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# Saturate: Being Disciples Of Jesus In The Everyday Stuff Of Life



## Synopsis

What does it look like to live for Jesus in the everyday stuff of life? Many Christians have unwittingly embraced the idea that “church” is a once-a-week event rather than a community of Spirit-empowered people; that “ministry” is what pastors do on Sundays rather than the 24/7 calling of all believers; and that “discipleship” is a program rather than the normal state of every follower of Jesus. Drawing on his experience as a pastor and church planter, Jeff Vanderstelt wants us to see that there’s more—much more—to the Christian life than sitting in a pew once a week. God has called his people to something bigger: a view of the Christian life that encompasses the ordinary, the extraordinary, and everything in between. Packed full of biblical teaching, compelling stories, and real-world advice, this book will remind you that Jesus is filling the world with his presence through the everyday lives of everyday people... People just like you.

## Book Information

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## Customer Reviews

“I’ve always been grateful for Jeff Vanderstelt’s heart for discipleship. Rather than drawing people to himself, he labors to help others understand the power they possess in the Spirit. He does what all good leaders should do: spends his days equipping others to do the work of the ministry.” —Francis Chan, New York Times best-selling author, *Crazy Love* and *Forgotten God* “Saturate is a compelling and biblically serious picture of Jesus and the mission he has given his people. It is a book that is deeply doctrinal and helpfully applicable. I

have known Jeff to faithfully live out the philosophies of life and day-to-day ministry contained in these pages, and have watched firsthand as God produced much fruit. I pray it encourages you.

—Matt Chandler, Lead pastor, The Village Church, Dallas, Texas; president, Acts 29 Church Planting Network; author, *The Mingling of Souls* and *The Explicit Gospel*

“Jeff is one of the smartest, most dedicated, and most interesting disciple-makers I know. In this book, and through the medium of his life story, he effectively passes on the key insights that make him one of the best movement leaders in the country. *Saturate* is a winner.

—Alan Hirsch, Founder, *Forge and Future Travelers*; award winning author, *Untamed*, *Right Here Right Now*, and *ReJesus*

“If someone were to ask me where to go to learn about discipleship, I would hand them the Bible along with Jeff Vanderstelt’s book *Saturate*. Readers will find themselves taking a survey of their lives, seeing the areas that God desires to take captive for his glory. Whether you are a preacher, homemaker, small-group leader, high school student, or new convert, *Saturate* will spur you on to live a life that will influence others to know Jesus while growing people in Jesus, not just at church, but in all of life.

—Jackie Hill Perry, poet; writer; hip-hop artist

“This is a thought-provoking, heart-warming account of a body of believers taking God’s call to live as family seriously. Don’t allow yourself to be distracted by the details or quibble with the incidentals. This book challenges and encourages all of us to intentionally live on mission in the mundane details and events of everyday life.

—Steve Timmis, Executive Director, Acts 29 Church Planting Network

“Jeff Vanderstelt uses an ordinary experience to give us extraordinary insight into what it means to be a disciple of Jesus. *Saturate* is a great challenge to all of us to stop doing church and be the church!

—Dave Ferguson, Lead Pastor, Community Christian Church, Naperville, Illinois; Lead Visionary, *NewThing*

“In *Saturate*, Jeff Vanderstelt endeavors to provide Christians with an image of God’s grace that is all-encompassing and inescapable. Whether you are new to the faith or a seasoned believer, Jeff’s words will encourage you and focus God’s gospel on every facet of your life. This book will challenge the way you see your Savior, your mission, and your everyday life.

—Ed Stetzer, Billy Graham Distinguished Chair for Church, Mission, and Evangelism, Wheaton College

“Jeff Vanderstelt’s passion and commitment to the fame of Jesus are as evident in this book as they are in his preaching. It was so refreshing to read chapter after chapter that lifted high the name of Jesus and to be challenged to do the same more and more in my life and ministry.

—Matt Carter, Pastor of Preaching, The Austin Stone Community Church, Austin, Texas; co-author, *The Real Win*

“*Saturate* is a

crucially needed and down-to-earth manual for what is most important—loving God and loving neighbors. What Christian wouldn't want to know what Jeff Vanderstelt has brilliantly and helpfully given us here?

—Jared C. Wilson, Director of Content Strategy,  
Midwestern Baptist Theological Seminary

Jeff Vanderstelt is the visionary leader for the Soma Family of Churches and the lead teaching pastor at Doxa Church in Bellevue, Washington. He travels around the world training and equipping the church in the gospel and missional living. He and his wife, Jayne, have three children. You can connect with Jeff at his website, [JeffVanderstelt.com](http://JeffVanderstelt.com), or on Twitter (@JeffVanderstelt).

I have enjoyed following and learning from Soma communities over the course of the last 5 years, I was excited when this book "Saturate" came out. Jeff Vanderstelt author of Saturate has written an excellent book on what it looks like to saturate our everyday lives with Jesus' presence and power. I greatly appreciate the way Vanderstelt writes with openness and honesty about living for Jesus in the everyday stuff of life. Many people separate Sundays and the rest of the week. Or at best sprinkle in events of following Jesus. This book will challenge your perspective on areas of your life that God is challenging and calling you to live more fully in Him. There are many valuable lessons to be learned from this book. I may compile a separate post of key lessons. For now here is a fairly detailed summary overview of the book and the contents of the chapters.

**Introduction** Can you imagine every city, every neighborhood, every street, and every house saturated with Jesus' presence through his people? This book is written to encourage the everyday Jesus follower to engage in the everyday stuff of life with the goal of seeing Jesus saturation for everyone in every place.

**Part 1: Beginnings**

**Chapter 2: Jesus Goes to Poker Parties** What if we were to start a church that feasted and celebrated around Jesus together? All of life was to be done as an expression of their love for God. Jesus did everything for his heavenly Father's glory. This is what Jesus does. Jesus makes life better. Jesus brings the better wine. Jesus takes empty religion and ritual, and brings it to life for everyday people. He takes what many deem holy (like the water in the ceremonial cleansing jars) and brings it to the party. He breaks down the barrier between what people might call sacred and secular. Jesus makes all things sacred—including wine at a party. We don't go to church. We are the church sent out into the world. Jesus didn't live, serve, suffer, and die so we could just attend a Christian event. He lived and died so we could become his people who are sent into every part of the world on his behalf. All of life counts and everyone

matters. It's not activities and events that are primarily Christian.

It's people. Activities and events, by themselves, are not sacred, but people are. The word holy in the Bible means to be set apart for God's purposes in the world. "The role of Jesus's church is to increasingly bring all of life under his leadership so that he is the center of everything." Have you ever taken time to dream about what God might want to do in and through you where you live and work? Jesus prefers normal, weak, and broken people. All God's people, everywhere, filling everyday life with his presence. This has always been God's vision for his people.

Jeff shares some much needed perspective on what it might actually look like to BE the church. He explains the Biblical support for his opinions about community, discipleship, evangelism, etc. while also coming down to very practical levels on every subject he covers. My only "problem" with the book is that it was a bit hard to follow at times. Disclaimer: it is worth taking the time to push through parts that may seem hard to get through because each part is really necessary to have a good understanding of what he is trying to communicate - a lifestyle of discipleship to Jesus in close relationships with other Christians as well as those far from God. Well worth your time to read if you're interested in a more grassroots movement of Christianity

Was a convicting read. I have not experienced or seen this level of missional loving in my life but I would love to experience this. It was convicting because it makes me think about what I can do too bring this to fruition too the community I live in. To be able to be on mission around me more. Great read

Jeff does a great job of articulating what it looks like to be a Christian every single day. I love how transparent and approachable Jeff is. He tells stories about himself that illustrate God's grace on him to use his sin and repentance as a way to share the gospel with more people. In particular, I love the story of getting angry, hurting his hand, just before Easter and then preaching with a cast on good Friday and Easter and telling the story of his failure, but God's redemption, that's awesome! This gives everyday people like us great hope! This book is easy to read, not overly wordy and filled with many, many amazing stories of real people, real events and God doing amazing and miraculous work in His people. It is an encouraging book!

I've been trying to get a handle on what a missional community group actually is and this book answered it well. I'm a well-versed pastor of an attractional model church who is dissatisfied with the results. This book gave me great insight into what is missing. The book is not about abandoning Sunday morning gatherings, but is about living on mission and what that actually looks like. There are great illustrations of how to apply the principles, but now there are MANY questions of what this needs to look like in our context. The book was well-written and extremely convicting/motivating.

This book is very helpful if you are trying to figure out what Christianity is all about after deciding to follow Jesus, articulating and laying out a vision of what life can look like as you decide to continue to follow Jesus in all of life, with a community of others. So good!

Please read this book. Please take time to process this book. Please take time to pray through what God stirs in you through His Spirit while reading this book. God's call to us right now is one of action and submission. Jeff is clear in revealing that to us, the readers, the church of God. He is also clear in calling us to get our hind-quarters in gear and chase after what God is calling us to. 5 stars in a big way.

In this book, Vanderstelt is clear on the fundamentals of walking with Christ, on mission with God, in a community with others, and he weaves a good story around his communication of those fundamentals. I was blessed by his repeated emphasis of Christianity on mission with God as that of intentionally loving others and making disciples. This book would be helpful for those desiring to be, or currently active as, disciple-makers, small-group leaders, and pastors.

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