

Welcome. Here is your first week.

Three verbs. Three tools. One Squad. That is the whole thing.

YOUR ONLY JOB THIS WEEK

1	Take the Personality Assessment Find out how God wired you to reach people. 30 questions, 6 minutes, results on the spot. Then read the full profile of your primary style.
2	Name Your Three Write down three specific people in your life to pray for, invest in, and eventually invite. Not general. Names. Faces. Numbers in your phone.
3	Build Your Testimony 30-second / 2-minute / 5-minute versions using the guided wizard. The 30-second version is the one you carry into every conversation.

YOUR WEEKLY RHYTHM

Sunday	Come to service. Sit with your Squad. Hear the teaching for the week.
Monday	Send one text to one person on your Three. No agenda. Just presence.
Mid-week	30-minute Squad Huddle. Report on your Three. Pray for each other by name.
Any day	One act of love or service for somebody on your Three. Meal, ride, visit, prayer.
Every day	Pray for your Three by name. 60 seconds. That is the whole prayer.

HONEST QUESTIONS

What if I don't know what to say? You don't have to know yet. Start with the assessment. Your Coach helps you build the testimony. The Style Guide gives you a sample conversation.

What if my Three says no? Love them anyway. Pull Up is not a sales campaign — it is a season of presence. A 'no' today is not a 'no' forever.

Do I have to invite them to church this week? No. First you build the relationship. First you listen. First you love. The invitation comes when the Spirit prompts it.

What if I miss a Squad Huddle? Come back next week. Nobody keeps score. Your Coach will text you.

"You do not have to be a preacher. You have to be present."

SELWYN DAVIS · SERVANT CHURCH

► Start here: pullupmovement.com/participant.html