

# ESSENTIALS

Coming Alive to God

**CHAPEL**  
**YOUNG ADULTS**



# WELCOME!

**We're so glad you're here. Whether you're new to faith, returning to God after a difficult season, or seeking to grow deeper in your relationship with Jesus, this collection is designed for you. Over the next several sessions, we'll explore what it means to live a life deeply rooted in the essentials of following Jesus and living in God's Kingdom.**

*This collection isn't just about what we believe,  
it's about how we live...*

*... It's not just about believing something true,  
it's about becoming someone new.*

Jesus didn't simply invite people to agree with Him; He invited them to follow Him. To walk in step with Him. To trust Him with their whole lives. Through Scripture, prayer, and conversation, we'll discover how to build our lives around the person of Jesus, the announcement of His Kingdom, and the new life He offers us right here, right now.

In this collection, we'll focus on five essential truths that shape the way we live as followers of Jesus:

- ♦ **The Gospel** – not just good news for the afterlife, but a new way of living today
- ♦ **Jesus** – the one we worship and the model we follow
- ♦ **The Holy Spirit** – how God empowers us to live the life of Jesus today
- ♦ **Mission** – joining God's ongoing work to heal and restore the world
- ♦ **Revival** – experiencing and sharing the life-giving presence of God

Each session will highlight a core truth that speaks to our identity, purpose, and calling. We'll read stories from Scripture, reflect on how they speak to our lives today, respond in authentic conversation, and create space for the Holy Spirit to bring healing, encouragement, and breakthrough. No matter where you're starting from, we believe God wants to meet you where you are and lead you into something new.



## **Together, we will:**

- ♦ Rediscover the life-changing message of the Gospel Jesus preached
- ♦ See Jesus not only as Savior, but as our example for everyday life
- ♦ Learn what it means to live as image-bearers in the world
- ♦ Explore the tension of the “already and not yet” of God’s Kingdom
- ♦ Create space for the Holy Spirit to speak, heal, and transform
- ♦ Practice living out our faith in real, tangible ways

We’re praying that this experience doesn’t just inform your faith, it ignites it. As you come to each session with expectation, honesty, and a willingness to listen, we believe you’ll encounter Jesus in fresh and personal ways. And as that happens, you’ll be equipped to live a life that reflects Him in your relationships, your work, your choices, and your calling.

***“Seek first the Kingdom of God  
and His righteousness...”  
— Matthew 6:33***

***Let’s seek Him together.***

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# DISCUSSION GUIDELINES

**COME REGULARLY:** Building a strong relationship with Jesus and others in your group begins with showing up consistently. Your presence matters—not just for you, but for the entire group. *Be present, not perfect—come as you are and be open to learning, growing, and encouraging one another along the way.*

**PARTICIPATE:** Your story and experiences reflect the character of God. Sharing what He is doing in your life helps others grow in their faith and deepens relationships within the group. *Listen actively and seek to understand before responding. Honor differences and recognize that everyone brings a unique perspective to the conversation.*

**KEEP IT SAFE:** We are all responsible for creating a space where everyone feels heard and loved. Give room for others to share by listening well and responding with kindness. Avoid quick answers or judgments and focus on offering support and encouragement. *Let's be patient and gracious, understanding that spiritual growth takes time and everyone is on their own journey.*

**CONFIDENTIALITY:** What's shared in the group stays in the group. Protecting each other's honesty and vulnerability fosters trust and growth. *Respect and honor one another's stories with care and discretion.*

**KNOW & BE KNOWN:** Take time to listen and truly know one another. As you do, you'll have opportunities to pray, encourage, and see God's Kingdom advance in each others' lives. *Commit to praying for your group members throughout the week, trusting that God is at work in every season of life.*

**Note for Group Leaders:** If a serious concern arises—such as harm to a person or a need for further pastoral care—encourage the individual to seek support from a pastor or bring it to a pastor's attention yourself. Ensuring safety and care is a priority for our community.

# STRUCTURE FOR EACH SESSION

## **KEY TRUTH**

Each session highlights a core truth that shows how Jesus meets us where we are—whether in failure, uncertainty, waiting, or struggle—and calls us forward in faith.

## **READ**

Engage with the Scripture passages, underline or highlight parts of the passages that you feel the Holy Spirit is bringing to your attention.

## **REFLECT**

Discuss with your group ways that the passages of Scripture are highlighting aspects of God's nature, and share some ways on how it relates to you today.

## **RESPOND**

Share personal experiences and insights related to the session's theme. Consider practical ways to apply what you've learned and prepare your heart for prayer.

## **BREAKTHROUGH (Let's Pray Together)**

Pray for one another, asking God to meet us where we are. Invite the Holy Spirit to bring encouragement, healing, and boldness as we cast our cares on Him and receive His peace.

## **NEXT STEPS**

Choose practical ways to apply what you've learned this week—whether through personal reflection, encouraging someone else, or taking a step of faith.

## OPENING SESSION

## A LIFESTYLE OF REVIVAL

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# SESSION ONE

## THE GOSPEL

### READ :

#### Mark 1:14–15

Jesus announces the good news: the Kingdom of God is near.

#### Galatians 1:3–5

Jesus rescues us from this present age into God's purpose.

### Key Truth:

Right here, right now,  
the life of the Kingdom  
of God is within reach.

### REFLECT:

In Jesus' world, the word *gospel* meant a royal announcement—news that a king had arrived or won a great victory. The people of Israel, living under Roman rule, were longing for that kind of announcement. They expected God to bring a Kingdom that would crush their enemies and restore their national power.

But Jesus surprised everyone. His message was this: "*The Kingdom of God is here.*" The promises of restoration, peace, justice, and God's presence weren't delayed—they were beginning now. Rome didn't have to fall for God's rule to rise. Jesus declared that God's reign—His presence, power, and leadership—was already breaking in.

That's still the invitation today. We don't have to wait for a perfect world or a distant heaven. Life under God's care and rulership...real freedom, peace, and purpose... is available now. Jesus says, "*Repent and believe.*" In other words: turn around and take hold of what's already at hand.

- ♦ **The Kingdom of God is already at work and still on the way, both now and not yet.**
- ♦ **The Gospel is about Jesus' whole life...His message, His ministry, His death, and His resurrection.**
- ♦ **God's reign is here, it's near, and it's still unfolding.**
- ♦ **Living in the Kingdom isn't just what we believe, it's how we follow.**

### RESPOND:

1. How does the Gospel of the Kingdom fit with what you already believe about Jesus and heaven? What does it change?
2. How do you understand the idea of an "Already/Not Yet" Kingdom? How does that shape your relationship with God?
3. Where in your life do you tend to hold onto control instead of trusting God's rule? What would it look like to turn that over to Him?

## BREAKTHROUGH (Let's Pray Together):

- ♦ Where in your life do you feel stuck, anxious, or in need of God's leadership?
- ♦ Where do you need to experience the peace, power, or presence of His Kingdom?

**Prayer prompt:** *Pray for the presence, the power, the love, or the goodness of the Kingdom of God to show up in each other's lives.*

*Listen as you pray—share words of encouragement, Scriptures, or impressions you sense for one another.*

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## NEXT STEPS:

**Practical ways to apply what you've learned this week—whether through personal reflection, encouraging someone else, or taking a step of faith.**

☐ **Read the Gospel of Matthew**, underlining every time Jesus (or others) mentions the word Kingdom. In each instance, ask:

- Who is speaking?
- What's happening in the moment?
- Why is the Kingdom being talked about?

☐ **Read *The Gospel of the Kingdom*** by George Eldon Ladd. It's short, accessible, and a powerful introduction to the Kingdom of God as taught throughout Scripture.

☐ **Reflect on Mark 9:42–48** – Take note of how Jesus connects “the Kingdom of God” with “eternal life.” What does this reveal about the kind of life Jesus is inviting us into now?

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# SESSION TWO

## JESUS

### Key Truth:

*Jesus is both an inspiring hero and the ultimate example for how we live our everyday lives.*

Jesus shows us what God is like—and who we're meant to become.

### READ :

#### **Genesis 1:26–31**

Humanity is created in the image of God to reflect His character and represent His rule over the Earth.

**Colossians 1:15–16** Jesus is the ideal Image of God... the image that the rest of us are called to be like.

### REFLECT:

In the ancient world, an image wasn't just a statue—it was a representative of a god's presence and power. To honor or deface the image was to honor or deface the god it represented. That's why Yahweh told His people not to make idols. He already had an image: **humanity**.

Being made in God's image means you were created to reflect His nature—His justice, love, creativity, and care—into the world. That's a sacred responsibility. As Christians, the way we live is how we represent God to the world. Scripture also teaches that how we treat others, especially the vulnerable, is how we're treating God.

Jesus is the ultimate image of God. He not only shows us what God is like but also what it means to be fully human. If we want to know who we're called to become, we look at Him.

- ♦ **To be made in God's image is to carry His value, purpose, and identity.**
- ♦ **Jesus is the full and flawless image of God.**
- ♦ **Becoming like Jesus means recovering our true humanity.**

### RESPOND:

1. Genesis says you were created in the image of God. When you hear that, does it feel empowering, overwhelming, or something else? Why?
2. If Jesus is the perfect image of God and we're meant to reflect Him, how does that shape your understanding of spiritual growth or discipleship?
3. Which part of Jesus' life—His compassion, courage, truth-telling, forgiveness, etc.—do you feel drawn to imitate more intentionally right now?
4. Jesus didn't just live a moral life; He lived with purpose, justice, and love. What aspect of His life do you feel drawn to imitate more intentionally in this season?

## BREAKTHROUGH (Let's Pray Together):

- ♦ Where in your life are you struggling to see yourself the way God sees you?
- ♦ What's one part of Jesus' character you want to reflect more fully?
- ♦ Ask the Holy Spirit to show you where He's forming Christ in you. Pray for freedom from shame, clarity of calling, and the courage to reflect Jesus in your relationships, work, and decisions.
- ♦ If led, share any images, scriptures, impressions the Holy Spirit is revealing as you pray.

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## NEXT STEPS:

Practical ways to apply what you've learned this week—whether through personal reflection, encouraging someone else, or taking a step of faith.

Take one step this week to grow in your Christlikeness:

☐ **Choose one specific practice from Jesus' life**—prayer, compassion, hospitality, teaching, serving—and put it into action this week.

☐ **Read Joshua** by Joseph F. Girzone  
This modern-day parable imagines what Jesus might look like if He showed up today. Let it stretch your imagination for Christlike living in today's world.

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# SESSION THREE

## HOLY SPIRIT

### READ :

#### **Matthew 12:22–28**

Jesus casts out demons by the Spirit of God.

#### **Acts 2:1–21**

The Holy Spirit comes and empowers believers at Pentecost.

#### **1 Corinthians 12:4–11**

All believers are empowered by the Spirit and empowered differently.

### REFLECT:

The Holy Spirit is not a bonus or an accessory to the Christian life, He is the very presence of God within us. When Jesus walked the earth, He lived fully surrendered to the Father and empowered by the Spirit. His miracles, wisdom, and compassion didn't flow from His divinity alone, but from His Spirit-filled humanity.

Now, through the Spirit, we're invited into that same kind of life...listening for God's voice, walking in step with His leading, and participating in His power and love. We can speak to the Holy Spirit and learn to hear His response. It takes time, practice, and trust to recognize God's voice and respond faithfully—but this is the life of the Kingdom you're invited into.

- ♦ **The Holy Spirit is God's presence with us and in us.**
- ♦ **Jesus' supernatural life did not flow out of His divinity; rather, it came from His Holy Spirit-empowered humanity.**
- ♦ **The more we can see, hear, and respond to the Holy Spirit, the more we will live a lifestyle of revival.**

### RESPOND:

1. 1 Corinthians 12 describes the Spirit giving different gifts to different people. What spiritual gifts have you seen in your life or others, and how do you think they serve the Kingdom?
2. How would you describe your current relationship with the Holy Spirit—distant, growing, close, unclear? What might help you grow in connection?
3. Living a lifestyle of revival means seeing, hearing, and responding to the Spirit regularly. What helps you notice God's voice, and what distracts you from it?

### Key Truth:

Through the Holy Spirit,  
we can share in the  
life and ministry of  
Jesus today

## BREAKTHROUGH (Let's Pray Together):

- ♦ **Pause and pray.** Invite the Holy Spirit... *“Come, Holy Spirit.”* Wait in stillness. Ask God to speak through a word, Scripture, image, idea, etc.
- ♦ **Pray for one another’s needs.** Ask God to meet real needs, heal wounds, strengthen what feels weak, and bring comfort in the process.
  - ♦ Pray for courage, endurance, and breakthrough where someone feels stuck.
  - ♦ Share any Scriptures, images, or impressions God gives you as encouragement for others.

**Practicing Accountability (if applicable)** *Is there something God is asking you to surrender or step into? Share it with the group and check in with each other throughout the week.*

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## NEXT STEPS:

**Practical ways to apply what you’ve learned this week—whether through personal reflection, encouraging someone else, or taking a step of faith.**

☐ **Read John 15:1–8 and reflect on Jesus’ invitation to “abide.”** What would it look like to remain fully connected to Him this week?

☐ **Choose one spiritual discipline** from Appendix A and commit to practicing it daily. Journal what you notice as you create space for God.

☐ **Read *The Practice of the Presence of God*** by Brother Lawrence. This short book of letters and reflections offers a beautiful window into living daily in God’s presence—simple, sincere, and powerful.

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# SESSION FOUR

## MISSION

### READ :

#### **Luke 4:14–21**

Jesus declares His mission to bring good news, healing, and freedom.

#### **John 20:21**

“As the Father has sent me, I am sending you.”

#### **Matthew 28:18–20**

The Great Commission: Jesus sends us to make disciples of all nations.

### REFLECT:

Jesus had a message: *“The Kingdom of God has come near.”* (Matt. 4:17) He had a ministry: healing the sick, feeding the hungry, forgiving the guilty, confronting injustice, and restoring what was broken. And He had a mission: to rescue people from the kingdom of darkness and bring them into life with God.

And Jesus never intended to carry that mission alone. From the very beginning, He raised up disciples, ordinary people, who would share in His message, His ministry, and His mission. After the resurrection, He breathed the Holy Spirit on them and said, *“As the Father has sent me, I am sending you.”* (John 20:21)

This is our calling, too. We are not just followers of Jesus—we are participants in His mission. We bring the good news of the Kingdom into our daily lives: our homes, workplaces, schools, and friendships. Wherever we go, we carry His presence, love, wisdom, and power. We don’t get to choose just one part—message, ministry, or mission. We’re invited to step into all three, just like Jesus’ first disciples.

- ♦ **Jesus preached the Kingdom and made it visible through how He loved, healed, and lived.**
- ♦ **His mission was to restore what sin had broken and to invite others into God’s rule and reign.**
- ♦ **Jesus raised up disciples who would share in His life, His ministry, and His mission.**
- ♦ **Today, we are filled with His Spirit and sent into our schools, homes, workplaces, neighborhoods, and friendships to live the same way.**

### **Key Truth:**

As followers of Jesus empowered by the Holy Spirit, we are called to carry His mission into our world today.

## RESPOND:

1. When you think about Jesus' mission, what part feels most clear—or most challenging—for you to live out?
2. Where do you sense God has placed you to be on mission—among your friends, coworkers, neighbors, or family?
3. What keeps you from seeing yourself as someone who is “sent”? What would it look like to take one step toward that this week?

## BREAKTHROUGH (Let's Pray Together):

**Ask the Holy Spirit to give us clarity, courage, and compassion to carry Jesus' mission.**

1. Where do you sense God is ‘sending’ you?
2. Is there someone you feel prompted to love, serve, or pray for?

### **Pray for one another:**

- ♦ Ask God to reveal where He's already working and how we can join Him.
- ♦ Pray for boldness, love, and spiritual sensitivity to respond well.
- ♦ Share any names, places, or steps that come to mind.

### **Accountability:**

Share one small step you'll take this week to live out Jesus' mission. Check in with one another next time.

## NEXT STEPS:

**Choose practical ways to apply what you've learned this week—whether through personal reflection, encouraging someone else, or taking a step of faith.**

- ☐ **Do a prayer walk this week**—on your campus, in your neighborhood, or at work. Ask God, “Where are You already at work, and how can I join You?”
- ☐ **Reach out intentionally to one person who needs encouragement, prayer, or a listening ear.** Ask God to lead the conversation.
- ☐ **Read Luke 10:1–9.** What do you learn about being sent? What would it look like to live this out in your life right now?

# SESSION FIVE

## REVIVAL

### Key Truth:

God is inviting you into a lifestyle of revival.

### READ:

#### **Ezekiel 37:1–14**

God wants to restore broken and dead things to life.

#### **Romans 8:1–11**

Life in the Spirit brings freedom, transformation, and resurrection power.

### REFLECT:

Revival is not a one-time event; it's a way of life. In Ezekiel 37, God shows the prophet a valley filled with dry bones. It's a picture of people, once alive, now lifeless. But when the Spirit of God breathes on them, they stand to their feet, fully alive again. This is what revival looks like: what was broken, dead, or forgotten is brought back to life by God's presence.

Paul describes something similar in Romans 8. Because of Jesus, we're not just forgiven, we're filled with the Spirit. And the Spirit gives us power to live free, think differently, and walk in newness of life. Just like dry bones come alive, our minds, hearts, and habits are transformed.

Revival is God breathing life into what's dry and dead—again and again. And it's not just for us, it's meant to overflow through us into the world.

- ♦ **Revival begins with God's presence and always leads to new life.**
- ♦ **The Spirit brings freedom, renewal, and transformation.**
- ♦ **A lifestyle of revival is one of surrender, empowerment, and overflow.**

### RESPOND:

1. What does the vision in Ezekiel 37 reveal about God's heart for His people?
2. Are there areas in your life that feel dry, distant, or lifeless right now? What would revival look like there?
3. How would your daily life change if you really lived with resurrection power?

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## BREAKTHROUGH (Let's Pray Together):

(Let's invite the Spirit to bring new life wherever things feel dry or stuck!)

- ♦ Where do you need God to revive something in you... your passion, your mind, your habits, your faith?
- ♦ Are there any "dry bones" in your life you're ready to surrender to Him?

### Pray together:

- ♦ Ask the Holy Spirit to breathe fresh life into each person.
- ♦ Pray for revival in hearts, homes, and communities.
- ♦ Share any Scriptures, words, or impressions that the Spirit brings during prayer.

### Accountability:

Is there one way God is inviting you to live with more dependence on His Spirit? Share it with the group and check in next week

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## NEXT STEPS:

**Choose practical ways to apply what you've learned this week—whether through personal reflection, encouraging someone else, or taking a step of faith.**

- ☐ **Spend 5–10 minutes each day this week** asking the Spirit to revive your heart. Journal what you notice.
- ☐ **Read Psalm 85:6 and pray:** *"Will You not revive us again, that Your people may rejoice in You?"*
- ☐ **Memorize Romans 8:11** - *"The Spirit of Him who raised Jesus from the dead is living in you..."*

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# APPENDIX A

## SPIRITUAL DISCIPLINES

### **What are spiritual disciplines?**

The word discipline can sound intense or even negative. It might bring up thoughts of rules, pressure, or performance. But that's not what these are. Spiritual disciplines are intentional practices that help us stay connected to God and grow in our relationship with Him. They're about creating space to be with God and be shaped by Him. They take effort and consistency, and sometimes you won't see instant results. But over time, as you draw near to Him, He promises to draw near to you.

### **Scriptural Meditation and Memorization**

Choose a passage, command, story, or promise from the Bible to think and pray about throughout your day. This practice allows the eternal, written word of God to shape our minds and hearts, as well as increasing our familiarity with the living voice of God.

### **Devotional Bible-Reading**

Take time, whether on your own, with friends, or guided by a leader, to read and reflect on a passage in the Bible. As you read, pay attention to anything that stands out to you as this may be the Holy Spirit highlighting something to you. This practice not only helps us grow in our understanding of Scripture but also helps us become familiar with the living voice of God.

### **Devotional Prayer**

Take time in community or alone to pray for a specific part of your life or a specific part of the Bible with God. This practice allows us to share our heart with God, as well as listen to hear his heart towards us.

### **Solitude and Quiet**

Find a place in your home, a park, or go on a walk through nature, the goal is to disconnect from technology, people, and anything else that will keep us from speaking to and hearing from God intentionally. This practice intentionally reduces the "noise" in our lives and positions us to more easily hear from God without distraction.

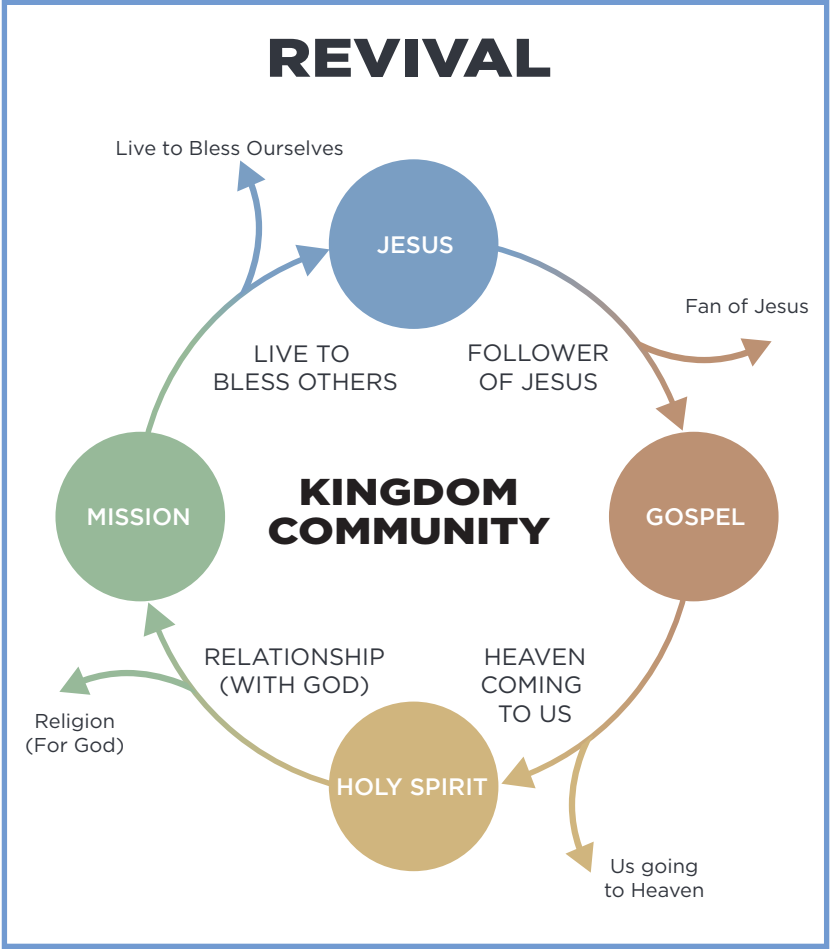
### **Worship**

Worship happens anytime we pause to reflect on the beauty, love, and faithfulness of God. Take time this week to rest in His presence and celebrate who God is and what He's done. This might look like praising Him in prayer, singing worship songs, or even serving others out of the joy He's given you.

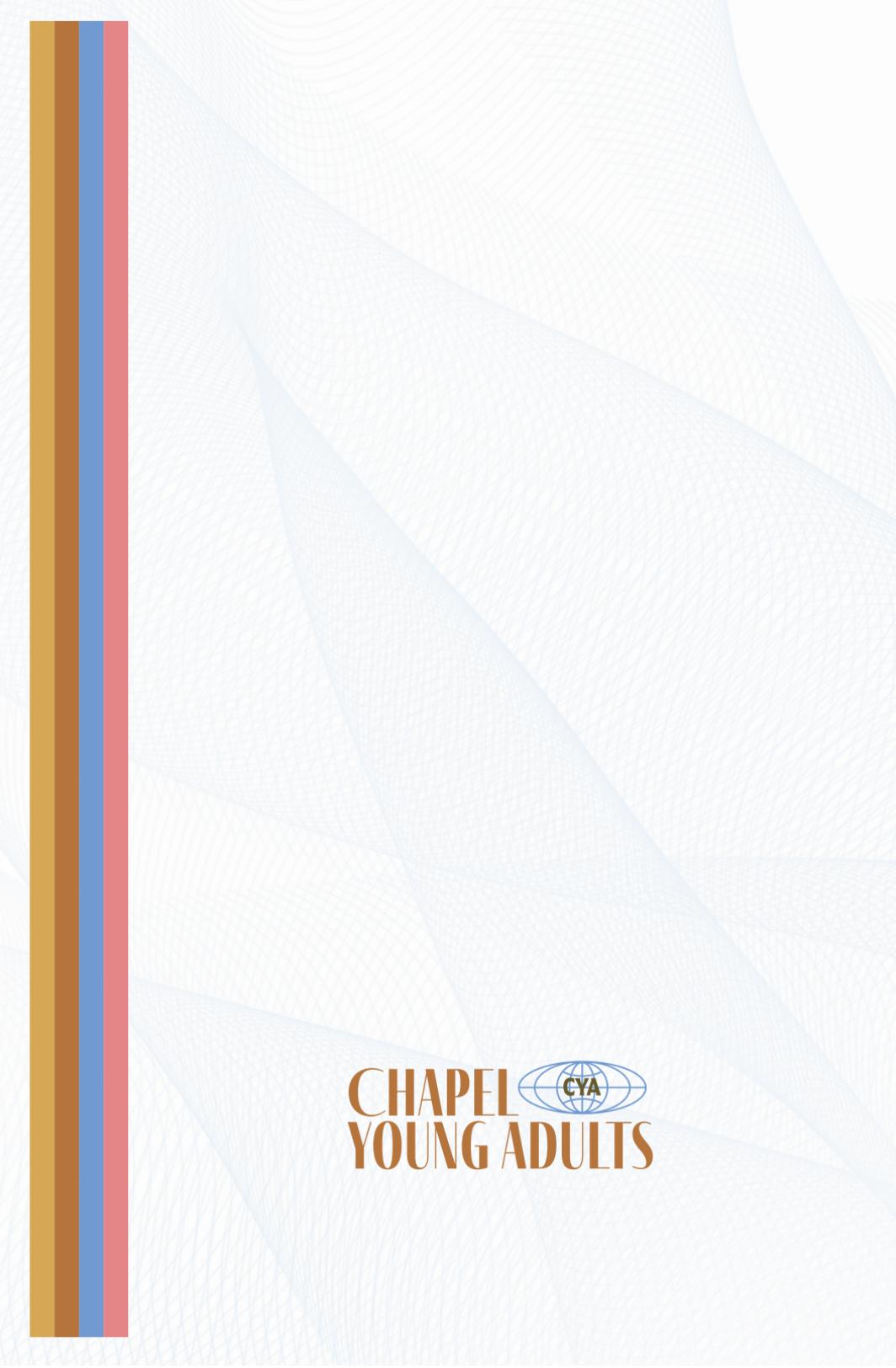
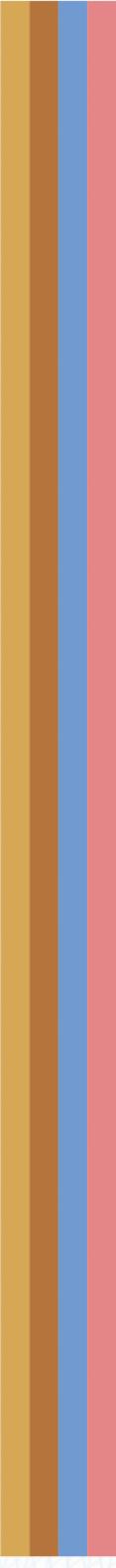
### **Fasting**

Fasting is when we give up something good in order to focus on God, who is better. Traditionally, this means going without food for a set time, but it doesn't have to be. You can fast from anything you find joy in, rely on, or turn to for comfort. For a season, give it up and intentionally replace it with time spent with God. Fasting puts us in a posture of humility and dependence, helping us experience His presence in a deeper way.

**APPENDIX B**  
**BELIEF CIRCLE**



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