



The Summer Pause

REFLECT | CELEBRATE | GROW

*Taking time to notice God's faithfulness
and embrace His invitation to deeper discipleship.*

Summer invites us to slow down, reflect, and celebrate God's faithfulness. Our prayer is that the reflections, coaching insights, and invitation to Fundamentals of Disciple-Making will inspire you to take another step in following Jesus. Thank you for partnering with us in this mission.

Multiplication Was Always Jesus' Plan

When Jesus entered the world, He could have chosen many ways to spread His message. Instead, He invested deeply in a few ordinary people. He walked with them, taught them, prayed with them, and invited them into His life. Jesus wasn't simply gathering followers; He was forming disciple-makers.

The Kingdom of God grows through multiplication, not merely addition.

Addition asks: How many people can I reach?

Multiplication asks: Who can I invest in who will invest in others?

Before ascending to heaven, Jesus gave His disciples a clear mission: "Go and make disciples of all nations..." (Matthew 28:19-20)

Disciple-making was never intended to stop with us. Paul echoed this vision when he instructed Timothy to entrust what he had learned to faithful people who would teach others also (2 Timothy 2:2). God's plan has always been multiplication through relationships.

As summer invites us into a slower rhythm, consider these questions:



- *Who has God placed in my life to intentionally invest in?*
- *Who encouraged me in my own faith journey?*
- *Am I simply gaining biblical knowledge, or allowing God to transform me in ways that help others grow?*
- *What might it look like to apprentice someone in the way of Jesus?*

Multiplication rarely feels dramatic. More often, it looks like conversations over coffee, shared meals, prayer, Scripture, and walking alongside another person. Jesus changed the world through ordinary relationships surrendered to an extraordinary God.

The Blocks We Face: An Invitation for Self-Reflection

BY: MEREDITH GRZYB, NARROW GATE COACH

Narrow Gate offers Professional Coaching to all of our pastors and church leaders involved in the Co-Mission Institute. Coaching creates space to slow down, listen for God's voice, navigate ministry challenges, and lead from a place of health, authenticity, and dependence on Jesus. We invite you to experience a moment of that same reflection through the insights and questions shared by Certified Executive Coach, Meredith Grzyb.



Jesus' Great Commission to go and make disciples (Matthew 28:18-20) can feel daunting, to say the least. It's one thing to read it, and it's another to personally take steps of action to live it. Whether we realize it or not, there can be a lot of mental and internal blocks that hold us back from stepping out in faith and stepping toward the place that God is calling us, a place of trust, spiritual maturity, and faith. As a coach, it is fascinating, and even humbling, to observe how many fears and lies we allow ourselves to believe, and how those fears and lies then shape the decisions we make. Let me reassure you that we all encounter blocks, fears, and lies, and at some point in our story, we have likely allowed them to dictate our decisions and actions.

Rather than prescribing all the reasons why that may be, or even oversimplifying it by offering you possible solutions, I would like to ask you some questions and let you begin to explore it for yourself. I hope this writing is an encouragement to you, an invitation for self-reflection, and an opportunity towards growth should you choose to lean into it.

Before we begin, let's first define what a "block" is. A block is an obstacle that is getting in the way of your moving forward. It can be fear, a limiting belief, a coping behavior from past negative experiences that you're using as a means of self-protection, or even a practical obstacle, such as a lack of information about how to accomplish your goal. It can also, if we're being truly honest, look like pride. Pride is a master at disguising itself in various ways, and it can become so wrapped up in our thought life that it can blind us to seeing it. It can show up as us needing to take control, or hold tightly to our own outcomes. Sometimes pride prompts us to idolize past steps of obedience, or even past revelations from God, and we miss the new depths that He is calling us to. It can look like us not moving at all and making ourselves, and our fears, bigger than what God could be inviting us to do.

If we allow ourselves to take a step back and take a look at the full picture of our daily lives, and look at our relationships with God, with ourselves, and with others, I'm curious what we would see. Let's explore some of the following questions together.

Questions to Consider...

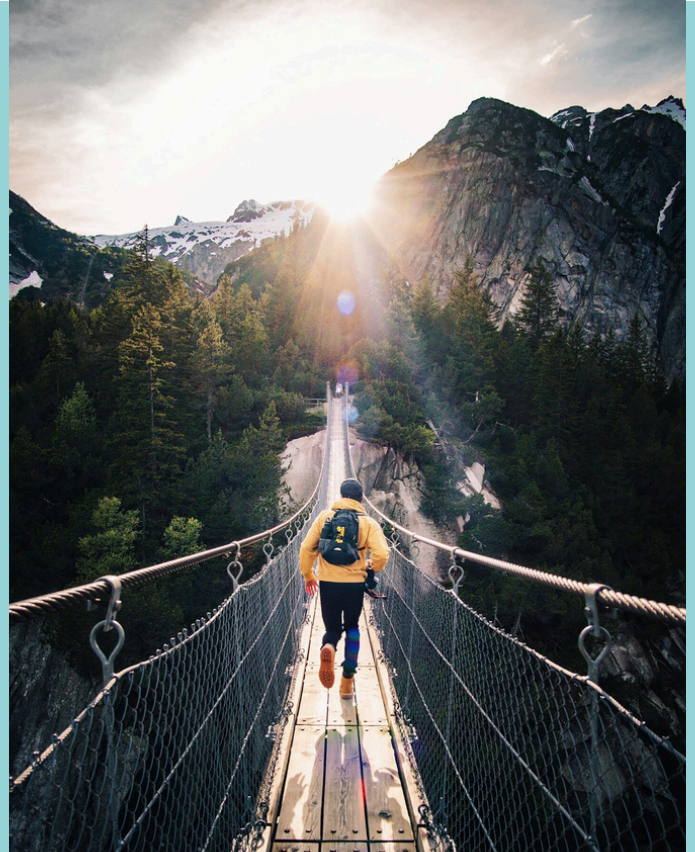
- How would you describe your relationship with God? Your relationship with yourself? Your relationships with others?
- Who in your life has a relationship with God that inspires you, and why?
- What areas of your life are you wanting to grow in spiritually?
- What is getting in the way of you doing that?
- What are you afraid of?
- What does truth say in response to your fear(s)?

The questions above hopefully answered some of the following: where you're at now, where you want to grow, and what is getting in the way of that. Now let's explore the following...

Looking at your responses to the questions above:

- What is one small step you can take towards spiritual growth?
- When will you make that step?
- How will you hold yourself accountable to that?
- Who can you invite into this with you?

*Please note if you find yourself in a place where you are feeling unsure of where to go next, I'd recommend reaching out to a professional coach or a counselor to get additional resources and next steps tailored to you.



Many of the barriers that keep us from stepping out in faith and making disciples are addressed in the Great Commission itself. Jesus clarifies the mission, establishes His authority, and reminds us of His presence. The invitation is one of surrender—laying down our pride, plans, fears, and doubts as we trust that His Word is true and that He is with us always, even to the end of the age.

Thank you for taking time to reflect today. My prayer is that God continues to reveal His truth in your life and that these questions that we've begun wrestling with today become the beginning of a deeper journey of revelation, healing, freedom, and growth as you follow Him toward maturity in Christ.

What's Coming Next

Back to the Fundamentals

Fundamentals of Disciple-Making is a free, six-week online training experience that introduces participants to the disciple-making principles and relational model Jesus used with His twelve disciples. Whether you are new to disciple-making or ready for your next step, we invite you to join us.

Fundamentals of Disciple-Making begins September 17, 2026.



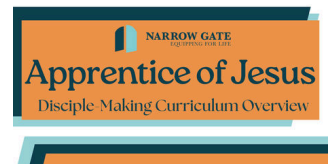
Fundamentals of Disciple-Making

[Click here to sign up for the next Fundamentals of Disciple-Making starting September 17, 2026.](#)

Take Your Next Step in Disciple-Making

Have you participated in Fundamentals of Disciple-Making and are wondering what comes next? Continue the journey by:

- Exploring disciple-making groups launching within your church.
- Joining a Narrow Gate online Apprentice of Jesus disciple-making group. These small, relational groups provide a space to practice the rhythms of following Jesus, grow alongside others, and continue your disciple-making journey. [Click here to complete an interest form](#), and a member of our team will be in touch soon.



[Click to hear inspiring testimonies from recent Co-Mission Institute Graduates.](#)

Co-Mission Institute: Next Cohort Begins August 6th

As one Co-Mission Institute class graduates, another journey begins. We are excited to welcome a new CMI cohort on August 6th. Please join us in praying for the pastors and church leaders to have open hearts, deep community, personal transformation, and for churches to be increasingly shaped by a culture of disciple-making.

Thank you for your love, prayers, and generosity in supporting our ministry.

Your gift to Narrow Gate this summer will provide pastors and ministry leaders with individualized disciple-making, coaching, and mentoring. Thank you!

Gifts can be made online at www.narrowgatefl.com or mail checks to P.O. Box 3357, Duluth, GA 30096-9998

