

UNIT SUMMARIES

Follow Me: Biblical Practices for Faithful Living

This twenty-seven-unit curriculum is based on practices Jesus did and taught us to do as faithful followers. Written for people of all ages who wish to live out their faith, this curriculum examines where these practices are found in the Bible and how they have been used in Christian faith then and now.

Within this guide you'll find descriptions of each unit as well as item numbers for each component, which are all linked to the product page on PC(USA) Store. Once you click on the link, you can read more about each practice, what the component includes, and find sample sessions by clicking on the buttons underneath the description. We suggest you begin the series with a practice such as "Follow Jesus" or "Welcome All", but feel free to pick and choose any unit and create your own sequence of study.

Still Deciding if Follow Me Is Right for You?

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YEAR 1 PRACTICES

PRACTICE	COMPONENT	PRINT	DOWNLOAD
Follow Jesus This unit studies mostly New Testament passages from the Bible, asking what it means when we choose to follow Jesus with every decision we make. Learn how following Jesus translates to loving God and neighbor and bearing witness to God's love and justice in our everyday world. Let this practice become the lens through which you see the world as you explore this unit.	Young Children Leader's Guide	FM0101	FM0101D
	Multiage Children Leader's Guide	FM0102	FM0102D
	Youth Leader's Guide	FM0103	FM0103D
	Adult Leader's Guide	FM0104	FM0104D
	Adult Reflection Guide	FM0105	n/a
	Congregational Guide	FM0106	FM0106D
	Infographic	n/a	FM0001AD
Welcome All This unit features stories rooted in hospitality from both Old and New Testaments of the Bible. The hope of this practice is for each person to look at their own idea of welcoming all and ask themselves if a friend or stranger would experience the welcoming spirit of Christ in them.	Young Children Leader's Guide	FM0201	FM0201D
	Multiage Children Leader's Guide	FM0202	FM0202D
	Youth Leader's Guide	FM0203	FM0203D
	Adult Leader's Guide	FM0204	FM0204D
	Adult Reflection Guide	FM0205	n/a
	Congregational Guide	FM0206	FM0206D
	Infographic	n/a	FM0001BD
Confess To confess, first we must see our wrongdoing against God or others. Then we must acknowledge our sin. As we practice confession, we move from recognizing sin to changing behavior (repentance) and repairing what has been broken whenever possible. The practice of confession is not a one-time deal; it's a cycle that we repeat throughout our lives.	Young Children Leader's Guide	FM0301	FM0301D
	Multiage Children Leader's Guide	FM0302	FM0302D
	Youth Leader's Guide	FM0303	FM0303D
	Adult Leader's Guide	FM0304	FM0304D
	Adult Reflection Guide	FM0305	n/a
	Congregational Guide	FM0306	FM0306D
	Infographic	n/a	FM0001CD
Hope (ideal for Advent) Hope is not merely wishing for something to happen or hoping everything will work out if the stars align. Hope is waiting with anticipation—at times, with impatience—for what you know and believe is coming. While this unit can be used at any time, since hope is prevalent during the season of Advent, this is a great choice for any Advent season.	Young Children Leader's Guide	FM0401	FM0401D
	Multiage Children Leader's Guide	FM0402	FM0402D
	Youth Leader's Guide	FM0403	FM0403D
	Adult Leader's Guide	FM0404	FM0404D
	Adult Reflection Guide	FM0405	n/a
	Congregational Guide	FM0406	FM0406D
	Infographic	n/a	FM0001DD
Baptize A baptism is a moment of marking and a moment of welcoming. God marks an individual whom God has created with an invisible mark of love and acceptance. This unit picks up where the baptismal event leaves off. Baptized persons live into their identity as children of God through daily acts of discipleship on a lifelong journey of growing in faith.	Young Children Leader's Guide	FM0501	FM0501D
	Multiage Children Leader's Guide	FM0502	FM0502D
	Youth Leader's Guide	FM0503	FM0503D
	Adult Leader's Guide	FM0504	FM0504D
	Adult Reflection Guide	FM0505	n/a
	Congregational Guide	FM0506	FM0506D
	Infographic	n/a	FM0001ED
Live in Community The church is a living community committed to gathering together across differences, feasting and listening together, uplifting those in need, and supporting those who depart. This vision of believers worshiping God together as they learn to live a life worthy of the gospel is strong evidence that life in community is intrinsic to being a Christian. Explore what living in community truly means with this unit.	Young Children Leader's Guide	FM0601	FM0601D
	Multiage Children Leader's Guide	FM0602	FM0602D
	Youth Leader's Guide	FM0603	FM0603D
	Adult Leader's Guide	FM0604	FM0604D
	Adult Reflection Guide	FM0605	n/a
	Congregational Guide	FM0606	FM0606D
	Infographic	n/a	FM0001FD
Practice Spiritual Disciplines (six sessions, ideal for Lent) Spiritual practices are seen as those things Jesus did, said, or embodied; we as Jesus' followers try to do these things as well. Many of the spiritual disciplines covered in this unit have emerged over the centuries as Christians keep experimenting with ways to make space in their lives to be with Jesus and to allow Jesus to transform them.	Young Children Leader's Guide	FM0701	FM0701D
	Multiage Children Leader's Guide	FM0702	FM0702D
	Youth Leader's Guide	FM0703	FM0703D
	Adult Leader's Guide	FM0704	FM0704D
	Adult Reflection Guide	FM0705	n/a
	Congregational Guide	FM0706	FM0706D
	Infographic	n/a	FM0001GD
Practice Joy Joy is something that we experience, something we savor, and something that is gifted to us by a loving and merciful God. While we experience joy individually, it is also a communal practice, one that is experienced in different ways by all God's people. This unit allows participants to explore this faithful choice in greater detail.	Young Children Leader's Guide	FM0801	FM0801D
	Multiage Children Leader's Guide	FM0802	FM0802D
	Youth Leader's Guide	FM0803	FM0803D
	Adult Leader's Guide	FM0804	FM0804D
	Adult Reflection Guide	FM0805	n/a
	Congregational Guide	FM0806	FM0806D
	Infographic	n/a	FM0001HD
Honor God's Diversity Honoring God's diversity helps us see those who are marginalized in our society and affirm them in order to bring diverse voices in from the margins to the center of the work God is doing in the world. In this unit, we learn to recognize and appreciate diversity as a valuable aspect of God's creation. We are challenged to look beyond the comfort of uniformity to identify the variety of life God gives.	Young Children Leader's Guide	FM0901	FM0901D
	Multiage Children Leader's Guide	FM0902	FM0902D
	Youth Leader's Guide	FM0903	FM0903D
	Adult Leader's Guide	FM0904	FM0904D
	Adult Reflection Guide	FM0905	n/a
	Congregational Guide	FM0906	FM0906D
	Infographic	n/a	FM0001JD
Year 1 Units 9-Poster Infographic Set This 18 x 24 inch set of 9 posters contains one for each of the following practices: Follow Jesus; Welcome All; Confess; Hope; Baptize; Live in Community; Practice	Infographic Poster Set	FM0001	FM0001D

 $Follow \ Jesus; Welcome \ All; Confess; Hope; Baptize; Live \ in \ Community; Practice$

Spiritual Disciplines; Practice Joy; and Honor God's Diversity.



YEAR 2 PRACTICES

PRACTICE	COMPONENT	PRINT	DOWNLOAD
Make Peace Make Peace focuses on Jesus' words in the Beatitudes, "Blessed are the peacemakers, for they will be called children of God" (Matthew 5:9), which have been the centerpiece of Christian social ethics for centuries. People have chosen different paths to peace, but certain skills of peacemaking have emerged: cultivating inner peace, seeking to understand where others are coming from, and having the courage to overcome fear.	Young Children Leader's Guide	FM1101	FM1101D
	Multiage Children Leader's Guide	FM1102	FM1102D
	Youth Leader's Guide	FM1103	FM1103D
	Adult Leader's Guide	FM1104	FM1104D
	Adult Reflection Guide	FM1105	n/a
	Congregational Guide	FM1106	FM1106D
	Infographic	n/a	FM0001LD
Practice Generosity Generosity is simply, and profoundly, love in action. We practice generosity in all the ways we love God and our neighbors. Through studying this practice, participants will learn how generosity is rooted in justice and concerned with caring for our neighbors' minds, bodies, spirits, and lives in the community.	Young Children Leader's Guide	FM1201	FM1201D
	Multiage Children Leader's Guide	FM1202	FM1202D
	Youth Leader's Guide	FM1203	FM1203D
	Adult Leader's Guide	FM1204	FM1204D
	Adult Reflection Guide	FM1205	n/a
	Congregational Guide	FM1206	FM1206D
	Infographic	n/a	FM0001MD
Forgive We forgive because God first forgives us. When we forgive one another, we participate in God's way of being in the world. Through studying this practice, participants will learn that the final word in forgiveness is God's grace, available to those who seek to forgive and to move beyond separation and brokenness toward restored relationship with God and one another.	Young Children Leader's Guide	FM1501	FM1501D
	Multiage Children Leader's Guide	FM1502	FM1502D
	Youth Leader's Guide	FM1503	FM1503D
	Adult Leader's Guide	FM1504	FM1504D
	Adult Reflection Guide	FM1505	n/a
	Congregational Guide	FM1506	FM1506D
	Infographic	n/a	FM0002CD
Go Tell (ideal for Advent) Go Tell demonstrates to us a practice of sharing a gift in love. The stories for this unit are grounded in the prophecy and events surrounding the birth of Jesus, and so are ideal for Advent. However, this story isn't one that should just live in the month of December. God's people can, and should, share this good news every chance we get.	Young Children Leader's Guide	FM1601	FM1601D
	Multiage Children Leader's Guide	FM1602	FM1602D
	Youth Leader's Guide	FM1603	FM1603D
	Adult Leader's Guide	FM1604	FM1604D
	Adult Reflection Guide	FM1605	n/a
	Congregational Guide	FM1606	FM1606D
	Infographic	n/a	FM0002DD
Honor Sabbath In a quick-moving world filled with routines, the Sabbath can often become just another day of the week. Through studying this practice, partcipants will learn that the Sabbath day is to be different from other days, exchanging day-to-day rhythms of labor for holy rhythms. Honoring Sabbath recognizes this rhythm of work and rest and places the Sabbath at the center of our faith practice.	Young Children Leader's Guide	FM1301	FM1301D
	Multiage Children Leader's Guide	FM1302	FM1302D
	Youth Leader's Guide	FM1303	FM1303D
	Adult Leader's Guide	FM1304	FM1304D
	Adult Reflection Guide	FM1305	n/a
	Congregational Guide	FM1306	FM1306D
	Infographic	n/a	FM0002AD
Sing a New Song Explore how God's people use song in moments of liberation, tribulation, and transformation to witness God's new creation being revealed in their midst. Throughout our lives, singing not only entertains and comforts us, but serves as creative expression and connection. The theme of singing a new song connects with the proclamation of God's saving work in Scripture.	Young Children Leader's Guide	FM1001	FM1001D
	Multiage Children Leader's Guide	FM1002	FM1002D
	Youth Leader's Guide	FM1003	FM1003D
	Adult Leader's Guide	FM1004	FM1004D
	Adult Reflection Guide	FM1005	n/a
	Congregational Guide	FM1006	FM1006D
	Infographic	n/a	FM0001KD
Love God, Neighbor, Enemy (six sessions, ideal for Lent) When Jesus said to love God and love our neighbors as ourselves (Mark 12:30-31), he did not directly include loving enemies. Yet, love of God and neighbor is not fully expressed if we leave out those considered enemies who are also children of God. This practice explores this call to love through action by serving a stranger, showing mercy, washing another's feet, being courageous, and living peaceably.	Young Children Leader's Guide	FM1901	FM1901D
	Multiage Children Leader's Guide	FM1902	FM1902D
	Youth Leader's Guide	FM1903	FM1903D
	Adult Leader's Guide	FM1904	FM1904D
	Adult Reflection Guide	FM1905	n/a
	Congregational Guide	FM1906	FM1906D
	Infographic	n/a	FM0002GD
Pray Prayer is an important spiritual practice for those who follow Jesus, and is also one of the most difficult to grasp for many people. This unit challenges disciples to overcome fears of praying badly and trust that God understands us before we even speak. [you could delete the prevoius sentence if space requires and have final sentence be] This unit encourages us to pray honestly, regularly, with and for others, and with our whole selves.	Young Children Leader's Guide	FM1401	FM1401D
	Multiage Children Leader's Guide	FM1402	FM1402D
	Youth Leader's Guide	FM1403	FM1403D
	Adult Leader's Guide	FM1404	FM1404D
	Adult Reflection Guide	FM1405	n/a
	Congregational Guide	FM1406	FM1406D
	Infographic	n/a	FM0002BD
Do Justice Being human means, in part, experiencing the frustration and anger of injustice, and the sense of restoration and wholeness that comes with justice served. Through studying this practice, participants will find that Scripture is filled with the themes of liberating justice in ways that are bold and subtle, always returning to the need to bridge the gap between the world as it is and the world toward which God calls us.	Young Children Leader's Guide	FM1801	FM1801D
	Multiage Children Leader's Guide	FM1802	FM1802D
	Youth Leader's Guide	FM1803	FM1803D
	Adult Leader's Guide	FM1804	FM1804D
	Adult Reflection Guide	FM1805	n/a
	Congregational Guide	FM1806	FM1806D
	Infographic	n/a	FM0002FD
Year 2 Units 9-Poster Infographic Set This 18 x 24 inch set of 9 posters contains one for each of the following practices: Make Peace; Practice Generosity; Forgive; Sing a New Song; Honor Sabbath; Go Tell; Pray; Do Justice: and Love God. Neighbor. Enemy.	Infographic Poster Set	FM0002	FM0002D

Justice; and Love God, Neighbor, Enemy.



YEAR 3 PRACTICES

PRACTICE	COMPONENT	PRINT	DOWNLOAD
Lament Human beings all experience profound sadness or loss that cause us to cry out in anguish. While much of American culture does not encourage lament, there can be healing in lament. Through studying this practice, participants will learn how the laments in the Old Testament express raw emotion, as well as confidence that God is listening and will eventually set things right.	Young Children Leader's Guide	FM1701	FM1701D
	Multiage Children Leader's Guide	FM1702	FM1702D
	Youth Leader's Guide	FM1703	FM1703D
	Adult Leader's Guide	FM1704	FM1704D
	Adult Reflection Guide	FM1705	n/a
	Congregational Guide	FM1706	FM1706D
	Infographic	n/a	FM0002ED
Celebrate Communion Ever since Jesus took bread, gave thanks, shared it with his disciples, and told followers to do this in his memory, Christians have reenacted the moment. Throughout this unit, participants will learn that communion is a physical act, a spiritual gift, and a call for a pattern for living, in which we receive the gifts of God, give thanks, and share them with one another and the world.	Young Children Leader's Guide	FM2001	FM2001D
	Multiage Children Leader's Guide	FM2002	FM2002D
	Youth Leader's Guide	FM2003	FM2003D
	Adult Leader's Guide	FM2004	FM2004D
	Adult Reflection Guide	FM2005	n/a
	Congregational Guide	FM2006	FM2006D
	Infographic	n/a	FM0002HD
Cross Borders Crossing borders is about actions we take to reach out to others who are different from us in order to love them and build bridges of understanding and justice. Jesus encountered many borders in his ministry and crossed those human-erected borders and walls. This practice shows how we, as followers of Jesus, are pushed, pulled, invited, and commanded by God to embrace the fullness of humanity.	Young Children Leader's Guide	FM2101	FM2101D
	Multiage Children Leader's Guide	FM2102	FM2102D
	Youth Leader's Guide	FM2103	FM2103D
	Adult Leader's Guide	FM2104	FM2104D
	Adult Reflection Guide	FM2105	n/a
	Congregational Guide	FM2106	FM2106D
	Infographic	n/a	FM0002JD
Do Not Fear (ideal for Advent) The command to put away fear is comprehensive—whatever trials befall us, we can remember that we are created for faith, not fear. In this unit, participants will learn that the command to "do not fear" does not mean that there is nothing to be afraid of—it means that God will walk with us through whatever fears we have. We will not eradicate fear, but we can move through it, and not let it paralyze us from holy actions.	Young Children Leader's Guide	FM2801	FM2801D
	Multiage Children Leader's Guide	FM2802	FM2802D
	Youth Leader's Guide	FM2803	FM2803D
	Adult Leader's Guide	FM2804	FM2804D
	Adult Reflection Guide	FM2805	n/a
	Congregational Guide	FM2806	FM2806D
	Infographic	n/a	FM0003DD
Worship God The worship actions we do together on a regular basis shape us to be people following Jesus in the world. In this unit, participants will learn that worshiping God involves disciples (and seekers!) gathered then sent out and then gathered again, creating an ebb and flow of the communal to individual and societal and back again to communal.	Young Children Leader's Guide	FM2601	FM2601D
	Multiage Children Leader's Guide	FM2602	FM2602D
	Youth Leader's Guide	FM2603	FM2603D
	Adult Leader's Guide	FM2604	FM2604D
	Adult Reflection Guide	FM2605	n/a
	Congregational Guide	FM2606	FM2606D
	Infographic	n/a	FM0003BD
Comfort Those Who Mourn The action of mourning can indicate any number of losses—not only the death of a loved one, but also the loss of a job or the dissolution of a relationship. In this unit, participants will learn that as we nurture our ability to comfort others, it is equally important to be in touch with how we grieve. Through the practice of comforting one another, community bonds are strengthened and those who suffer are restored.	Young Children Leader's Guide	FM3001	FM3001D
	Multiage Children Leader's Guide	FM3002	FM3002D
	Youth Leader's Guide	FM3003	FM3003D
	Adult Leader's Guide	FM3004	FM3004D
	Adult Reflection Guide	FM3005	n/a
	Congregational Guide	FM3006	FM3006D
	Infographic	n/a	FM0003FD
Make Disciples (six sessions, ideal for Lent) Matthew 28:18–20 is called "The Great Commission," and in these words we see Jesus send out his followers to make disciples, to baptize, and to teach people to obey all that Jesus taught them. In this unit, participants will learn that making disciples is not inviting others to have an identical faith to one's own; it is an invitation to live into a faith that meets a person's spiritual needs and contributes to the goodness of the community.	Young Children Leader's Guide	FM2201	FM2201D
	Multiage Children Leader's Guide	FM2202	FM2202D
	Youth Leader's Guide	FM2203	FM2203D
	Adult Leader's Guide	FM2204	FM2204D
	Adult Reflection Guide	FM2205	n/a
	Congregational Guide	FM2206	FM2206D
	Infographic	n/a	FM0003KD
Care for Creation Creation care is not just a political issue, it is a faith issue. Caring for creation offers us a way of following Jesus—the one who taught us that God's love is more powerful even than death—and we will receive a word of hope as we live out our calling as disciples.	Young Children Leader's Guide	FM2301	FM2301D
	Multiage Children Leader's Guide	FM2302	FM2302D
	Youth Leader's Guide	FM2303	FM2303D
	Adult Leader's Guide	FM2304	FM2304D
	Adult Reflection Guide	FM2305	n/a
	Congregational Guide	FM2306	FM2306D
	Infographic	n/a	FM0003LD
Walk Humbly The act of grasping at humility—striving for success at humbleness—seems to cause it to slip through our fingers. And perhaps that is the point. Through studying these sessions, participants will learn that humility is found in the knowledge that life is not a prize to be seized, but a gift to be received with gratitude. All our achievements, our powers and possessions, ultimately come from God and return to God—everything is grace.	Young Children Leader's Guide	FM2401	FM2401D
	Multiage Children Leader's Guide	FM2402	FM2402D
	Youth Leader's Guide	FM2403	FM2403D
	Adult Leader's Guide	FM2404	FM2404D
	Adult Reflection Guide	FM2405	n/a
	Congregational Guide	FM2406	FM2406D
	Infographic	n/a	FM0003MD
Year 3 Units 9-Poster Infographic Set This 18 x 24 inch set of 9 posters contains one for each of the following practices: Lament: Celebrate Communion: Cross Borders: Do Not Fear: Worship God: Comfort	Infographic Poster Set	FM0003	FM0003D

 $Lament; Celebrate\ Communion; Cross\ Borders; Do\ Not\ Fear; Worship\ God; Comfort$

Those Who Mourn; Make Disciples; Care for Creation; and Walk Humbly.

