



Week 7 (Optional): The Walk Plan

A bonus session for the God OS Small Group Study

This session is an add-on to the six-week God OS Small Group Study. Run it as a seventh meeting, or — if your calendar is fixed at six — hand it out at the end of Week 6 and ask everyone to complete it at home. Either way, it exists to answer the question the study naturally raises at the end: what happens now?

Before the session

Every participant needs a printed copy of the Walk Plan sheet — free at godoperatingsystem.com/resources. Print them yourself and bring them; asking people to download something mid-session will cost you twenty minutes. Bring pens. If your group uses the free app, the Walk Plan lives there too, but paper works better in a room full of people.

Boot Up: Opening Question 5-10 min

Six weeks in, what is one thing from this study — a verse, a practice, a moment in your daily time with God — that you do not want to lose?

LEADER: If you ran this same question in Week 6, ask the follow-up instead: what has already started slipping? Answer honestly yourself first. The whole session depends on people admitting that good things fade without a plan, and they will only say it if you do.

Scripture & Discussion 25-30 min

Read together: Luke 14:28-30

"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?" — Luke 14:28 NIV

- Q1.** Jesus assumes planning is the normal, sensible thing to do. Why do we sometimes treat planning our spiritual life as less spiritual than being spontaneous?
- Q2.** He's talking about counting the cost of following Him. What has following Him actually cost you in these six weeks — time, comfort, a habit you gave up?

LEADER: Guard against two ditches: planning as self-reliance, and spontaneity as an excuse for drift. Jesus is not against sitting down with a pen. He's against starting what you have not thought about.

Read together: James 4:13-15

"Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'" — James 4:15 NIV

- Q3.** James warns against confident plans made without God. What is the difference between the planning Jesus commends and the planning James warns about?
- Q4.** How do we hold a plan firmly enough to follow it and loosely enough to let God change it?

LEADER: The answer the group should land on: it's about who the plan is submitted to. A Walk Plan held before God is worship. The same page held as a performance target is the treadmill this study has been arguing against all along.

Read together: Proverbs 16:9

"In their hearts humans plan their course, but the LORD establishes their steps." — Proverbs 16:9 NIV

- Q5.** Both halves are true at once. Which half do you naturally over-trust — your own planning, or a vague hope that God will sort it out?

LEADER: Most rooms split cleanly here, and it's useful for people to hear both. Planners need the second half; drifters need the first.

The Core 5 min — read or paraphrase

Here's the gap this session fills. The daily worksheet asks one question: what's my focus today? That works, and it's deliberately small. But everything on it resets by morning. So a conviction that needs months — discipling a neighbor, rebuilding a friendship, serving somewhere regularly — has nowhere to live. It gets chosen as a daily focus once, and then it dissolves.

The Walk Plan is the layer that doesn't reset. Once or twice a year you write down what you're actually committed to across all four pillars, and you name specifics: a person, a place, a time. Then it sits somewhere you'll see it. And on a morning when nothing comes to mind for today's focus, you don't start from a blank page — you go to your own Short List and pick from what you already said mattered.

Week 7 (Optional): The Walk Plan — continued

Two warnings. Every answer should be specific enough to act on; “serve more” is not a commitment. And five real commitments beat twelve aspirational ones — you’ll be looking at this page for six months.

System note: the Walk Plan is the config file — set once a season, read every morning.

Fill It Out Together 20-25 min

Hand out the sheets. Then give the room real quiet to work — this is the actual assignment of the session, and it needs silence rather than discussion.

LEADER: Protect the silence. Twenty minutes of quiet feels enormously long when you’re leading, and the temptation to fill it with talk is strong. Don’t. Work on your own sheet alongside them. Give a soft five-minute warning before you close, and tell people it’s fine to leave sections blank — an unfinished page they’ll actually use beats a full page they won’t.

If someone finishes early, point them at the Short List at the end: no more than five commitments, written the way they’d say them to a friend.

Closing 10 min

Go around the room. Each person reads one line — just one — from their Short List out loud. No explaining, no discussion, no advice. Then pray for each other by name, for the specific things that were just named.

LEADER: Write down what each person reads. Then contact them about it in a month. That single follow-up will do more for their Walk Plan than this entire session, and almost nobody ever does it.

Run It This Week

Put your Walk Plan somewhere you’ll see it — the front of your binder, a photo on your phone, inside the app. Then tomorrow morning, let your daily focus come from it. Set a date to review the whole page in six months and write that date at the bottom.

And keep the Meaningful Minimum: at least ten minutes a day with God, on the good days and the wrecked ones. The plan serves the relationship. It was never the other way around.

After the Study

Everything from these seven weeks stays free at godoperatingsystem.com — the daily worksheet and app, the Walk Plan, the reference sheets, the full article series, and this study for you to lead again. And please tell us you used it: godoperatingsystem@gmail.com. It’s our only ask.