and truth. Leaders can make room for others to grow. Specific encouragement matters because someone may need help seeing a quality God is developing in them.

Encouragement should not become pressure or prediction. We do not need to write another person's future or announce a calling for them. We can say what is true now: “I have seen you remain gentle under pressure.” “You are becoming dependable.” “The way you listen helps people feel safe.” Then we can point that strength toward Christ.

REMEMBER

Build people who can follow Christ, not people who always need you.

Private Reflection

Who may need specific and truthful encouragement from me?

Where might I need to explain why and give someone appropriate responsibility?

How do I usually respond when someone makes a mistake?

What would correction with dignity look like?

Words that strengthen

Write a truthful, specific encouragement for one person. Point the strength toward Christ without predicting the person's future.

Prayer

God, teach us to see people as people You love, not resources for our plans. Help us encourage truthfully, correct with dignity, and make room for others to grow. Amen.

Pass Wisdom Not Wounds

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

Ephesians 4:31–32 KJV

Read Along

Pain does not remain only in memory. It can change the way we interpret what happens next. Fear may shape the way we warn our children, relate to a spouse, respond to a friend, lead a team, or protect ourselves. Sometimes we pass fear while believing we are passing wisdom.

Passing wisdom does not require pretending nothing happened. It means telling the truth without making someone else carry our wound. A child can know the family story without inheriting bitterness. A younger believer can receive warning without being taught to fear everyone. A friend can understand our boundary without becoming responsible for healing us.

This takes humility. We may need to say, “I reacted from something old. That was not yours to carry. I am sorry.” We may need counseling, pastoral care, medical help, recovery support, a legal boundary, or time. Receiving help can be part of protecting what comes next.

The people around us do not need perfection. They need to see where we go when we are wrong, afraid, or overwhelmed. A faithful pattern of return can teach more than the appearance of never struggling.

REMEMBER

The next generation can receive wisdom without carrying every wound.

Private Reflection

What happened, and what did the pain teach me to fear or believe?

What is true now in light of Christ, Scripture, wisdom, and the present facts?

What lesson can I pass without passing the wound?

What kind of support or boundary may help me do that?

Steward the story

Write what happened, what you learned to fear or believe, what is true now, and what wisdom can be passed without passing the wound.

Prayer

Jesus, bring truth into the places where pain still speaks. Help us receive healing, establish wise boundaries, repair what is ours to repair, and pass forward wisdom without passing the wound. Amen.

Spiritual Family Is Larger Than Biology

“Now ye are the body of Christ, and members in particular.”

1 Corinthians 12:27 KJV

Read Along

There are seasons when people may feel as though they are standing near the door of community, wondering where they belong. Adult singles may feel like an extra person in family centered spaces. Divorce can bring grief and the fear of being judged. Single parents and their children carry practical and emotional strain. Widowed adults and people without children may also wonder what legacy means for them.

The body of Christ is larger than one family structure. Every believer is a member now. A single adult is not waiting to become complete. A married person is not more spiritually valuable. Biological families matter, and spiritual family matters too.

Faithfulness can travel through children, but it can also travel through friends, neighbors, coworkers, teenagers at church, new believers, ministry teams, and people we welcome consistently. Men can encourage men. Women can encourage women. Families can widen the table. Generations can learn from one another.

Belonging becomes real through more than an invitation to attend. It grows through shared meals, remembered details, help with practical burdens, honest conversation, consistency, and being trusted with a meaningful place in the community.

REMEMBER

Every believer has a place in the body of Christ now.

Private Reflection

When have I felt near the door of community rather than securely part of it?

Who is ahead of me, beside me, and coming behind me in faith or experience?

How could I widen the table for someone without treating them as a project?

What meaningful place can I receive or offer within the body of Christ?

The circle of care

Name or describe someone ahead of you, someone beside you, and someone coming behind you in faith or experience.

Prayer

Father, teach us to receive one another as members of Christ's body. Show us how to widen the table, strengthen families, honor each person's place, and become faithful spiritual family. Amen.

Prepare and Release With Open Hands

“I have planted, Apollos watered; but God gave the increase.”

1 Corinthians 3:6 KJV

Read Along

Paul planted. Apollos watered. God gave the increase. Each person had meaningful work, but neither person controlled the outcome. That distinction can bring freedom to parenting, leadership, ministry, friendship, work, and discipleship.

Stewardship asks, “What has God entrusted to me?” Control asks, “How can I guarantee what happens?” We can teach, prepare, pray, set boundaries, tell truth, give responsibility, and remain present. We cannot choose another person’s faith, force growth, control timing, or guarantee the harvest.

Release can feel like grief. A child grows. A role changes. Someone we mentored serves somewhere else. A program ends. A person no longer needs our guidance in the same way. Open hands do not mean the work did not matter. They mean the people, field, and increase always belonged to God.

Faithfulness is carrying what is ours without taking responsibility for what belongs to Him. We can prepare well, act honestly, and then release the outcome.

REMEMBER

Carry your responsibility faithfully and release the outcome to God.

Private Reflection

What has God truly entrusted to me in this season?

Which outcomes am I trying to carry that belong to Him?

Who needs preparation, opportunity, or responsibility from me?

What is one faithful action and one honest release?

Open hands

Make two lists: What God has entrusted to me and What belongs to God. Choose one action and one release.

Prayer

God, show us what is ours to carry and what belongs to You. Make us faithful stewards, generous teachers, and humble people who can prepare others and release the increase into Your hands. Amen.

What Will Remain

“For we brought nothing into this world, and it is certain we can carry nothing out.”

1 Timothy 6:7 KJV

Read Along

Eventually every title, possession, role, program, and platform changes or ends. These things can be stewarded faithfully, but they are not the deepest measure of a life. People often carry what they learned by being near us long after they forget the exact words.

They learn whether prayer is where we go, mistakes can be repaired, truth can be spoken gently, strength can be humble, boundaries can coexist with love, and failure leads back to Christ. They may also learn fear, avoidance, control, secrecy, or shame. Legacy is not automatically good simply because it continues.

Christian legacy is not an attempt to make our name outlive us. It is participating in the Kingdom of Christ. The seed belongs to God. The field belongs to God. The people belong to God. We belong to Him too.

The question becomes less, “Will they remember me?” and more, “Will something remain that helps them remember Christ?” We can leave truth, love, prayer, repentance, wisdom, hospitality, Scripture, healthy patterns, people who know how to stand, and disciples who help others follow Him.

REMEMBER

Let what remains point beyond you and toward Christ.

Private Reflection

What do people learn simply by being near me?

What do I hope becomes normal in my home, friendships, church, or work?

What needs to end, and what needs to be strengthened?

What would it look like for my life to make Christ more visible?

A present legacy letter

Begin: What I hope my life keeps pointing toward is... Include one truth, one pattern to continue, one burden to stop, one person or community to strengthen, and one next step.

Prayer

Jesus, let what remains from our lives point beyond us and toward You. Teach us to live truthfully, love faithfully, repair humbly, and give away what You have entrusted. Amen.

The Way to the Father

Legacy begins with belonging to Christ. Christianity is not an invitation to improve ourselves enough to reach God. Every one of us has sinned, and we cannot repair our separation from God through effort, good intentions, religion, or comparison.

God sent His only Son, Jesus Christ. Jesus lived a blameless life. He died on the cross for our sins, standing in the gap we could not cross, and He rose again. Jesus is not one path among many. He said, “I am the way, the truth, and the life: no man cometh unto the Father, but by me.”

“For all have sinned, and come short of the glory of God;”

Romans 3:23 KJV

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.”

Romans 5:8 KJV

“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.”

Romans 10:9 KJV

Salvation is God’s gift of grace received through faith in Jesus Christ. Prayer does not earn salvation, and there are no perfect words that make it happen. Prayer is a conversation. It is a way to respond honestly by acknowledging sin, confessing Christ, accepting Him as Savior, and receiving what He has done.

A Prayer of Response

Father, I acknowledge that I have sinned and cannot make my own way back to You. I believe Jesus Christ is Your only Son. I believe He lived without sin, died on the cross for my sins, and rose again. I believe Jesus stood in the gap and is the only way to You. I confess Jesus as Lord, accept Him as my Savior, and receive the salvation You offer by grace. Please forgive me, come into my life, and teach me to follow, serve, and love You. Thank You for what Christ has done. In Jesus’ name, amen.

What Happens Next

If this prayer expressed what you believe and you received Christ, tell a trusted retreat leader or mature Christian before you leave. You do not have to prove what happened through a public display. You also do not have to walk away alone or uncertain. The

church can celebrate with you, answer questions, help you begin reading Scripture and praying, explain baptism, and walk with you as you grow.

What do I understand about who Jesus is and what He has done?

Who will I tell, and who can walk with me as I begin or continue following Christ?

Rise and Go

“Whereupon, O king Agrippa, I was not disobedient unto the heavenly vision:”

Acts 26:19 KJV

In plain language, Paul is saying: God showed me what He was calling me to do, and I obeyed. He did not wait until he understood the entire future. He lived the next faithful response.

You are a branch, not the Vine. A steward, not the owner. A witness, not the Savior. An ambassador, not the King. You do not have to save anybody, control the harvest, carry everybody, or preserve your own name through legacy. You can stay close to Christ, plant and water faithfully, walk beside people, and trust God with the increase.

COMMISSIONING

You were created for purpose, with purpose, by God. You belong to Christ.

Your life is His. Be faithful and go.

Less of me. More of Him. All for Christ.

My Faithful Response

What is mine to carry faithfully?

What belongs to God and needs to be released?

Who can I help stand?

What is my next faithful step?

Carry It Into Ordinary Life

Legacy is formed after the retreat, in the life you return to. Use these four weekly practices without turning them into another measure of worth. If you miss a week, return. Faithfulness includes beginning again.

Week 1 Remain

Set aside one unhurried time to pray and read Scripture. Ask what Christ is forming before asking what you should accomplish.

What happened, and what did I learn?

Week 2 Repair

Make one apology, boundary, honest conversation, or request for help that keeps an unhealthy burden from traveling.

What happened, and what did I learn?

Week 3 Strengthen

Offer one specific encouragement and one practical act of belonging to someone already within reach.

What happened, and what did I learn?

Week 4 Give Away

Share one truth or practice God has taught you, then give the other person room to respond to Christ for themselves.

What happened, and what did I learn?

Open Your Legacy Letter

Read the letter you wrote during Movement 8. Notice what became clearer, what needs grace, what requires help, and what faithful step comes next. Do not grade yourself. Return to Christ and respond honestly.

The next faithful step I will carry is...

The person who can encourage or hold me accountable is...

What I Want to Remember