



How Can I Be a Better Disciple of Jesus Christ?



Session Objective

In this session participants will learn about the lifelong, all-encompassing call of discipleship. They will consider various discipleship practices. They will grow in discipleship by discovering and rediscovering Scripture and by nurturing their relationship with Jesus Christ in the context of our Reformed heritage.

Faith Statement

We most surely believe that God preserved, instructed, multiplied, honored, adorned, and called from death to life God's church in all ages since Adam until the coming of Christ Jesus in the flesh.

—Scots Confession (3.05)



Engage

Open your time together in prayer, and lead a conversation based on the following questions:

- What is a disciple? What is a disciple of Jesus Christ?
- Who is someone you consider to be a faithful disciple of Jesus Christ?
- What responsibilities come with being a disciple of Jesus Christ?
- Do you consider yourself to be a disciple of Jesus Christ? Why or why not?
- How does discipleship grow the church?



Explore

Read 2 Timothy 1:3-7 and Mark 14:32-40 and explore these questions:

- How is discipleship like "rekindling" a fire?
- Why do people of faith need to keep learning and growing? Can disciples ever stop learning? Why not?
- When have you made a mistake that helped you grow in faith?
- What do you have in common with Jesus' disciples in the story from Mark 14:32-40?



Express

Use the following questions to help the participants express what they've learned.

- What are five to ten things that good disciples do? What is the most important? Why?
- How do you feel when you engage in a spiritual discipline, like praying, worshiping, reading the Bible, or caring for God's creation?
- How can activities like this affect your growth as a disciple? What would happen if you did these sorts of things every day?
- Is growing as a disciple more about making decisions or developing habits? How can both help you grow?

Consider discussing the questions from Engage again to see if anyone has any new perspectives after exploring the biblical passage.



Exit

Have the participants pray for strength to become better disciples. Encourage them to name a spiritual practice that they will work to improve in the coming week.





Why Is It Important to Tell People About Jesus?



Session Objective

In this session, participants will grow in evangelism by learning to share the good news of Jesus Christ and by being encouraged to invite others to join in the church's worship and fellowship.

Faith Statement

We most surely believe that God preserved, instructed, multiplied, honored, adorned, and called from death to life God's church in all ages since Adam until the coming of Christ Jesus in the flesh.

—Scots Confession (3.05)



Engage

Open your time together in prayer and lead a conversation based on the following questions:

- What might you tell someone about Jesus?
- How might someone's life be changed if he or she was told about Jesus?
- Why should *you* tell someone about Jesus? What keeps you from sharing the good news of Jesus Christ with others?



Explore

Read Matthew 28:18–20 and explore these questions:

- How can you share the glory of God with someone? What if they are skeptical?
- If someone shows some interest in God, how can you teach him or her more?
- Why do or should you want to share your faith?
- Where is the line between passionate and offensive evangelism? How can you faithfully share the Christian message without being argumentative?



Express

Use the following questions to help the participants express what they've learned.

- Is sharing your faith with others easy for you to do, hard for you to do, or somewhere in between? Why?
- In what ways can you put your faith into action this week by sharing the good news of Jesus Christ?
- How would you respond if someone asked you, "Why is it important to tell people about Jesus?"

Consider discussing the questions from Engage again to see if anyone has any new perspectives after exploring the biblical passage.



Exit

Read Matthew 28:18–20 again. Close your time together with prayer.





Session Objective

In this session participants will grow in servanthood, by standing alongside the wider community of God's creation to promote the well-being and love of neighbor, and by embracing stewardship in all of life.

Faith Statement

We believe God sends us to risk our own peace and comfort in compassion for our neighbors. . . . Christ teaches us to go beyond legal requirements in serving and helping our neighbor, to treat our neighbor's needs as our own, to care passionately for the other's good, to share what we have. It is part of our discipline to live in simplicity, avoiding greed and luxury that threaten our neighbor's survival.

—A Declaration of Faith (8.4, 9.4)



Engage

Open your time together in prayer and lead a conversation based on the following questions:

- What is Christian servanthood?
- If God takes care of everything, why should you be a servant?
- If you love God and God loves you, why should you worry about other people?



Explore

Read John 13:1-16, and explore these questions:

- Consider Jesus as a servant: How did he help people who had personal problems? How did he address problems on a broader, structural scale? How did he urge people and powers to change, so that the system that causes problems changes?
- Which of these three types of service is more important in the modern world? Explain.
- Which of these three types should congregations do? Individuals? The denomination?
- Is service more about doing things or living in some way? Explain.



Express

Use the following questions to help the participants express what they've learned.

- How can you serve neighbors who live near you? How can you serve neighbors far away?
- How does real service feel? Is it OK to feel good about doing service? Why or why not?
- Philippians 2:3 says, "Do nothing from selfish ambition or conceit." If you help with a service project in order to get volunteer credit for a class or organization, have you messed up? Why or why not?

Consider discussing the questions from Engage again to see if anyone has any new perspectives after exploring the biblical passages.



Exit

Give each participant an opportunity to share a prayer request. Close your time together with prayer, including the requests that have been shared.





Session Objective

In this session participants will have the opportunity to grow in their understanding of, appreciation for, and participation in the diverse body of Christ, by reflecting on the cultural and theological diversity of God's people in the world.

Faith Statement

As God has spoken the divine word in diverse cultural situations, the church is confident that God will continue to speak through the Scriptures in a changing world and in every form of human culture.

—Confession of 1967 (9.29),
Inclusive Language Text



Engage

Open your time together in prayer and lead a conversation based on the following questions:

- What is diversity? What is the opposite of diversity? What is the relationship between diversity and unity?
- Do you think diversity is important in the church? Why or why not?
- How can diversity grow the church?
- What differences exist among Christian churches in your community, the nation, and the world? Why do you think God created so many differences?



Explore

Read Galatians 3:26-29, and explore these questions:

- What does it mean to be "one in Christ"?
- Paul (who wrote Galatians) traveled extensively and preached to people in diverse cities. Is it easier to accept value in diversity if you see diversity a lot? Why or why not? How can you open yourself up to more diversity?
- Paul mentions three of the divisions of his culture that he wants to bring into diverse unity: Jew/Greek, slave/free, male/female. What are some tense divisions in your school or community? What are examples of diverse unity in your school or community?



Express

Use the following questions to help the young people express what they've learned.

- How do you act at school when someone new shows up who is in some way different from the majority of people in your school? How would your congregation act if someone "different" visited on Sunday morning?
- How does God expect us to act at school when someone new shows up who is in some way different from the majority of people in your school? How does God expect your congregation to act if someone "different" visits on Sunday morning?
- How could your congregation be more accommodating to diversity?
- How would you respond if someone asked you, "What's the big deal about church being diverse?"

Consider discussing the questions from Engage again to see if anyone has any new perspectives after exploring the biblical passage.



Exit

Close your time together with a group prayer, having each person pray for the person on his or her left.

