



## **ROOTED IN DISCIPLINE**

### **WEEK FIVE**

#### **THE FORGOTTEN ONES**

### **TRUTH 1**

#### **WEAR THE GOSPEL**

### **TRUTH 2**

#### **PROCLAIM THE GOSPEL**

### **STARTER:**

After accepting Christ into our hearts, our lives should be marked by service and evangelism. Saying "yes" to following Him means saying "yes" to living out the Great Commission. For all who call Jesus the Lord of their lives, living out the Great Commission is not an option: it's a command. It is a mandate given to us by Jesus through the authority that The Father gave Him. Responding with a "yes" comes with great responsibility and total dependency on the guidance of the Holy Spirit. So, what does serving look like? What does evangelism look like? Are you willing to "Go?"

### **TRUTH 1:**

#### **Wear The Gospel**

The prophet Isaiah said, "How beautiful upon the mountains Are the feet of him who brings good news. Who proclaims peace. Who brings glad tidings of good things. Who proclaims salvation. Who says to Zion, "Your God reigns!" The Apostle Paul echoes Isaiah when he said, "And how shall they preach unless they are sent?"

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### TRUTH 1

As it is written: "How beautiful are the feet of those who preach the gospel of peace. Who bring glad tidings of good things!" (Romans 10:15) According to Isaiah and Paul, we wear the Gospel by delivering good news through acts of service to others.

We are a direct representation of Christ. As Christ's followers, we should imitate Him. Ephesians 5:1-2 says "1 Imitate God, therefore, in everything you do, because you are his dear children. 2 Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God."

Jesus gave us the best examples of leading a life of servanthood. He often gave of himself to share the good news. He was willing to go where most wouldn't. He served in ways that others thought were beneath them, aligning Himself with "the least of these."

Have you ever been asked to clean a bathroom, risk your reputation to make friends with the person no one wants anything to do with, or do something far beyond the norm? Completing these tasks won't bring you fame and recognition. In fact, serving Jesus and His people may make the world hate you, but it will please our Heavenly Father. Remember, it was Jesus who humbled himself, knelt, and washed his disciples' feet, and yet the world hated him

### TRUTH 2:

#### Proclaim the Gospel

Evangelism involves making intentional efforts to announce the good news of Jesus Christ, with the goal of leading others to the feet of Jesus. In other words, Evangelism is about telling others what Christ has done for you so that they too can come to know him.

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### TRUTH 2

In John 4, Jesus evangelized to the woman at the well, who was a Samaritan. Back in those times, Jews hated the Samaritan people. But, Jesus didn't share the Jews' hatred for the Samaritans. Jesus wasn't afraid to cross social and cultural boundaries. The woman's gender, social status, ethnicity, and sins didn't deter Him from telling her the good news with her. Jesus' evangelism to this Samaritan woman set off a ripple effect. Following Jesus' conversation with her, she went and shared the news with many more Samaritans.



leading them to know and believe that Jesus is their Savior.

Think back to the moment Jesus saved you, the moment you surrendered your life to him. Remember that dirty mess you were in and how He made you clean. Remember how you were lost, broken, and hopeless before he came and changed everything. Everyone should know the good news of what Jesus has done for you.

### ENDING THOUGHT

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Did you know that there are countless groups of people who have never heard the name "Jesus?" How often do you think of those people? Often? Some? Maybe not at all? Maybe you assumed that everyone knew who Jesus was, or at least knew of Him. But the reality is that nearly 3 billion people have not heard His name. 3 billion people don't know of His all-consuming love and never-ending grace. 3 billion people that are forgotten by the church.

That's why the Apostle Paul encourages us to go and spread the good news of Jesus Christ. We shouldn't keep the good news for ourselves but spread it to the world. If we don't go, how will these 3 billion people learn about Jesus?

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### ENDING THOUGHT

You were once lost and now you're found. So, will you go and tell others that the King of Heaven still thinks about them? Will you tell the world that no one, and I mean not one soul, is beyond the reach of His nail-scarred hands? Will you go?



### SMALL GROUP QUESTIONS

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1. We learned that in serving, we must wear the Gospel by being imitators of Christ. How did Jesus serve others? Give an example.
2. How can you serve others in your church? How can you serve others in your community?
3. Thinking back again to the moment Jesus saved you, what message or words led you to that decision to surrender your life to him?
4. Without changing the message of the Gospel, what are some creative ways to share the Good News? Give an example.



## **ROOTED IN DISCIPLINE**

### **WEEK SIX**

#### **PRAYER & JOURNALING**

### **TRUTH 1**

#### **READ YOUR BIBLE AND PRAY**

### **TRUTH 2**

#### **PRAYER JOURNALING**

### **TRUTH 3**

#### **BIBLE JOURNALING**

### **STARTER:**

We are post WF and trying to live our life out loud for Jesus. A way we can do that is through prayer & journaling.

God desires time in prayer, relationship and conversation with him. A way you can do that is in Prayer & reading your Bible. Within Prayer you can use prayer journaling & devotional journaling to help with your daily growth in your relationship with God.

### **TRUTH 1:**

Read your Bible and Pray

Prayer is extraordinarily important in the life of any Christian. Jesus prayed and modeled the importance of prayer throughout his time on earth. Jesus also strongly modeled prayer for us. He told us throughout his ministry how important it is to pray, and he commanded his disciples to pray. Yes, it is important to prayer, read and know scripture. Jesus did both, and his behavior toward both indicates how important they are should be to us. (John 1:4, 2 Timothy 3:16-17, John 14:6) Focus on the QUALITY not the QUANTITY. Meaning start with 5-10 mins, then grow into more. Read one verse and learn in, live it, maybe 1 verse a week, 52 for the year. Whatever just make the priority and time.

# ROOTED IN DISCIPLINE

## WEEK SIX

### TRUTH 2

#### Prayer Journaling

A prayer journal is a written record, kept regularly, of one's experiences in prayer. A prayer journal is often filled with written prayers, specific prayer requests, notes on when and how those requests were answered by God, and expressions of praise and thanksgiving. Due to their very nature, prayer journals are usually kept private. Prayer journaling is certainly a biblical concept. Prayer journaling is as old as the Scriptures.

Those journaled prayers have brought comfort and clarity to people throughout time & sometimes use them as their own prayers. (Psalms 3)

### TRUTH 3

#### Bible Journaling

A devotional journal is a great way to reflect on God's Word, focus on what God is teaching you, and track the progress you are making in your spiritual journey. There are many ways to write a devotional journal: in a book with lined paper, on a notepad, or even on your computer. This journal is between you and God, so make it your own. There is no right or wrong way to reflect! The most important thing is to keep up with it. Here are list of ideas and things to do. (Habakkuk 2:2)

#### IDEAS:

- Write down Bible verses or phrases that stick out to you. Whether you choose to read Scripture or a daily devotional. Find words that capture your attention and write them down
- Reflect, Write, and Apply
- Write a prayer
- Set spiritual goals
- Get creative (markers, post-a-notes, highlight, draw, paint, use a Bible with Journal/Note space, look up ideas)
- Keep up with it, just do it! Make apart of weekly habit & schedule



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## WEEK SIX



### CLOSING

Let's be honest every one of us have struggled with reading and praying. But it's when we start a real relationship with Jesus and we allow him to change our lives from the inside out. We have to start somewhere. Let's start together now and have prayer as we ask Jesus to help us develop a love for HIS word and time in PRAYER!

### SMALL GROUP QUESTIONS

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1. Do you think it's more important to pray, or read the Bible? Or are both important when it comes to spending time with God?
2. Why do we need both prayer and Scripture reading?
3. Is it hard to write your own thoughts and feeling even in private? If so, why?
4. Is it hard to pray and have conversation with God? If so, why?
5. Is it hard to write down your thoughts to God?
6. Is it hard to take to God in prayer?
7. What can we do to help and guide you?



## **ROOTED IN DISCIPLINE**

**WEEK SEVEN**

**GOD'S WORD IS  
OUR LIFELINE**

### **TRUTH 1**

**SCRIPTURE SHOWS GOD'S  
CHARACTER AND PROVIDES US  
GOD'S REVELATION OF HIMSELF**

### **TRUTH 2**

**SCRIPTURE LEADS TO  
COMPLETENESS AND EQUIPS US "FOR  
EVERY GOOD WORK".**

### **TRUTH 3**

**MEDITATING ON GOD'S WORD  
REORIENTS OUR THINKING SO THAT  
WE CAN GROW IN MATURITY**

## **STARTER:**

Welcome Students. Ask them how they are doing? Introduce yourself if you have new students and haven't had the chance yet to meet them. Thank them for being with you, express your excitement about them being there and communicate that you would love a chance to get to know them. (Follow through with that)

How many of you have ever sailed on a boat? How many of you have ever been on an airplane? How many of you have a heart? Ok, so most of you have been on a boat, some of you have been on a plane, and ALMOST all of you have a heart.

It is obvious that there are some differences between the first two things and the last, right? Think about it. For the first two, if there is an emergency, they have some utilities that could potentially save your life. For the airplane, you've got the masks that drop from the ceiling with oxygen and flotation devices under your seat, and the pilot has radios. I'm sure on some planes there are even parachutes. Have you ever heard of the Titanic? Do you know what the problem was they had? There weren't enough lifeboats, lifejackets, or life preservers. Those utilities could have saved more people. Would you agree that these are great things to have?



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## WEEK SEVEN



### STARTER

Now I want to talk about the third thing. That is your heart. Your heart isn't a utility in case of emergencies. It is your lifeline. Your heart doesn't work for you just when there is danger. Your heart works for you day in and day out, even while you are sleeping, and it never takes a day off. It's what pumps your blood through your body. **YOU NEED IT. Not just when disaster strikes, but 24/7. IT IS YOUR LIFELINE.** If you drink water as much as you read your bible, would you need an IV?

"Something regarded as indispensable for the maintaining of protection of life". is how Merriam Webster's dictionary defines a lifeline. **INDISPENSABLE.** That means a lifeline is absolutely necessary.

I believe that God's Word (aka: The B.I.B.L.E.) is our lifeline, too. Just like our body needs water in order to survive, we need the word of God.

Read Proverbs 3:14-26 (NLT)

We all know that life throws all kinds of crazy things our ways. We also recognize we have moments where we feel we are on the mountain top (High on life) and times where we feel we are in the valley (low places). Either way God very much wants to be with us. Scripture teaches us that we live in a broken and fallen world, tarnished by sin. So life will have grief and doubt and pain and yes, even tears. But! We have a guide! The Holy Spirit. And we have a lifeline-God's words to us, giving us wisdom for everything we will experience day to day.

Solomon reveals in those verses he wrote by the inspiration of the Holy Spirit, that the absolute safest place you can be is in the presence of God. The best thing you can do at any moment is to heed God's wisdom for your life. If you want to hear God speaking to you, open the Scriptures. We the family of God believe that the Bible is the inerrant (without error) word of God, written down for us so we do not forget.

# ROOTED IN DISCIPLINE

## WEEK SEVEN



### TRUTH 1

Scripture shows us God' character and provides us God's revelation of himself to his people. We see God's holy, unchanging, faithful gracious and loving character. (Psalm 103:8: Romans 5:8: Romans 8:38-39:Exodus 32:4)

Sub Points:

A) God is Holy. (Ex.3:14)

B) God Is eternal. (Psalm 102:12,27)

C) God is all-knowing. (Psalm 139, Hebrews 4:13)

D) God is all-powerful. (Colossians 1:16, Psalm 115:3)

E) God is fair and just. (Proverbs 8:13)

AW Tozer wrote, "The most important thing a Christian could do is to think rightly about God." The way we think rightly about God is by turning to scripture. It is there God reveals himself to man.

(Leader could share of a time where these points became real to them. How God opened their eyes to him as Holy, eternal, fair or just.)

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## WEEK SEVEN



### TRUTH 2

Scripture leads to the completeness and equips us "for every good work". (2 Timothy 3:16- 17)

Sub Points:

A) To be complete (GK: artios) meant that you were thoroughly trained, qualified competent, capable, and fit for the task.

B) To be equipped (GK: exartizo- same Greek root word as complete) meant that you were completely adequate, fully equipped, and qualified. The second word is an intensified form of the first.

C) Out with the old, in with the new.

- We will be fully prepared and equipped for every good work.
- The word of God sanctifies us. It sets us apart. Jesus prayed, "Sanctify them in the truth: your word is truth." (John 17:17)
- Want to be a better son or daughter? Fill up on God's word and let it equip you.
- Want to be a better student or athlete? Fill up on God's word and let it equip you.
- Want to be a better person, a better Christian, someone who changes the world around them? Fill up on God's word and let it equip you.
- This promise—that Scripture will equip us for every good work—should motivate us to get into God's word and let it transform us.

(This is a great place for Leader to share personal story of how God's word equipped them to handle a situation, relationship, etc.)

D) Jesus said if you love me you will keep my commands. We cannot demonstrate our love for God as well as others without knowing what the Scriptures reveal.

- God's word reveals his heart and desires.
- We get in line with what he's doing when we move from the stage of not just hearing but doing what he has commanded of us.

# ROOTED IN DISCIPLINE

## WEEK SEVEN



### TRUTH 3

Meditating on God's word reorients our thinking so that we can grow in maturity... which is part of the Christian calling (Ephesians 4:14-16; Romans 12:1-2).

Sub Points:

A) God has given us the Scriptures to reveal himself to us so that we might know him better and love him more

- As we seek to enjoy fellowship with God by pondering the words of Scripture, the Holy Spirit opens our hearts to experience greater depths of his love.

- - The Spirit also strengthens us by helping us more fully grasp "How wide and long and high and deep" Christ's love is, deepening our roots in his love. (Ephesians 3:18-19)
- - Scripture meditation is a way to more fully experience "the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit" (2 Corinthians 13:14).

#### B) Love-Motivated Obedience

- Meditating upon Scripture is one of the best ways to internalize the truth of God's Word and be strengthened by His Spirit to obey it.
- An example of the benefit of meditation in enabling obedience is given to us in the book of Joshua. Joshua was called to lead hundreds of thousands of Israelites to the Promised Land (Joshua 1:1-2). When calling Joshua to this task, God commanded him to be "strong and courageous" and to carefully obey his law as revealed to Moses.
- The mandated given to Joshua to prepare him for this task: Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. - Joshua 1:8
- By meditating upon the word of God and letting God's law be in his mouth, Joshua would be strengthened to lead faithfully.
- His meditation would help enable his obedience to God.

# ROOTED IN DISCIPLINE

## WEEK SEVEN



### TRUTH 3

- Meditating on Scripture strengthens us for obedience by strengthening our love for God and others.
- C) Renewal of Our Minds
- (Share an experience where a person (whether you or another) struggled with thoughts and feelings in a negative way. Whether lust, anger, fear, etc.

- You may be asking yourself, "Is there anything that can help me transform my thought life?"

- Fact: We all struggle with thoughts, words, and images that we wish had never entered our minds. Hurtful ideas or images can cause us real pain, and on top of that contribute to anger, lust or even greed.

- But the Spirit can use Scripture to renew our minds so that we are transformed (Romans 12:2).
- When we meditate upon Scripture, we are inviting the Holy Spirit to come and mold the way we think.

#### D) Empowering Prayer

- Meditating on Scripture is one of the best ways we can unite the word of God with prayer.
- As we ponder the word of God, the Holy Spirit softens our heart and reveals ways we need to change in light of those words.
- A verse that speaks of love for our neighbors may prompt you to pray, "Lord, please make this a reality in my life."
- A verse that promises God's wisdom may stir you up to ask God to give you wisdom for an issue you may face.
- As you meditate on God's word, you will often come to the realization of Biblical truths that you need to apply to your life.
- As Christ brings those things to light, we need to apply them. Remember not just hearers but doers. Bringing fresh vitality to our prayer lives as it enables us to pray with greater confidence.

# ROOTED IN DISCIPLINE

## WEEK SEVEN

### TRUTH 3

#### E) Living in God's Peace

- Meditation calls for focused attention on what God has revealed, thus it helps to calm our souls in God's presence.
- Isaiah pointed to this truth when he wrote, "You will keep in perfect peace those whose minds are steadfast, because they trust in you" (Isaiah 26:3).



- Great peace have those who love your law, and nothing can make them stumble (Psalm 119:165).
- Meditating on Scripture has the wonderful benefit of one experiencing God's peace in the midst of a stress-filled world.

# ROOTED IN DISCIPLINE

## WEEK SEVEN

### CLOSING

Have you ever met a pro athlete who never worked out or practiced their sport? It doesn't make sense, right? Neither does a mature Christian who has never read the bible and take the time to meditate on God's word.

Reading Scripture is a spiritual discipline, which means that we need to be disciplined in how we approach it. If you lack the desire to read the Bible, pray and ask God to give you a desire for his word. Build a time into your day to read Scripture and make this time priority.



### SMALL GROUP QUESTIONS

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1. Have you ever really stepped back and just viewed God for who He is? Have you really taken the time to hear and think about what the word of God says in terms of who He is?
2. In what ways do you think the word of God could equip you for good works?
3. How does meditating on God's word effect your day-to-day life? Have you really taken the time to think about the things God has spoken?



## **ROOTED IN DISCIPLINE**

**WEEK EIGHT**

**MORE THAN JUST  
GIVING UP**

### **TRUTH 1**

**STEWARDSHIP: MORE THAN MONEY**

### **TRUTH 2**

**FASTING: MORE THAN FOOD**

### **TRUTH 3**

**CONNECTING STEWARDSHIP &  
FASTING**

### **TRUTH 4**

**GROWING AS DISCIPLES**

### **TRUTH 5**

**PUTTING IT INTO PRACTICE**

## **STARTER:**

**Scripture: Matthew 25:14-15 (NIV): Isaiah 58:6-7 (NIV)**

### **Takeaway:**

The choices I make will determine the person I will become.

### **Introduction:**

Have you ever fasted before? Maybe you skipped breakfast, or gave up sweets for a day, or even joined a school fundraiser that involved giving something up. But what if I told you that fasting and stewardship are about so much more than just giving things up? Today, we'll explore how these practices can actually help us grow closer to God and become better disciples.



# ROOTED IN DISCIPLINE

## WEEK EIGHT



### TRUTH 1

#### **Stewardship: More Than Just Money:**

The word "steward" refers to someone who manages something that belongs to another. In our case, the things we manage are the gifts God has given us: our time, talents, resources, and even our bodies. Being a good steward means using these gifts wisely and responsibly, not just for our own benefit, but to serve God and others.

### TRUTH 2

#### **Fasting: More Than Just Food:**

Fasting is often associated with giving up food, but it can encompass so much more. We can fast from social media, negative thoughts, or even bad habits. The point of fasting isn't just to deprive ourselves, but to create space in our lives to focus on God. When we remove distractions, we can become more aware of His presence and hear His voice more clearly.

### TRUTH 3

#### **Connecting Stewardship and Fasting:**

Both stewardship and fasting help us break free from our attachment to material things and worldly desires. By using our resources wisely and taking breaks from certain activities, we can cultivate a spirit of generosity and focus our hearts on God.

### TRUTH 4

#### **Growing as Disciples:**

As disciples, we are called to follow Jesus' teachings and example. Jesus himself fasted and used his resources to serve others. By practicing stewardship and fasting, we follow in His footsteps and become more Christ-like.

# ROOTED IN DISCIPLINE

## WEEK EIGHT



### TRUTH 5

#### Putting it into Practice:

So how can we apply these concepts in our daily lives? Here are some ideas:

- Stewardship: Volunteer your time at a local organization, donate gently used clothes, or use your talents to help others.
- Fasting: Choose something you spend a lot of time on and give it up for a day or a week. It could be social media, video games, or even complaining!

Remember, these are just starting points. The most important thing is to find ways to practice stewardship and fasting that are meaningful to you and help you grow closer to God.

### CONCLUSION

Stewardship and fasting are powerful tools that can help us become better disciples. By using our resources wisely, taking breaks from distractions, and focusing on God, we can deepen our faith and build a stronger relationship with Him. Remember, it's not just about what you give up, but about what you gain: a closer connection to God and a heart filled with love and generosity.

### PRAYER

Almighty God,

As we reflect on this message on stewardship and fasting, open our hearts to your guidance.

Help us see ourselves as your stewards, entrusted with the gifts of time, talents, and resources. Grant us the wisdom to use them wisely and generously, serving you and others with love and compassion.

As we consider the practice of fasting, guide us beyond the act of giving up to a deeper focus on you. May we use this time to draw closer to your presence, hear your voice clearly, and experience the joy of serving others.

We ask this in your son Jesus's name. Amen.