

T214

T214 is a one year discipleship intensive that seeks to grow your character, faith and calling by refocusing your life around God and His mission in the world.

The name T214 comes from the book of Titus:

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, ***who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.***
TITUS 2:11-14, ESV

Why T214?

The Problem

You struggle for meaningful growth in your relationship with God, and you battle for sanctifying progress in your life – *often with no visible results.*

- You want to grow deeper but don't know how.
- You want to know God more fully but succumb to the temptation of relational laziness.
- You want to be consistent in your study of the Word but lack the ability to persevere and the community to hold you accountable.
- You want your life to be marked by the gospel but don't know what that actually means.
- You want to step into the mission of God's kingdom but don't know where you fit.
- You want to see more fruit in your life but don't know what makes it grow.
- You want to build life-giving friendships but can't get past surface level conversations.

As such, you only scratch the surface of the magnitude of God's power and presence in the world and in your life. You walk without a true sense of purpose, moving because you know you have to, not because you know where you are going. You miss out on participating in good works because you can't see them in front of you. You fail to lead yourself, your family, your friends and your peers in the way you know you can and should.

The T214 Response

T214 compels men to step into the glorious joy of a thriving relationship with God.

- You develop the rhythms to grow in your relationship with God, both in breadth and depth.
- You develop the reflexes to fight against passivity and lean into God and His word.
- You develop the positive habit of reading, studying and sharing the Word on a consistent basis.
- You develop a gospel mindset that permeates every area of your life.
- You develop your purpose as it relates to God's mission in the world and His will in your life.
- You develop the Godly character that makes fruit grow more visibly and abundantly in your life.
- You develop deeper bonds with other men that encourage, strengthen and affirm your faith and calling.

The T214 Vision of Results

At the end of the T214 Foundations discipleship intensive, the following will be true of you:

1. You will be a man who delights in the Bible, devotes time to prayer and develops Godly disciplines that produce abundant kingdom fruit.
2. You will be a man who sees a noticeable gospel transformation in your life, your family and your work.
3. You will be a man who has read the Bible and prayed faithfully for an entire year.
4. You will be a man who is fully prepared to take the next steps to grow deeper in your relationship with God and others.

Upon completion, you will walk with a greater sense of purpose, equipped with the spiritual disciplines necessary to walk in humble confidence along the path God has laid before you. You will step into the good works God has prepared for you. You will experience God's grace, mercy and love in profound, life-altering ways. And, you will be ready to disciple and train other men to experience the same.

T214 Values & Beliefs

1. **We read, study and share the Word.**
 - *We believe that reading, studying and sharing the Word is the foundational component of healthy, maturing believers.*
2. **We pray daily.**

- *We believe that daily prayer is a natural result of faithful obedience to God and His Word.*
- 3. We fight against passivity.**
 - *We believe that our calling to be zealous in good works is shipwrecked by the allure of passivity.*
 - 4. We communicate effectively.**
 - *We believe that effective communication in our relationships nourishes and builds the body of Christ.*
 - 5. We aren't afraid of getting better.**
 - *We believe that sanctification is a lifelong journey of humble improvement in every aspect of our lives.*

T214 Mission

To cultivate gospel saturated men who are zealous for good works.

T214 Passion

To be humble in our posture and confident in God's power.

T214 Process

Monthly Meetings

You will meet with your T214 group once per month. During each quarter, you will meet twice with your group offsite, and you will meet once at Exodus for a training workshop.

When you get together offsite, you will meet at a place and time designated by your T214 leader. This may be at someone's home, a coffee shop, a restaurant or another meeting place. You may gather for coffee or even a meal.

When you gather at Exodus, you will attend a training workshop where you will spend time doing deep dives into a variety of topics pertaining to matters of the heart. These practical topics (such as learning to pray, making disciples, leading your family, creating mission statements, learning to study the Word, etc.) will equip you to be more proactive, prepared and fruitful in your life, both inside and outside of the church.

Your offsite meetings with your T214 group will be broken down into the following categories:

LIFE UPDATES (45 MINUTES)

What news do you have to share with your brothers from the past month? Share what's been going on in your life. Bring your wins and your losses. We are called to rejoice in all situations and abound in thanksgiving. We are also called to bear one another's burdens, so in addition to

rejoicing, come prepared to share how you've struggled. This way we can know one another better and walk alongside each other more effectively.

This is a time to be open and honest with your brothers. Lasting bonds form when we can both know and be known. Humble yourself so that your brothers may honor, encourage and affirm you.

God is actively working in your life, and the more you talk about it, the more likely you are to see his loving kindness visible each day.

Spend time answering the following two questions:

1. How are reading God's Word and praying daily changing you personally?
2. How are the changes you are experiencing making an impact in your life and the world around you?

SCRIPTURE REVIEW (30 MINUTES)

Have you been consistent in reading the Word? What have you learned while reading? What new truths has God revealed to you? What has been difficult to understand or comprehend?

Discussing the Word together is how we grow together. This is a time to share what is on your heart as you have studied the Word. Maybe the Scriptures are coming alive, or maybe the Scriptures feel hard to decipher. Talk about it together to get insight and encouragement from one another. You'll have some questions related to the reading that will help you dig deeper into what you have read.

This is also a time to hold one another accountable for reading. Remember, this is a commitment you have made, and if one of you is struggling, take the opportunity to speak the truth in love to your brother. Encourage and call them up to build the discipline to read the Word regularly. The Bible has the powerful words of life, and we desperately need them every day!

PRAYER TIME (15 MINUTES)

Each person needs to share specific areas where they need prayer. Then, your group will write down those requests and spend time praying over those areas for each person.

You will continue praying for those areas for each person daily until you meet again.

Replication

T214 has a long-term vision to build and nourish the body of Christ through the development of healthy, maturing men.

Replication is important. As you go through the T214 process, consider if you would entertain the noble task of leading a group of men through T214. This ensures that we build a culture of disciple making disciples who love God, His Word and His people.

T214 Milestones

Day 1

The intensive begins! You will start by joining the same Bible reading plan with your group on the Bible app. Where applicable, you will also begin any podcast that accompanies the reading plan.

Day 7

Your first week of the intensive is complete! Take a moment to celebrate and encourage your brothers who have committed and persevered with you. It's a small win now that will produce big fruit later.

Day 15

You are learning the new rhythms and routines necessary to read your Bible and pray daily. While you haven't figured them out yet, you are beginning to get a sense of where they will fit into your busy day.

You are also beginning to see how reading the Bible and praying daily is having an impact on your life. At this point, you may want to consider journaling your commitment journey, as it will help you reflect on the changes taking place in your heart and life.

Day 30

You have completed your first full month of the T214 discipleship intensive! God's grace, mercy and love has abounded in you enough that you would reach this important day.

You are beginning to find a rhythm of reading the Word and praying to your heavenly father who cares for you deeply.

You've also likely noticed that Satan has been actively fighting against you in this endeavor. He wants nothing more than to destroy your resolve. You've likely missed some days and had to catch up, or maybe you've found yourself caught in a cycle of being behind.

Don't fret – the Spirit that lives within us is far more powerful than the spirit that rules the air. Ask God to work powerfully within you for his glory and your good, and ask your brothers to keep you accountable. You can do it, and the men walking along with you will keep you moving forward.

Day 66

You've reached "habit" day! Statistically speaking, you've formed a positive habit of reading your Bible and praying each day. You may not do it every day, but you are consistent enough that it has begun to stick.

Celebrate this victory with your brothers and encourage those that are still working to build the daily rhythms.

Day 90

You have completed your first quarter of the T214 discipleship intensive. Praise be to God alone!

The bond with your brothers has begun to grow, and you are clearly seeing the impact that daily Bible reading and prayer is having on your life.

It's time to fill out a T214 survey to assess your commitment journey and give your feedback to your group leader. This feedback will help your leaders understand how to better serve you and make adjustments to the intensive.

Day 120

You've completed two full quarters of daily Bible reading and prayer with other faithful men. What a true blessing and joy!

If you haven't already, take some time to reflect on all the things God has done through your time in the Word and prayer with other men. Share these reflections with your men in your group.

Jesus has been at work, and it's good to recount the blessings you've received.

Day 183

Congratulations – you are half way through the T214 discipleship intensive!

Celebrate this commitment milestone with your band of brothers. If possible, go grab dinner together within the next 30 days and spend time reflecting on who God is and rejoicing in what God has done in your life.

Consider how you can be stirring one another up to love and good works. The next 90 days of reading can be hard. The summer months are difficult, and we need all the prayer and accountability we can get.

Pray for one another daily, keep in contact with one another, and encourage one another to stay faithful in their reading and prayer.

Day 273

You've completed three full quarters of daily Bible reading and prayer. Your capacity for God, his Word, his mission and his kingdom is growing. Praise be to him alone!

And if you haven't already, today is the day you begin to consider your desire to lead other men in T214. If you believe God is moving you in that direction, talk with the men's ministry team and let them know of your desire.

Day 315

The holidays are fast approaching, and it is easy to become distracted with activities. Commit to daily reading and prayer. You only have 50 days left!

Lean into your T214 group where you need help. Be open and honest with your wins and your losses. Bear one another's burdens so that you can all finish the T214 process well!

Day 365

Wow – what a tapestry of God's grace, mercy and love in you: **you have finished the T214 discipleship intensive!**

You are a changed man, and people notice. Your life is marked by the presence of gospel humility. Your love for God has grown deep and wide.

This is a momentous day. Give God all the glory, and give the other men in your group honor and praise. You have persevered together, and God's grace is abounding in each of you.

To commemorate, Exodus will organize a special dinner in January of the following year. This is a time where you can meet together and recount God's magnificent grace, mercy and love. This is also a time where we will celebrate this incredible achievement with other men and encourage them to continue in the good work of reading the Bible and praying to our heavenly father every day.

Once again – congratulations on successfully completing the T214 discipleship intensive!

T214 Covenant

Each member of a T214 group must sign the T214 Covenant, a document that clarifies expectations regarding the responsibilities of each T214 group member. Both the T214 leader and T214 member must sign the covenant together as a symbol of their commitment to the process.

[Click here to view the T214 Member Covenant →](#)

[Click here to view the T214 Leader Covenant →](#)

T214 FAQ

What is T214?

T214 is a one year discipleship intensive that seeks to grow your character, faith and calling by refocusing your life around God and His mission in the world.

How long does T214 last?

T214 spans an entire year. It begins on January 1 and ends on December 31.

How many men can participate in a T214 group?

T214 groups can have up to 12 men, including the leader.

What other men will be in the group with me?

Your T214 group will be composed of you, one leader and up to 10 other men who have also signed up for T214. If you are in a community group, we will do our best to pair you with at least one other man who is in your community group.

What Bible plan will I be reading?

There are 5 different Bible plans available to read:

The Bible Recap Plan

The Bible Recap plan is a chronological Bible reading plan that takes you through the entire Bible in a year. If you've never read the entire Bible before, we encourage you to select this reading plan. This plan helps you understand all the stories in the Bible in their cultural and narrative context. You can expect to spend 10-15 minutes reading each day through this plan.

The New Testament Plan

The New Testament plan takes you through the entire New Testament in a year. **If you are new to reading the Bible daily and are concerned about daily reading discipline, this is a great place to start.**

This plan allows you to spend more time reading and meditating on the life of Jesus and narrative of the early church. You can expect to spend 5-7 minutes reading each day through this plan.

M'Cheyne Plan

The M'Cheyne plan is a battle-tested reading plan that takes you through the Old Testament once and the New Testament and Psalms twice in a year. **This plan should only be selected by seasoned believers with an existing foundation of reading and praying through the Word.**

This plan is broken down into reading a passage from the Old Testament, New Testament and Psalms each day, making it easier to study and pray through the Word. You can expect to spend 20-30 minutes reading each day through this plan.

Surveys + Wisdom Plan

The Surveys + Wisdom reading plan is a combination of reading plans designed to give you an overview of key highlights in the Bible, ground you in wisdom literature and then see it applied in the life of the early church.

The reading plan is collection of 4 separate plans, broken down into the following order:

1. **Survey + Highlights** - 60 days
2. **Wisdom Literature** - 120 days
3. **Luke & Acts** - 60 days
4. **Pauline Epistles** - 60 days
5. **Focused Wisdom** - 60 days

The focus of this plan is to take what you are reading and learning in the Bible and apply it to everyday decision making in your life. You can expect to spend 10-15 minutes reading each day through this plan.

Gospels + Early Church Plan

The Gospels + Early Church reading plan is a combination of reading plans designed to take you through the life of Jesus and the early church.

The reading plan is a collection of 3 separate plans, broken down into the following order:

1. **Gospels** - 90 days
2. **Luke & Acts** - 60 days
3. **Pauline Epistles** - 60 days
4. **Gospels** - 90 days
5. **Pauline Epistles** - 60 days

The focus of this plan is to take a deep dive into the life of Jesus and learn how the gospel transforms the way you live in the world. You can expect to spend 8-12 minutes reading each day through this plan.

How does the Bible plan work?

Each day, your plan will show you the passages of Scripture to read. Once you complete your reading for the day, you'll have the ability to "Talk It Over" with the other men in your T214 group. This is an area where you can share your thoughts about the reading for the day. Once you complete the reading, you will be given a check mark to signify you've completed the reading for the day.

How do I sign up for the Bible plan?

We will be using the YouVersion Bible app for our reading plan. Once you have been assigned to a T214 group, your T214 leader will email you with a special invite link that only you and the other men in your group can join. Once you click on the link and add it to your account, you'll be in the reading plan with the other men.

How much time does it take to read the Bible and pray each day?

Depending on the plan you chose, the reading takes anywhere from a couple of minutes to 30 minutes per day.

The New Testament Plan: 5-7 minutes per day

The Gospels + Early Church Plan: 8-12 minutes per day

The Bible Recap Plan: 10-15 minutes per day

The Surveys + Wisdom Plan: 10-15 minutes per day

The M'Cheyne Plan: 20-30 minutes per day

The important thing to remember is that you are working to build a lifestyle of reading the Bible and praying each day with other men. We want to build the daily habits that allow us to grow in both breadth and depth of God's Word.

Do I need to participate in the "Talk It Over" section at the end of each day's reading?

If you have something to share, feel free to share it - but don't stress if you don't have anything to share for the day.

When are the training workshops at Exodus?

The training meetings are held at the Exodus Mill (with the exception of the men's retreat). Here are the dates for 2023:

March 18, 2023 (morning)

June 17, 2023 (morning)

September 15-17, 2023 (retreat)

December 2, 2023 (morning)

What will we discuss in our training workshops at Exodus?

We will have training workshops where we talk about a specific topic as a large group. We will then break out into our T214 groups and have time to discuss what has been going on in our life (good/bad/in between) and what we have been reading in the Word. We will also have a time devoted to prayer.

How long do T214 monthly meetings typically last?

T214 meetings with your group typically last 2 hours.

Am I required to attend these monthly meetings?

We understand that the dates and timing may conflict with your existing schedule, especially if this is a night when your community group meets. You are encouraged to attend the monthly meetings, but if you cannot make it, talk with your T214 group. It may be that you can find an alternate time to meet together to discuss what you are reading and learning.

The goal is that you do not miss more than one meeting in a row. Additionally, based on your group, your leader may suggest a different date and time to meet for a particular meeting if that works best for your entire group.

Why is the T214 covenant required?

T214 is not for the faint of heart. God's Word and His mission in this world require much from us. The covenant is a sign of your commitment to growth and the growth of the men in your group.

What if I fall behind on the Bible reading plan?

Life happens. Kids get sick. Work gets busy. Holidays and vacations occur. Daily reading is the aim, but you will inevitably miss some days. Don't beat yourself up. If you get behind, there is grace!

However, it should be noted that you may not be able to participate as fully in your monthly meeting time. And, it is likely that the other men will hold you accountable, which is a good thing. If you habitually continue to miss the daily reading with no intention of getting back on track, you may be removed from the group until you are ready to join back in.

A good rule of thumb: **don't miss twice**. Keep the chain going, and if you miss a day, don't miss the next one.

What if I want to join after the intensive has already begun?

Not a problem at all! We have many entry points throughout the year where you can join a T214 group.

We will regularly communicate those onramps through our church communication tools. You will simply need to fill out the form letting us know you are interested in a group. Based on the number of men interested in joining at that time, we may begin a new group or add you to an existing group that has additional space available.

Will we do anything to celebrate those that complete T214?

Yes! At the beginning of the next year, we will hold an event to recognize and celebrate those who have completed the intensive successfully.

I have attempted a Bible reading plan already. How is this different?

T214 is designed to give you the best chance possible at completing the intensive. It is organized into small discipleship groups where it is easier to be accountable to one another. It uses Bible reading plans that encourage daily reading by highlighting those who have read their

passages for the day. It incorporates monthly meetings that deepen your knowledge and understanding of the passages you are reading.

Another key component of T214 is that its primary goal is to build a lifestyle of daily Bible reading and prayer. It is designed from the foundation to help you do this successfully with other men.

Also, other men who have completed the same study that you will be going through have experienced tremendous positive life impact. They are there to encourage you to stay strong and finish the course!

How do I get started?

Great question! Based on the Bible reading plan you choose, you will be given detailed instructions on how to sign up and get started. For example, if you choose the chronological Bible reading plan, you will receive instructions like this:

1. Download the Bible app on your mobile device.

You can download it for [iOS](#) or [Android](#). If you want more details about the Bible app in general, [click on this link here](#).

2. Sign up for a free Bible app account.

In order to join a Bible reading plan with other people, you need to sign up for a free Bible app account. You can quickly do this inside of the Bible app, or you can [click on this link here to sign up](#) for a free account online.

3. Join the chronological Bible reading plan for your group.

[Click here to join the chronological Bible reading plan specifically for your group.](#)

When you join with that link, you'll be on the same Bible reading plan as the other people in your group. You will be able to see one another's commitment journey as you read your Bible each day.

4. Subscribe to The Bible Recap podcast.

You can find it on any of the follow apps on your phone:

[Apple Podcasts](#) | [Spotify](#) | [Stitcher](#) | [Podbean](#) | [Google](#) | [Google Play](#)

Don't want to listen to the podcast? You can purchase the Bible Recap in book format (Kindle or Hardcover) [by clicking on this link here](#).

5. Listen to the Bible reading plan prep episodes.

In order to be ready to start your Bible reading plan, you need to listen to 6 prep episodes. They'll answer most of your questions — even the ones you didn't know you had!

1. Prep Episode #1: [Let's Read the Bible in a Year!](#)
2. Prep Episode #2: [How I Learned to Love Reading the Bible](#)
3. Prep Episode #3: [Why Reading the Whole Bible is Important](#)
4. Prep Episode #4: [Preparing to Read the Bible](#)
5. Prep Episode #5: [Avoiding Common Mistakes: What to Look for When You Read the Bible](#)
6. Prep Episode #6: [Read the Bible in Community](#)

What if I don't want to use the Bible app to read?

Feel free to use your own physical Bible (or another app) if you'd like to read that way. Just make sure that you check back with the reading plan in the YouVersion app and check off your reading each day.

T214 Leader FAQ

What is required of me to lead a T214 discipleship group?

The primary requirement is that you be an example to the other men in your group. Show the men in your group what it is like to see and savor Jesus.

In general, here are the expectations of a T214 leader:

- You faithfully read the Bible each day.
- You faithfully pray each day.
- You faithfully pray for the men in your group each day.
- You reach out to communicate with your group once a week, either in the YouVersion app, through text message or another communication channel.
- You hold the other men in your group accountable for reading the Word and praying.
- You schedule and coordinate meetings with your group as laid out for the year.

Practically speaking, it means you need to understand the cost necessary to lead these men. It means faithfully reading the Word every day. It means faithfully praying to God every day. It means faithfully praying for the men in your group every day.

While none of these things are hard - they are in fact quite simple - they require discipline, something that only God can give as he sanctifies you (and something Satan will actively try to thwart).

Additionally, you need to be able to hold other men accountable to daily reading and prayer. You must be able to speak the truth in love if one of your men falls behind, not to discourage but rather encourage them to the glorious call of a thriving relationship with God. It takes work!

Next, you need to be communicating with your men, even when it is difficult. Remember, one of the T214 core values is "we communicate effectively". You are expected to be a model of good

communication to your men. This means being proactive, responsive and edifying in the frequency and manner in which you communicate.

Finally, you need to do your best to faithfully attend the monthly meetings and be prepared to facilitate discussion in them.

What men will be in my group?

We will have men sign up for the T214 intensive after the December meeting. We will begin putting men into groups in early December. We will do our best to put men together in groups so that men in your community group stick together. We will also do our best to place men in groups that give them the best chance at completing T214.

We will also speak with you about who you would like your “right hand man” to be. This is someone that you have an existing relationship with and know that you can count on to walk through the intensive with you. If you are the sheriff, think of them as your trusted deputy.

What should I expect my completion rate to be?

T214 is a discipleship process that spans over a relatively long period of time. While our prayer and hope is that every man who starts it will finish, it is likely that some will not.

Work hard that you yourself would remain faithful to daily Bible reading and prayer. And when you pray, pray for the other men in your group. Our bar is high, and our goal is that all men complete the intensive. You should anticipate that the majority of the men in your group complete the intensive along with you.

What is the process for removing someone from the discipleship group?

First, it is important to understand that this requires much grace and wisdom.

If someone falls behind the reading plan and has no intention of getting back on track, this person should be removed from the T214 group. A communication template will be provided that you can use as a starting point for letting them know about the change. The man should be encouraged to continue reading the Word and praying daily, and that they should aspire to join again when they believe they are ready to commit to and finish the T214 process.

This is different from a man who falls behind but continues to read the Word daily. If a man falls behind in his reading, and after some time to speak with and pray for him, he decides to pick it back up and reads faithfully, he should not be removed, even though it might take him some time to catch up with the rest of the group.

If you have any questions or concerns about how to approach this, feel free to speak to an elder who can give some additional insight into the situation.

What is the best way to communicate with the men in my group?

Ask your men what they prefer. A group text and a group email seem to work best.

Are there any costs associated with leading a T214 group?

There are no direct costs associated with leading a T214 group.

Once I start leading, do I have to continue leading indefinitely?

No. In order to maintain a healthy set of boundaries and to give you time to rest, the maximum number of years you can lead in a row is two. In year 3, we encourage you to participate in a T214 group, but you cannot lead one. It will be a year of rest for you.

How do I say yes to being a T214 leader?

If you believe God is calling you to lead a T214 group, that's awesome! You'll be receiving an email follow-up where you can ask additional questions and share if you'd like to pursue leading a T214 group starting January 1, 2023.

T214 Member Covenant

As a T214 member, I affirm the values, beliefs, mission, passion and process of T214, and I covenant with my fellow T214 members and commit to do the following to the best of my God-enabled ability:

Initials

_____ I will position myself humbly at the feet of Jesus during my T214 program.

_____ I will stay current in my Bible reading plan, not missing more than one day in a row.

_____ I will commit to praying regularly to God every day, throughout the day.

_____ I will pray regularly for the other men in my T214 group.

_____ I will meet regularly with my T214 group to deepen my walk and relationships.

_____ I will be open, honest and transparent with the men in my T214 group.

_____ I will accept calls to accountability and feedback from the men in my T214 group.

_____ I will pray about replicating the T214 process upon completion of the program.

T214 Leader

T214 Member

Commitment Signature

Commitment Signature

Commitment Date

Commitment Date

T214 Leader Covenant

As a T214 leader, I affirm the values, beliefs, mission, passion and process of T214, and I covenant with my fellow T214 members and commit to do the following to the best of my God-enabled ability:

Initials

_____ I will position myself humbly at the feet of Jesus during my T214 program.

_____ I will serve and lead the men in my T214 group.

_____ I will stay current in my Bible reading plan, not missing more than one day in a row.

_____ I will commit to praying regularly to God every day, throughout the day.

_____ I will pray regularly for the other men in my T214 group.

_____ I will meet regularly with my T214 group to deepen my walk and relationships.

_____ I will be open, honest and transparent with the men in my T214 group.

_____ I will accept calls to accountability and feedback from the men in my T214 group.

_____ I will pray about replicating the T214 process upon completion of the program.

T214 Director

T214 Leader

Commitment Signature

Commitment Signature

Commitment Date

Commitment Date