What do I do when I meet with a student?

As believers, Jesus calls us to care for the spiritual life of others. Therefore, when we meet to ‘disciple’ someone we want to be intentional about the time we spend with them. Every meeting should include:

**Four Questions**
Some questions can be too generic (i.e. How are you doing?) and are difficult to answer. We want to be specific and genuine when asking questions about one another’s spiritual life.

1. What are you looking forward to this week?
2. Who or what has been stressing you out this week?
3. What has your time in scripture looked like this week?
4. Who are you praying for?

**Cover This Week’s Discussion**
Use each discussion to guide your time together. Lesson 1 provides an opportunity for you to clarify what the gospel is and where someone is at on their spiritual journey. Lessons 2–4 provide foundational truths that all believers must understand in order to grow into maturity.

**Prayer**
End your time together with prayer. Your job is to teach them how to pray since most people don’t learn how to pray on their own.

- Pray over your disciple. Pray over their needs, worries, joys and victories.
- Pray over your discussion. Pray for understanding and insight over the things you talked about.
God’s Design
Out of His great love, God created this world and the people in it to live in relationship with Him. He gave us everything and held nothing back that we might flourish and walk with Him forever.

Genesis 1:26-28

Brokenness
Tragically, we chose to reject God’s Design (sin) which resulted in relational brokenness with God. Every single one of us has been separated from Him and all of our relationships with one another have become less than they should be. The world has been filled with pain, sickness, and even death because we rejected God’s design.

Romans 3:23, Romans 6:23, Ephesians 2:1-3

Jesus
But God did not leave us in brokenness! He sent His own Son Jesus to rescue us. Jesus lived the life we could not live (without sin) and died the death we deserved. Then God raised Him from the dead to demonstrate Jesus’ defeat of sin and death.

Romans 5:8, Ephesians 2:4-6

It is through faith in what Jesus has done for us that we can be restored in our relationship with God and forgiven of all the brokenness that we have created.

John 3:16, Ephesians 2:8

We now live the incredible adventure of following Jesus - partnering with Him to grow in maturity and to proclaim His goodness to the broken world around us.

1 Corinthians 5:17, Colossians 2:6-7, Ephesians 2:10

Where would you say you are? Are you growing into God’s design for your life or are you living in brokenness? Have you ever received the free gift of a restored relationship to God through Jesus?
LESSON 2: WHO AM I?

Write your name inside the circle along with some achievements, roles, or characteristics that describe you, such as student, sibling, athlete.

We feel the pressure to define ourselves by what we do or accomplish. We listen to what others say about us and our identities begin to form. The choices we make about school, our hobbies, our friends and even our entertainment often become the building blocks we use to create an identity for ourselves.

At our core, we long to know that we are valuable and we work to build an identity that satisfies this longing. Yet creating an individual identity is a challenge, especially in today’s culture.

When we say that we are merely the sum of our own successes and failures or our own strengths and weaknesses, we become someone who has to ‘perform’ for others. We see ourselves as loved simply because of what we do or because others say we are valid. This always leads to discouragement and emptiness.

Read the Bible verses below together.

**JOHN 1:12**
But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name[...]

**2 CORINTHIANS 5:17**
Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

**JOHN 10:27-29**
My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they will never perish; and no one will snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father’s hand.

*Note: Jesus lived in an agricultural society often calling Himself “the Good Shepherd” and the people who believed in Him His “sheep.”*

**1 JOHN 5:13**
These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.
LESSON 3: WHERE DO I BELONG?

In the boxes below, describe a time and a place when you felt like you really belonged, and another time and place where you felt isolated, even unwelcomed.

A second great need of the human heart is to belong - to form significant and lasting relationships. We all long to be welcomed, accepted and known. When we don’t belong in a community, we are often isolated and lonely. In fact, loneliness has become a modern “epidemic.”

A 2018 survey by the health insurer Cigna found that loneliness is widespread in America, with nearly 50 percent of respondents reporting that no one knows them well.¹

In January of 2018, the United Kingdom appointed the country’s first Minister for Loneliness to tackle the issue of more than nine million people in Britain who often or always feel lonely.²

Discuss:
Do the significant people in your life really know you? Are there groups that you wish you could join but feel like you could never be a part of? Do you have a community where you don’t need to perform for acceptance?

Read the Bible verses below together.

EPHESIANS 2:13
But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ.

EPHESIANS 2:19
So then you are no longer strangers and aliens, but you are fellow citizens with the saints, and are of God’s household.

ROMANS 12:5
So we, who are many, are one body in Christ, and individually members one of another.

1 THESSALONIANS 5:11
Therefore encourage one another and build up one another, just as you also are doing.

Discuss together:
- What do these verses tell you about God?
- What do these verses say about people?
- How do these verses describe the community of Christ followers?

As a believer in Jesus, you not only have a new relationship with God, but you also have a new relationship with His people. All believers in Jesus collectively make up the Church which the Bible often refers to as a house, a body, a family/household. It is helpful to think about the church in two ways:

**Universal Church**
The universal church consists of all people, over all time, who trust in the person of Jesus — His death, burial, and resurrection for the forgiveness of their sins and eternal life. We join the universal church immediately when we believe in the name of Jesus.

**Local Church**
The local church is the local gathering of Christ followers who regularly meet together to grow in their faith. Believers do not belong to a local church automatically. It takes commitment and dedication to do so.

Reflect:
- How could forming lasting relationships with other Jesus followers within the local church impact your life? How do you think you can bring this about in your life?
- Do you feel like Grace Youth is a place where you can belong? Why or why not? What about the broader Church?
- Who are some of the people in your life who need the belonging of the local church? How can you help them find it?

Word:
Read the Bible verses again and spend time thinking about them. Write down some of your thoughts.

Prayer:
Ask God to show you practical ways to begin forming relationships with fellow Christ-followers.

Do:
Attend a local Bible-teaching church this week. Find out about opportunities to connect in a small group with other Christ-followers.

Remember:
I BELONG TO GOD’S FAMILY - THE CHURCH.

¹https://www.multivu.com/players/English/8294451-cigna-us-loneliness-survey/
²http://time.com/5248016/tracey-crouch-uk-loneliness-minister/
LESSON 4: WHY AM I HERE?

In the triangle, list some of your heroes. What are some reasons these people inspire you?

Have you ever looked up to someone and wanted to be just like him or her? Who’s character and accomplishments do you admire the most? A third need of the human heart is for significance. We long to spend our days participating in things that make a real difference now and even have lasting value. Often, the people we look up to, our heroes, lead lives of significance. That’s why we want to be like them!

The need to live for something greater than ourselves is widely recognized. Famous Holocaust survivor and author Viktor Frankl concluded that “life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

Discuss:
Who is the ultimate hero we can model our lives around? Where do we find a great purpose to which we can devote our time, talents and energy? What can we do now that will last beyond our lifetime?

Read the Bible verses below together.

1 PETER 2:21
“For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps.”

EPHESIANS 2:8-10
“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

MATTHEW 28:18
“And Jesus came up and spoke to them, saying, ‘All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you.’”

2 PETER 1:3
“Seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.”

Discuss together:
- What do these verses tell you about God? About people?
- How would you describe a Christ-follower’s purpose?
- How do these verses describe what a follower of Jesus is called to pursue?
- Why is submitting to God’s purpose for you life good for us? Why is it hard?
- In what ways could becoming like the ultimate hero, Jesus, change the way you live every day?
- When you think about the end of your life on earth, what do you think will matter most to you?

Become like Jesus:
During His life on earth, Jesus demonstrated how to live the ultimate life of love for God and people. As His followers, we can grow to become like Him in both our character and actions. After all, we are one of the family now, and family members look alike!

Help people find and follow Jesus:
We are also called to have a lasting impact on the people in our lives by loving them and introducing them to the source of true life - Jesus!

Word:
Read the four Bible verses and spend time thinking about them. Write down some of your thoughts.

Prayer:
Begin to read the book of Mark in the New Testament. Pay attention to what Jesus was like. What did He spend time doing? How did He interact with people? What was His relationship to God? What was His life’s purpose?

Prayer:
Ask God to begin to reveal specific areas in which you could become more like Jesus in your character and relationships.
Ask God for opportunities to start conversations about Jesus among your friends, family and acquaintances.

Share:
Tell a friend about what you’ve learned regarding lasting significance.

Remember:
TO BECOME LIKE JESUS AND TO HELP PEOPLE FIND AND FOLLOW HIM.

1 Viktor Frankl, Man’s Search for Meaning
Who am I?
I am a loved child of God now and forever

Where do I belong?
I belong to God’s family, the Church

Why am I here?
To become like Jesus and to help people find and follow Him