

I M M E R S E

LUKE & ACTS

Welcome to week 1 of Immerse!

Week 1 is finally here and you're well on your way to reading through Luke and Acts, forming a life-changing habit, and spending quality time with your community. You're off to an amazing start this year!

What's Happening In Week 1:

- **Week 1 Intro Video:** Want to get a sneak peek at what's coming up this week that puts everything in perspective? We've got you covered!
- We've got **your reading plan and audio options** (plus a journey in the Saddleback app. No matter how you want to read, we've got you covered.
- In the **companion guide this week**, we've been extended an invitation to fasting.
- **Tips for Taking Your Book Club Deeper!** Explore why reading with others matters. Plus encouragement, tips, and more.
- **Stories From Small Groups:** The stories are already starting to come in. Plus you can share what God is doing in your group this week.

Week 1 Intro to Luke:

Immerse: Messiah Week 1 (Luke - Acts Part I)



[Watch This Week's Video](#)

What We're Reading

Here is what we'll be reading this week:

- Day 1 pp. 1-6
- Day 2 pp. 6-12
- Day 3 pp. 13-19
- Day 4 pp. 19-25
- Day 5 pp. 25-31

Find the journey in the saddleback companion app (both audio and text included) by clicking [HERE](#).

Or listen the [free podcast version on your favorite podcast app!](#)

Companion Guide: Week 1

An Invitation to Fasting



Preparing for the Return Gathering (Feb 19-21)

Over the next 4 weeks, we are inviting our whole church family to fast one meal a day while setting apart specific time each day for prayer.

If fasting is new to you, don't worry—there's no need to feel intimidated. It's not about perfection or meeting specific expectations; it's about taking a step closer to God and expressing our dependence on him. Fasting is an ancient biblical practice, used throughout church history and even embraced by teenagers and entire communities.

Going Deeper

- You can read the [full FAQ document HERE](#)
- Or you can watch [FAQ: 4 tips for helping your group thrive](#)
- Reply to this email with any book club questions you are stuck with!

Listening to the Holy Spirit

Let's Hear It!



Sharing the Stories You Hear in Your Group

God is speaking through someone in your group this week. You just have to be listening for him! Julie D., one of the amazing small group hosts at Saddleback, shared how her small group is doing "double duty" and going through a study that they were already in the middle of, *and* reading through Immerse. That's a lot of reading to go through, but Julie's commitment to being a part of something big is a great example of why community is so important at Saddleback.

Let's hear your story! Just reply to this email or send an email to smallgroups@saddleback.com to "tell on" someone and their story in your book club.

It's Not Too Late to Invite Someone Else

Immerse may start this week, but it isn't too late for someone to accept the challenge and join us! In fact, we think that after you've gotten a taste, you're going to want to share it with more people (the Bible is simply *that good*). To have them join, have them head over (or forward this email) to saddleback.com/immerse and click accept the challenge! Don't sweat starting in the middle, just jump into that week's reading and we will be changed together!

[Join Immerse](#)

