



Session 3: Following Jesus as a Way of Life

Core Theme: Discipleship – We practice whole-life discipleship, that is, living and loving like Jesus in every part of our lives – not just on Sundays, but for our whole life long.

Core Scriptures: Matthew 22:36-40, Luke 18:22

Suggested Session 3 Schedule

1. Welcome and Opening Prayer (3 minutes)

2. Meal (30 minutes, including Covenant Review and Check-in)

Follow earlier guidance around the meal. About 15 minutes in, welcome people to shift gears and gather round for the check-in. Continue to notice who builds relationships quickly and who might need a nudge to connect. At this third session, your group should begin to gel and find its roots and rhythms.

3. Covenant Review and Check-in (20 minutes – if sharing meal, occurs during mealtime)

Following a brief review and reaffirmation of the covenant, offer one of the following questions for check-in:

- Since our last session, where have you seen Jesus in the context of community?
- How did the scripture from the last session show up in your life?
- How are you feeling as you arrive here? OR What do you need to acknowledge before you can fully be present today?
- *Create your own check-in question.*

Heed earlier guidance around check-in, including using the talking piece, listening respectfully, and honoring each person's time to speak.

4. Content Engagement (45 minutes)

Once everyone has checked in, it's time to move into the next part of your small group meeting: content engagement. For this session, Following Jesus as a Way of Life, we will consider the practice of whole-life discipleship. Welcome discussion and engagement.

Show: Session 3: Part A Video

Note: To save time, participants can watch this video on their own before your gathering.

Discuss the following questions as a group, inspired by the Session 3: Part A Video.

Remember: You need not cover all the questions in this relatively short time. If it would be helpful, break into pairs or trios for about 5 minutes to facilitate giving everyone a chance to speak. Then, come back to the larger group and share for the remaining 10 minutes. Use these questions or others, as appropriate:

Wondering Questions

- What does discipleship mean to you?
- How can you practice whole-life discipleship: living and loving like Jesus in every part of your life – not just on Sundays, but for your whole life long?
- What in this video resonated with or challenged you?

Show: Session 3: Part B Video

Watch the second video for this session as a group, then discuss the following questions:

Wondering Questions

In the second video, we hear three leaders discuss ways that they have noticed Jesus modeling the life of a disciple himself.

- As you listened to their conversation, what came up for you?
- How does your answer to that same question align or diverge from their experiences?
- What are some ways that you could practice whole-life discipleship: living and loving like Jesus in every part of your life? You might each choose one way to practice this week.

5. Check-out and Closing Prayer (7 min)

For check-out, invite group members to share one word about the time they've spent together.

If time permits, offer this question for check-out: How has the group blessed you tonight?

Close with prayer, welcoming prayer requests from each person, which the group leader or a volunteer gathers and offers up. Pray spontaneously, choose your favorite prayer, or try the prayer below. It's called "A Morning Resolve," and it's full of examples of how to be a disciple every day.

Dear God: I will try this day to live a simple, sincere, and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, generosity in giving, carefulness in conversation, diligence in

appointed service, fidelity to every trust, and a childlike faith in God. In particular, I will try to be faithful in those habits of prayer, work, study, physical exercise, eating, and sleep, which I believe the Holy Spirit has shown me to be right. And as I cannot in my own strength do this, nor even with a hope of success attempt it, I look to thee, O Lord God my Father, in Jesus my Savior, and ask for the gift of the Holy Spirit. Amen.

6. Make It Yours: At-Home Engagement Opportunities

- For a deeper dive, encourage your group to review and reflect with Session 3 in the Participant Guidebook.
- Invite participants try to start each day with the “Morning Resolve” prayer as written above. (Feel free to copy and paste the prayer and send to participants via email.)