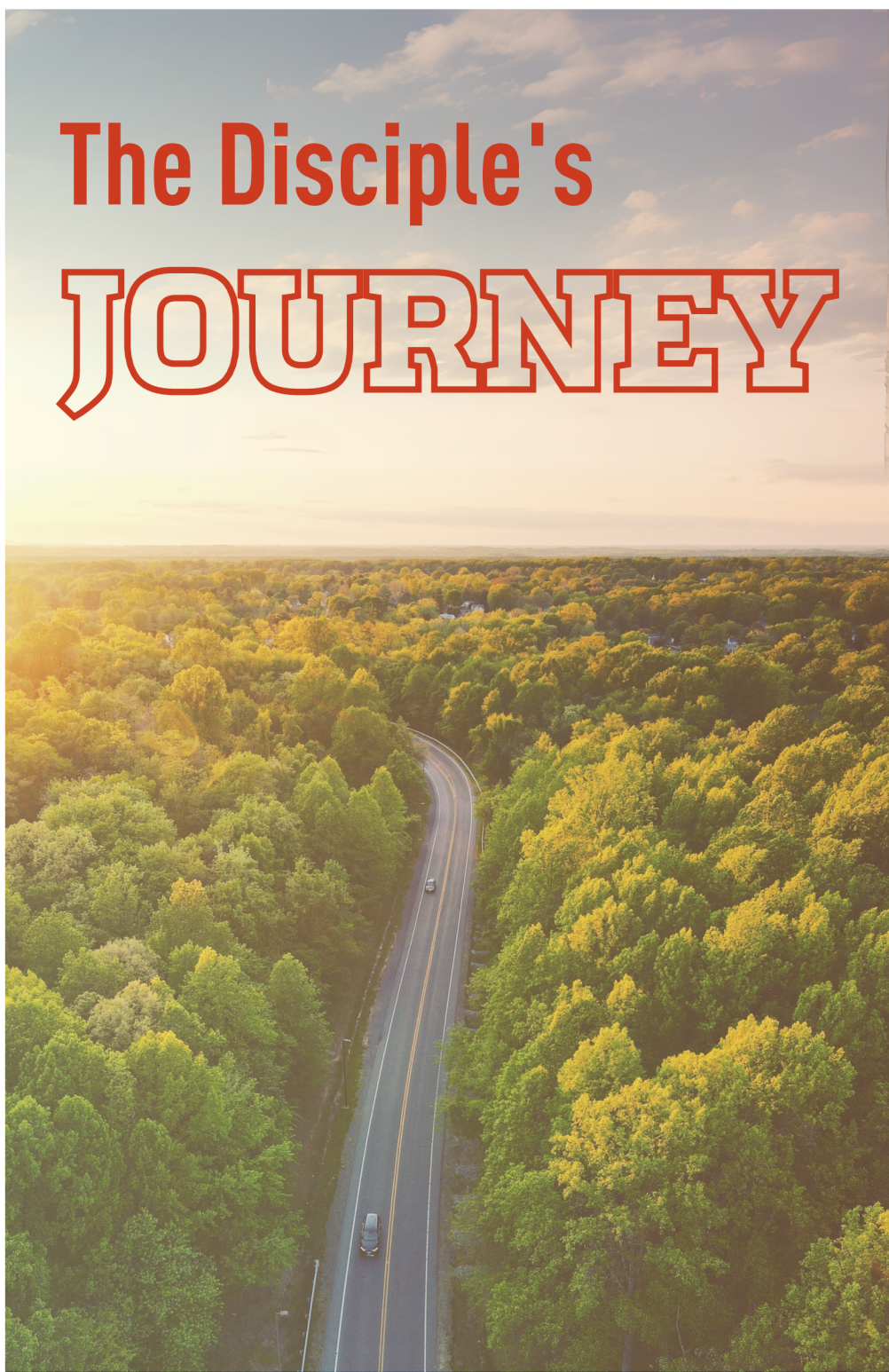


**The Disciple's**

**JOURNEY**



# Small Group Guidelines

## **THIS IS A SAFE GROUP**

What we talk about here stays here. Be mindful of how your words and actions make others feel. We want everyone to feel comfortable sharing.

## **NO CROSSTALK**

Respect others when they're speaking. No side conversations, checking your phone, or texting.

## **LISTEN**

Show respect by really listening when someone is talking. Pause before jumping in to make sure they're done. Your eye contact and body language can make the group feel either welcoming or uncomfortable.

## **NO RESCUING OR FIXING**

We're not here to fix each other, that's Jesus' job. If someone is struggling to share, don't try to jump in and solve it. Just listen and support them.

## **USE "I" STATEMENTS**

Talk about your own experiences instead of saying "we" or "people." We want to use "I" statements, this helps us get to know each other better and helps us grow as disciples .

## **DON'T OVER-TALK**

Let everyone have a chance to share. Try not to be the first to speak every time or give super long answers.

## **FIGHT FOR RELATIONSHIP**

Conflict or hurt feelings will happen, but we're committed to working through it. Talk to the person directly or get advice if you're not sure what to do.

# Icebreaker Questions

**Start each group off with an icebreaker question. Choose any from the list below that you think your group would enjoy.**

- What is a high and low from this week?
- If you could live in any time period for a week, past or future, when would it be and why?
- What's the weirdest food you've ever tried? Did you like it?
- If you could instantly become amazing at any sport, what would it be and why?
- What's one place you've always wanted to visit, and what would you do there?
- If you could invent any gadget, what would it do?
- What's the funniest or weirdest dream you've ever had?
- If you were a professional YouTuber or TikToker, what kind of videos would you make?
- If you could only wear 1 color for the rest of your life, what color would it be?
- If you could shrink anything to fit in your pocket and carry it around, what would it be?
- If you had to replace your arms with something else (like pool noodles or lightsabers), what would you pick?
- What's one snack or candy you think everyone should try at least once?
- If you could add a new emoji to your phone, what would it look like and what would it mean?
- If you could spend the day in any video game, movie, or book world, which one would you choose and why?
- If you could choose the next sermon series for Youth Group what would you want it to be about?
  - Leaders: If you do this one, take notes and give them to us.

# Week 1: What is a Disciple?

**Main Passages:** Matthew 4:19, Acts 2:42-47

**Icebreaker:** If you had to follow someone around for a week and live like them, who would you pick? Why?

**Questions:**

- Did anything from the message stand out to you? Why?

**Head / Heart / Hands / Feet Discussion:**

*Jesus says a disciple is someone who follows Him, is changed by Him, lives on mission with Him, and walks out their faith where ever they go.*

- What do you think it really looks like to follow Jesus today?  
(Not just believe in Him – actually follow)
- Why do you think Jesus wants to change us, not just forgive us?
- How can living on mission for Jesus (sharing, serving, helping others) actually help you grow in your own faith?
- Of those 4 areas – Head (Follow), Heart (Change), Hands (Mission), Feet (Walking it out) – which one feels easiest for you right now? Which one feels hardest? Why?

**SCMD Process Discussion:**

*Discipleship doesn't just happen. Jesus gave us a process: Share, Connect, Minister, Disciple.*

- Why do you think sharing Jesus with others helps us grow in our own faith?
- How has being connected to Christian friends or small group helped you personally? What's the difference between friends and Christian community?
- What's one way students your age can "minister" or help someone else this week?
- Who is someone in your life that helped disciple or invest in you? What did they do that made an impact?

**Challenge / Application:**

Being a disciple is a process, but it starts with a step.

- What's one step you feel like Jesus might be asking you to take this week?

# **Week 2: Walking it Out - Pt 1.**

## **5 Spheres - Abide, Church, Home & Family**

**Main Passages:** John 15, Ephesians 2-6

**Icebreaker:** If you could add one ridiculous thing to your house (no matter the cost) what would it be?

### **Questions:**

- Did anything from the message stand out to you? Why?

### **Abide (Relationship with God)**

- If someone said, "I want to get closer to God", what would you tell them to do first?
- How does spending time with God (Bible, prayer, worship) actually change a person over time?

### **Church Sphere**

- What do you think makes church different from school or a sports team?
- Church isn't just about sitting and listening, it's about serving and being part of a family. What's one way students your age can serve or love people at church?

### **Home & Family Sphere**

- Why do you think God cares so much about how we treat our family?
- What's usually harder for you at home: showing love, showing patience, or showing respect? Why?
- How would things look different in your home if everyone acted more like Jesus?

### **Challenge / Application**

- Which of these spheres is easiest for you to follow Jesus in — Abide, Church, or Home & Family?
- Which one is hardest right now? Why do you think that is?
- What's one small thing you can do this week to follow Jesus better in that sphere?

# **Week 3: Walking it Out - Pt 2.**

## **5 Spheres - World, Spiritual Realm**

**Main Passages:** Ephesians 6, Matthew 5:14-16, John 17:15-18

**Icebreaker:** If you could be famous for one thing in the world, what would it be and why?

### **Questions:**

- What stood out to you from the message? Why?

### **World Sphere Questions (Living for Jesus in the World)**

- What's the easiest place for you to act like Jesus outside of home or church? (School, sports, online, friends, work, etc.)
- What's the hardest place to live like Jesus in the world? Why is that tough?
- Imagine if someone at your school who didn't know Jesus started paying attention to how you treated people, what you said, and how you lived — what would they think about Jesus based on you?
- What's a small way a middle schooler could represent Jesus well at school or with friends?

### **Spiritual Realm Questions (The Battle We Can't See)**

- What do you think it means when the Bible says we're in a spiritual battle?
- What are some ways the enemy tries to distract or discourage students your age?
- Imagine if you actually believed every day that you were in a real battle for your heart, mind, and choices — how might that change how you pray, how you live, or what you pay attention to?
- Ephesians 6 talks about the Armor of God — which piece do you feel like you need the most right now? (Truth, Faith, Peace, God's Word, etc.)

### **Challenge / Application**

- Where do you think God is calling you to live boldly for Him this week — in the world or in a spiritual battle you're facing?
- What's one thing you could pray for courage or strength about this week?
- If following Jesus is a battle sometimes... who's someone you want fighting beside you? (Who helps you follow Jesus when it's hard?)



**REAL LIFE**

**YOUTH**