



GROWING • IN CHRIST • TOGETHER

**"SINCE WE LIVE BY THE SPIRIT,
LET US KEEP IN STEP WITH
THE SPIRIT." — GALATIANS 5:25**

Chapel Young Adults

WELCOME!

Whether you're exploring faith for the first time, returning to Jesus, or longing for a deeper life with God, this journey is for you.

Over the next six sessions, we'll discover what it means to grow personally, spiritually, and relationally. Together, we'll explore rhythms of rest, practices that root us in Christ, and the kind of community where transformation happens.

This isn't just a study of ideas; it's an invitation to live differently. Jesus invites us to grow as whole people, to abide in Him daily, and to belong in authentic community.

We believe this is the normal Christian life: empowered by the Spirit, rooted in the Father's love, and joined together as His people for the sake of the world.

Throughout this series, we'll explore how to:

- ◆ Discover an identity rooted in God's love, not achievements.
- ◆ Practice rhythms that keep us abiding in Christ.
- ◆ Live in safe, honest, and life-giving community.
- ◆ Set healthy boundaries and take responsibility for our lives.
- ◆ Walk in confession, care, and worship.
- ◆ Step into God's purpose and mission together.

The Spirit is already at work in you.
This is your invitation to say yes; to surrender, listen,
risk, and receive.

**"Since we live by the Spirit, let us keep
in step with the Spirit." — Galatians 5:25**



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Practices don't earn God's love; they help us live in it.

Disciplines like prayer, Scripture, fasting, and listening to the Spirit keep us rooted in Christ. Voices like Dallas Willard and John Mark Comer remind us that discipleship is, in essence, an apprenticeship in the way of Jesus.

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We are made to belong, and we grow best when we grow together. Acts 2 shows us the Spirit-filled community of the early church that was devoted to prayer, teaching, meals, and generosity. Belonging is not optional. It is the environment where discipleship flourishes and love becomes visible.

Session 4: Growing — Boundaries and Responsibility — Page 14

Boundaries don't just keep people out; they keep value in.

Galatians 6 teaches us to carry each other's burdens while also owning our own load. We'll learn from Jesus, Henry Cloud, and John Townsend how healthy boundaries protect love, purpose, and presence with God.

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Confession frees us from sin and leads us into worship.
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Voices like Richard Foster and Tim Keller help us see how
confession leads to freedom, and worship centers us in
God's goodness.

Session 6: Together — Our Purpose and God's Mission – Page 18

We grow in Christ together as we join His mission of love and
restoration. Matthew 4 shows Jesus' call to follow and be sent.
Authors like Christopher J.H. Wright and N.T. Wright remind us that
mission is God's, and we are invited to participate in His Kingdom
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Extra resources, including all further Scripture readings,
author quotes, and recommended books tied to each session.
Use this section to go deeper on your own or as a group.



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.*

HOW TO USE THIS STUDY

KEY TRUTH:

Each session highlights a central truth about growing in Christ together. These truths are not just ideas to discuss — they are invitations to live differently.

READ:

Open Scripture together. Notice words or phrases that stand out. Listen for how the Spirit may be speaking through the passage today. If you'd like, underline or highlight what catches your attention and share it with your group.

REFLECT:

Talk honestly with your group. How does this truth connect to your life right now? What does it show you about God's presence, love, and purpose?

RESPOND:

Use the discussion questions to process the reading and reflection together. Be honest about where it connects with your life, what challenges you, and where God might be inviting you to take a next step.

BREAKTHROUGH (Let's Pray Together):

We don't just want to talk about God — we want to encounter Him. Breakthrough is when God's Kingdom breaks into our reality: His healing where there is pain, His freedom where there is bondage, His presence where there is loneliness, His encouragement where there is despair.

Take time as a group to:

- ♦ Pray for one another's real needs.
- ♦ Ask the Holy Spirit for prophetic words, Scriptures, or pictures to share encouragement.
- ♦ Invite God's power to move in specific areas of life — physical, emotional, spiritual, or relational.
- ♦ Leave space for silence, listening, and Spirit-led prayer.

NEXT FAITHFUL STEP:

Every session ends with practical options. Choose one way to live the truth this week. Growth happens when we take small, faithful steps together. Next time we gather, we'll share what we practiced and how God used it, not for pressure, but for encouragement and accountability.

OPENING SESSION

WE ARE ALWAYS GROWING

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."
— Galatians 2:20

BIG IDEA:

Growth in the Kingdom isn't about striving to make ourselves better, but receiving the life of Christ day by day.

Every day we die to ourselves and rise into Christ's life. His mercies are new every morning, and His Spirit is forming us to look, love, and live more like Jesus.

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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- Where do you sense God inviting you to grow right now?
- What is one way you can trust His process this week instead of trying to control it?
- How could your growth bless others around you?

As your group begins:

- ◆ Show up ready to be honest about your life and faith.
- ◆ Listen for how God is inviting you (and others) to grow.
- ◆ Encourage one another: small steps are real steps.

SESSION ONE

Growing: Rest and Identity

Key Truth:

Because God
loves me,
I can rest.

READ :

Matthew 11:28–30; Mark 2:27–28

REFLECT:

God's Word: From the very beginning, God created a rhythm of rest. “By the seventh day God had finished the work he had been doing; so on the seventh day he rested” (Gen 2:2). Later He commanded His people, “Remember the Sabbath” (Ex 20:8). To “remember” isn’t just “don’t forget.” It means to keep it alive — to carry this rhythm forward into every part of life. Hebrews 4 tells us there is still a Sabbath-rest for God’s people, a foretaste of God’s kingdom future breaking into our present.

Jesus made this even clearer: “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.” (Mark 2:27-28 - NLT).

Sabbath is a gift, not a burden — meant to remind us of who we are. But like any gift, it can be twisted into an idol of rules and legalism. Jesus restores it to its true purpose: life, freedom, and presence with God.

Jesus' Invitation: Jesus calls to the weary and burdened: “Come to me...and I will give you rest” (Matt 11:28). Sabbath is not a heavy law to keep but a gift to receive. A gift of freedom from hurry, performance, and striving. Sabbath declares: My identity is not in what I achieve, but in Christ’s love for me.

Our Practice: Sabbath is a discipline we grow into. John Mark Comer describes it in four movements, each rooted in Scripture:

- ♦ **Stop (Psalm 46:10)** — Cease striving, assignments, emails, and proving yourself.
- ♦ **Rest (Genesis 2:2)** — Embrace your limits; take a nap, breathe, let your body and soul recover.
- ♦ **Delight (Genesis 1:31)** — Enjoy God’s gifts: food, friendships, laughter, nature. Joy is holy.
- ♦ **Worship (Deut 5:15)** — Remember God’s salvation; turn delight into gratitude and worship.

RESPOND: (Discussion Questions)

1. What stands out to you in Jesus’ invitation in Matthew 11?
2. In what ways do you feel defined by achievement rather than by God’s love?

3. Which of the four Sabbath movements (Stop, Rest, Delight, Worship) feels most natural to you? Which feels hardest?
4. How might practicing Sabbath begin to reshape your relationships, work, or sense of identity?

BREAKTHROUGH: (Let's Pray Together!)

This is where we invite the Holy Spirit to make God's future Kingdom a present reality.

- ♦ Read Matthew 11:28–30 aloud again, slowly.
- ♦ Pray together: "Come, Holy Spirit. Teach us to live in Your rest."
- ♦ In pairs or small clusters, pray for one another:
 - ✧ Release burdens.
 - ✧ Speak identity: "You are loved. You don't have to earn it."
 - ✧ Ask the Spirit to bring freedom from hurry and striving.
- ♦ Leave space for silence, prophetic words, or pictures God may give.

NEXT FAITHFUL STEP: (Choose One This Week)

- ☐ **Time Block:** Schedule a 4–6 hour Sabbath window. Treat it as an appointment with God.
- ☐ **Phone Fast:** Turn off your phone for half a day. Notice how it changes your rest.
- ☐ **Journal:** Reflect on 5 things that bring you joy. Do one of them during Sabbath.
- ☐ **Gratitude Walk:** Take a walk and name out loud what you're thankful for.

Next week, share which Sabbath practice you tried, and how it shaped your week.

SESSION TWO

In Christ : Abiding Through Practices

Key Truth:

Practices don't earn God's love; they help us live in it.

READ :

John 15:4–5, 9–11

REFLECT:

God's Word: Jesus describes discipleship in terms of abiding: staying rooted in Him like a branch in the vine. We don't produce fruit by trying harder, but by staying connected to Him. The practices of prayer, Scripture, communion, fasting, and listening to the Spirit are not ways of earning God's love — they are ways of receiving and living in it.

Jesus' Invitation: In the ancient world, discipleship always meant apprenticeship. Aristotle was a disciple of Plato, not because he agreed with his ideas, but because he patterned his whole life after him. The same is true for rabbis and their disciples in Jesus' day. To follow meant to adopt the rhythms, habits, and practices of the teacher.

"We cannot be disciples without disciplines."

Following Jesus is more than belief; it is a way of life.

Jesus calls us to abide, not achieve. He promises that when we remain in His love, we will bear fruit that lasts. Spiritual disciplines are not legalistic hoops to jump through — they are relational rhythms that keep us near to Him.

Our Practice: Dallas Willard notes, "Grace is not opposed to effort, but to earning. Effort is action; earning is attitude." Spiritual disciplines are grace-filled efforts—practices that help us cooperate with God's work in us.

John Mark Comer reminds us: *"We are all being formed every day... the question is, into what?"* Disciplines are counter-formations against hurry, consumerism, and performance. They root us in our identity as God's children, and they train us to join God's mission in the world.

How do we abide? By making space for God to shape us. Disciplines are practices that open us to His presence:

- ♦ **Prayer (Philippians 4:6–7)** — Bringing our lives honestly before God.
- ♦ **Scripture (Psalm 119:105)** — Letting God's Word light our path.
- ♦ **Communion (1 Corinthians 11:23–26)** — Remembering Christ's sacrifice and grace.

- ♦ **Fasting (Matthew 6:16–18)** — Training our desires to hunger for God first.
- ♦ **Listening to the Spirit (John 16:13)** — Discerning God's voice and leading.

"Disciplines don't make God love us more; they make us more open to the God who already loves us." They form us into disciples who live freely, love deeply, and are ready to be sent.

RESPOND: (Discussion Questions)

1. What do you notice in Jesus' image of abiding in the vine in John 15?
2. How have you tended to think about spiritual disciplines: as burdens, or as ways to abide?
3. Which practice (prayer, Scripture, communion, fasting, listening) feels most natural to you? Which feels hardest?
4. How could practicing one of these disciplines help you stay rooted in Jesus this week?

BREAKTHROUGH: (Let's Pray Together!)

- ♦ Read John 15:4–5 aloud again, slowly.
- ♦ Pray together: *"Come, Holy Spirit. Teach us to remain in your love."*
- ♦ In pairs or small clusters, pray for one another:
 - ✧ Greater hunger for God's presence.
 - ✧ Fresh joy in prayer and Scripture.
 - ✧ Courage to take a new step in practice.
- ♦ Leave space to listen. What is the Spirit highlighting for you this week?

NEXT FAITHFUL STEP: (Choose One This Week)

- ☐ **Morning Prayer:** Spend 10 minutes in prayer before checking your phone.
- ☐ **Scripture Focus:** Meditate on John 15 each day, and journal about one verse that stands out to you.
- ☐ **Communion Moment:** Share communion with a friend or small group.
- ☐ **Fast for Focus:** Skip one meal this week and use the time to pray.
- ☐ **Spirit Listening:** Set aside 15 minutes of silence and ask: *"Holy Spirit, what are You saying to me?"*

Next week, share one discipline you practiced and what you noticed about God's presence through it.

SESSION THREE

Together: Belonging and Community

Key Truth:

We are made to belong, and we grow best when we grow together.

READ :

Acts 2:42–47

REFLECT:

God's Word: From the very beginning of the church, following Jesus was never meant to be a solo project. Acts 2 paints a picture of ordinary people filled with the Spirit who devoted themselves to teaching, fellowship, prayer, and meals. Community was not an optional add-on — it was the environment where discipleship, generosity, worship, and mission flourished.

The New Testament is full of “one another” commands: *love one another, forgive one another, encourage one another, bear one another's burdens*. Life in Christ is meant to be shared, not hidden.

Jesus' Invitation: Jesus said, *“By this everyone will know that you are my disciples, if you love one another.”* (John 13:35) The way we treat one another is our greatest witness to the world. In Christ, we belong not because we're perfect but because we are His.

As David Kim writes in *Made to Belong*: *“We are created for connection because we are created in the image of a relational God.”* Belonging is not just a human need; it reflects the very heart of the Trinity.

Our Practice: Belonging happens when we show up with humility and honesty. Community means:

- ♦ **Sharing Life (Acts 2:46)** — Gathering in homes, around meals, in prayer.
- ♦ **Caring for Needs (Acts 2:45)** — Generosity and practical love.
- ♦ **Encouraging Growth (Hebrews 10:24–25)** — Spurring one another on toward love and good deeds.
- ♦ **Welcoming Others (Romans 15:7)** — Making space for everyone to belong, even before they believe.

“Be interested, not interesting.”

Belonging is about attention, not performance.

“Church should be the safest place to fail and grow.”

Safe people create safe community.

Community forms us into Christ's likeness; it sharpens us, heals us, and teaches us love in action.

RESPOND: (Discussion Questions)

1. What do you notice about how the early believers lived together in Acts 2?
2. Why do you think belonging is so central to spiritual growth?
3. What's one way you've experienced authentic community that helped you grow?
4. What helps a community feel like a safe place to be honest and grow?
5. Where is God inviting you to be more open, generous, or intentional in community?

BREAKTHROUGH: (Let's Pray Together!)

- ♦ Read Acts 2:42–47 aloud again, slowly.
- ♦ Pray together: *"Come, Holy Spirit. Knit us together in your love."*
- ♦ In groups of 3–4, pray over:
 - ✧ Healing for isolation and loneliness.
 - ✧ Courage to be honest and vulnerable.
 - ✧ Generosity and care for one another's needs.
- ♦ Ask the Spirit for prophetic encouragement — words, pictures, or Scriptures to build one another up.

NEXT FAITHFUL STEP: (Choose One This Week)

- ☐ **Initiate a Meal:** Invite someone from your group to eat with you this week.
- ☐ **Encourage Someone:** Send a text or note of encouragement.
- ☐ **Carry a Burden:** Offer prayer or practical help to someone who is struggling.
- ☐ **Welcome a New Voice:** Include someone on the margins — at church, work, or school.
- ☐ **Share Honestly:** Open up with your group about something real in your life.

Next week, Share a story of how you practiced belonging by inviting, encouraging, or carrying someone's burden.

SESSION FOUR

Growing: Boundaries and Responsibility

READ :

Galatians 6:2–5

REFLECT:

Key Truth:

Boundaries don't just keep people out—they keep value in.

God's Word: Scripture makes a distinction between *burdens* (too heavy for one person to carry) and *loads* (our personal responsibility). Galatians 6 calls us to carry one another's burdens while also owning our own load. Healthy boundaries allow us to love well without being crushed. They help us say yes and no in ways that honor God and others.

Jesus' Invitation: Jesus Himself modeled boundaries. He said yes to the Father's will, but He also said no to distractions, pressures, and even to people at times (Luke 4:42–44). He lived with clarity about His purpose. Boundaries are not walls to keep people out; they are guardrails that protect love, mission, and presence with God and keep love in the right place.

Our Practice: Henry Cloud and John Townsend write: *"Boundaries define where you end and someone else begins. Every yes must be protected by the freedom to say no."*

Dallas Willard adds: *"Grace is not opposed to effort, but to earning." Boundaries take grace-shaped effort; learning to live freely in God's love."*

Boundaries are about stewardship of what God has entrusted to me—my time, my energy, my relationships. To grow in Christ, we learn to:

- ♦ **Own My Load (Gal 6:5)** — Take responsibility for my choices, emotions, and actions.
- ♦ **Share Burdens (Gal 6:2)** — Ask for help when life is too heavy; carry others in love.
- ♦ **Say Yes and No (Matt 5:37)** — Clarity is kindness. Healthy no's create room for meaningful yes's.
- ♦ **Protect Value (1 Cor 6:19–20)** — My life is God's temple. Boundaries protect what is sacred — my time, body, soul, and relationships.

Boundaries and responsibility are not about selfishness; they are about becoming safe people who can love, serve, and lead with integrity.

RESPOND: (Discussion Questions)

1. What stands out to you in Galatians 6 about carrying burdens and carrying your own load?
2. Do you tend to struggle more by avoiding responsibility or by taking on too much?
3. Where is God inviting you to practice a healthier yes or no?
4. How do clear boundaries make community safer and healthier?

BREAKTHROUGH: (Let's Pray Together!)

- ♦ Read Galatians 6:2–5 aloud again.
- ♦ Pray together: *"Come, Holy Spirit. Teach us to live with wisdom, responsibility, and love."*
- ♦ In pairs, share one area where you need help carrying a burden, or one place where you need courage to set a boundary.
- ♦ Pray for:
 - ✧ Courage to take responsibility for my own load.
 - ✧ Grace to ask for and give help with heavy burdens.
 - ✧ Freedom from comparison or people-pleasing.

NEXT FAITHFUL STEP: (Choose One This Week)

- ☐ **Tech Boundary:** Pick one boundary with your phone or social media (ex: no phone in bed, or a 2-hour block without screens). Notice how it impacts your rest and relationships.
- ☐ **Relational Boundary:** Practice a clear yes/no this week in a dating, friendship, or work situation. Say no to something that drains you; say yes to something that aligns with God's purpose.
- ☐ **Work/School Rhythm:** Protect one time block this week (study, rest, exercise, Sabbath). Treat it as non-negotiable and see it as stewardship, not selfishness.
- ☐ **Ask for Help:** Share a heavy burden with a trusted friend, mentor, or your group. Practice being vulnerable.
- ☐ **Boundary of Presence:** Commit to one gathering (church, group, family meal) where you will be fully present; no multitasking, no distractions.

Next week, be ready to share how you practiced a boundary or responsibility this week, and how it helped you grow."

SESSION FIVE

In Christ: Confession and Worship

READ :

Psalm 51

Psalm 51 is David's prayer after his abuse of Bathsheba and his murder of Uriah was exposed by the prophet Nathan. It's the most famous prayer of confession in Scripture and notice how it doesn't end in shame but moves toward renewal and worship.

REFLECT:

God's Word: Psalm 51 shows us the power of honest confession. David admits not only what he did, but also how sin has broken him, affected others, and distanced him from God. Yet he doesn't stop at guilt; he asks for cleansing, renewal, and restoration. Confession in Scripture is always relational: it clears away what blocks intimacy with God and others.

Jesus' Invitation: 1 John 1:9 promises: *"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

- ✧ Confession is not about humiliation, but healing.
- ✧ *"Confession is a spiritual discipline that brings an end to pretense and allows us to be **known and loved** in our weakness."*
— Richard Foster

Confession has layers:

- ✧ Confession of **sin** (what we've done or left undone).
- ✧ Confession of the **effects of sin** (how it wounds us, others, creation).
- ✧ Confession of **goodness** (naming God's mercy, beauty, and truth).

This is why confession naturally leads into worship.

Worship is confession turned upward — we name who God is and let His joy be our strength.

"True repentance is not only sorrow over sin, but joy in God's grace."
— Tim Keller

Our Practice: James Bryan Smith writes that spiritual practices rewrite the false stories we live by. Confession reminds us: *"I am not defined by my failures, but by God's forgiveness."* Worship reminds us: *"I am not defined by my striving, but by God's joy."*

Confession, forgiveness, and worship together form a rhythm of honesty and freedom:

- ♦ **Confession** — I face the truth about myself.
- ♦ **Forgiveness** — I receive God's mercy.
- ♦ **Worship** — I declare His goodness and re-center my life on Him.

Key Truth:

Confession frees us from shame and sin, and worship roots us in God's joy.

RESPOND: (Discussion Questions)

1. What stood out to you in Psalm 51 — in David's words, or in the way the psalm moves from sin to joy?
2. How have you typically thought about confession – as something that brings humiliation or a pathway to healing?
3. Which layer of confession feels most important for you right now: sin, effects of sin, or God's goodness?
4. How might confession, forgiveness, and worship together reshape your relationship with God and others?

BREAKTHROUGH: (Let's Pray Together!)

- ♦ Read Psalm 51 aloud again, slowly.
- ♦ Pray together: *"Come, Holy Spirit. Teach us to confess honestly and worship freely."*
- ♦ In pairs or triads, create a safe space to pray:
 - ✧ Confess one burden, sin, or struggle.
 - ✧ Ask the Spirit for cleansing and renewal.
 - ✧ Speak identity over each other:
"You are forgiven. You are loved."

NEXT FAITHFUL STEP: (Choose One This Week)

- ☐ **Daily Confession Prayer:** Each night, pray Psalm 51:10:
"Create in me a pure heart, O God."
- ☐ **Confession Journal:** Write down both sin and goodness: name what you regret, and also what you see of God's mercy.
- ☐ **Trusted Honesty:** Share one area of struggle with a friend or mentor this week.
- ☐ **Worship First:** Begin each morning with a worship song or Psalm before doing anything else.
- ☐ **Practice Gratitude:** End each day by naming three things you see of God's goodness.

Next week, share how you practiced confession and worship. Did you experience freedom, relief, or joy in new ways?

SESSION SIX

Together: Our Purpose and God's Mission

READ :

Matthew 4:18–20

REFLECT:

Key Truth:

Our activity flows from our identity. We are God's children, called to Him first — and then sent with Him into His mission of love and restoration.

God's Word: From the very beginning, God's people were created with purpose. In Genesis, humanity was told to “be fruitful and multiply, fill the earth and subdue it” (Gen 1:28) — not as conquerors for themselves, but as partners with God, cultivating life and reflecting His image. Israel was later called to be “a kingdom of priests and a holy nation” (Ex 19:6), blessed to be a blessing (Gen 12:2–3).

Jesus fulfills this calling and extends it to His disciples. His invitation is simple but costly: “Follow me.” Our purpose doesn't begin with what we do — it begins with who we follow. As we belong to Him, He sends us into His mission: “I will make you fishers of men.”

Jesus' Invitation: Mission is not first about a role or a project; it's about relationship. God calls us to Himself, and from that identity as beloved sons and daughters, He sends us to join Him.

Christopher J. Wright puts it this way: “*It is not so much the case that God has a mission for His church in the world, as that God has a church for His mission in the world.*” Mission belongs to God; we are invited to participate.

N.T. Wright reminds us that mission flows from hope: “*The resurrection of Jesus is the launch of God's new creation...our task in the present is to live as resurrection people in between Easter and the final day.*”

Mission means participating in God's rule and reign, breaking into the world:

- ✦ **Proclaiming** the good news of the Kingdom. (Mark 1:15)
- ✦ **Demonstrating** the Kingdom through justice, compassion, healing, and deliverance. (Matt 10:7–8)
- ✦ **Living as signs** of the Kingdom — a Spirit-filled community of reconciliation, generosity, and hope. (Acts 2:42–47)

Mission isn't reserved for missionaries. It happens in our everyday spaces: a workplace, a classroom, a family dinner table, a neighborhood. It looks like praying for a friend, advocating for the vulnerable, sharing a meal, or telling someone why your hope is in Jesus.

RESPOND: (Discussion Questions)

1. What do you notice about Jesus' call in Matthew 4?
2. Why is it important that mission begins with who we are (identity) before what we do (activity)?
3. Where do you see "mission" happening in ordinary ways around you?
4. Which part of Kingdom mission (proclaiming, demonstrating, living as a sign) feels most natural for you? Which feels like a stretch?
5. Where might God be inviting you to step into His mission this week?

BREAKTHROUGH: (Let's Pray Together!)

- ♦ Read Matthew 4:18–20 aloud again, slowly.
- ♦ Pray together: *"Come, Holy Spirit. Send us where You are already at work."*
- ♦ In pairs or groups of 3–4, pray for:
 - ✧ Clarity in identity as God's child.
 - ✧ Courage to join God's mission in everyday spaces.
 - ✧ Compassion for specific people God brings to mind.
- ♦ Leave space to listen: is there a person, place, or need God is highlighting? Share and pray over it together.

NEXT FAITHFUL STEP: (Choose One This Week)

- ☐ **Share a Meal on Mission:** Invite a friend, neighbor, or coworker to eat together and be intentional about listening and caring.
- ☐ **Prayer Walk:** Walk through your neighborhood or campus and pray for God's Kingdom to come there.
- ☐ **Act of Compassion:** Do one concrete act of justice or mercy this week (help, serve, give, advocate).
- ☐ **Proclaim Hope:** Share with one person why you follow Jesus.
- ☐ **Kingdom Imagination:** Write down where you long to see God's Kingdom come *"on earth as in heaven"* in your context. Pray into it daily.

APPENDIX:

GROWING FURTHER

This study is designed to be practical and straightforward. But if you'd like to go deeper through Scripture or trusted voices who've written on these themes, we've gathered resources for each session here.

SESSION 1: REST AND IDENTITY

Additional Reading (Scripture):

- ♦ Psalm 23 — The Shepherd restores my soul.
- ♦ Genesis 2:1–3 — God rests after creation.
- ♦ Exodus 20:8–11 — Remember the Sabbath.
- ♦ Deuteronomy 5:15 — Remember God's salvation.
- ♦ Mark 2:27–28 — Sabbath was made for man.
- ♦ Hebrews 4:9–11 — A Sabbath-rest remains.
- ♦ Psalm 46:10 — Be still and know that I am God.

Recommended Book:

- ♦ John Mark Comer — *The Ruthless Elimination of Hurry*

SESSION 2: ABIDING THROUGH PRACTICES

Additional Reading (Scripture):

- ♦ Psalm 119:105 — Your word is a lamp to my feet.
- ♦ Philippians 4:6–7 — Pray about everything.
- ♦ 1 Corinthians 11:23–26 — Remember Christ in communion.
- ♦ Matthew 6:16–18 — Fasting with humility.
- ♦ John 16:13 — The Spirit guides into truth.
- ♦ Colossians 3:16–17 — Let the word dwell richly.
- ♦ Romans 12:1–2 — Renew your mind.
- ♦ Luke 5:15–16 — Jesus withdrew to pray.

Recommended Book:

- ♦ Dallas Willard — *The Spirit of the Disciplines*
- ♦ John Mark Comer — *Live No Lies*

SESSION 3: BELONGING AND COMMUNITY

Additional Reading (Scripture):

- ♦ John 13:34–35 — Love one another.
- ♦ Hebrews 10:24–25 — Spur one another on.
- ♦ Galatians 6:2 — Bear one another's burdens.
- ♦ Romans 12:9–16 — Marks of true Christian community.
- ♦ Ephesians 4:1–16 — Unity and maturity in Christ's body.
- ♦ Colossians 3:12–17 — Put on love and peace.

Recommended Book:

- ♦ David Kim — *Made to Belong*

APPENDIX:

GROWING FURTHER

SESSION 4: BOUNDARIES AND RESPONSIBILITY

Additional Reading (Scripture):

- ♦ Matthew 5:37 — Let your yes be yes.
- ♦ Luke 4:42–44 — Jesus set boundaries to stay on mission.
- ♦ 1 Corinthians 6:19–20 — Your body is God’s temple.
- ♦ Proverbs 4:23 — Guard your heart.
- ♦ Galatians 5:13–14 — Use freedom to serve in love.

Recommended Book:

- ♦ Henry Cloud & John Townsend — *Boundaries*
- ♦ Dallas Willard — *The Spirit of the Disciplines*

SESSION 5: CONFESSION AND WORSHIP

Additional Reading (Scripture):

- ♦ 1 John 1:5–9 — Confess and receive forgiveness.
- ♦ James 5:16 — Confess to one another.
- ♦ Psalm 32 — Blessed is the forgiven one.
- ♦ Luke 18:9–14 — The tax collector’s prayer.
- ♦ Romans 8:1–2 — No condemnation in Christ.

Recommended Book:

- ♦ Richard Foster — *Celebration of Discipline (confession)*.
- ♦ Tim Keller — *Counterfeit Gods (repentance and idolatry)*.
- ♦ James Bryan Smith — *The Good and Beautiful God*

SESSION 6: OUR PURPOSE AND GOD’S MISSION

Additional Reading (Scripture):

- ♦ Genesis 1:26–28 — Humanity created with purpose.
- ♦ Genesis 12:2–3 — Blessed to be a blessing.
- ♦ Exodus 19:6 — A kingdom of priests.
- ♦ Matthew 28:18–20 — The Great Commission.
- ♦ Luke 4:18–19 — Jesus announces His mission.
- ♦ Acts 1:8 — You will be my witnesses.
- ♦ 2 Corinthians 5:17–20 — Ambassadors of reconciliation.

Recommended Book:

- ♦ Christopher J.H. Wright — *The Mission of God*
- ♦ N.T. Wright — *Surprised by Hope*

GROWING DEEPER:

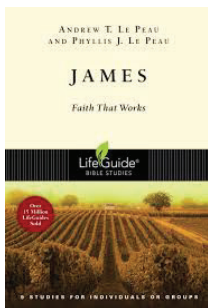
Additional Study for Your Group

Some groups may want to go further, either alongside this study or as a next step after it ends. If your group would like to focus on a book of the Bible, we recommend studying **James**.

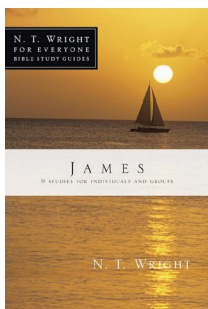
James is immensely practical. It shows us how faith grows into action, how community life shapes us, how confession leads to healing, and how responsibility and perseverance keep us rooted in Christ. These themes align closely with what we've explored in *Growing in Christ Together*.

Recommended Study Guides:

- ♦ *James: Faith That Works* (LifeGuide Bible Study, IVP) — accessible, discussion-friendly, and designed for small groups.



- ♦ *NT Wright for Everyone Bible Study Guides: James* — helps connect the text with everyday life through Wright's rich but approachable teaching.



Whether your group uses these alongside this study or as a follow-up, James provides a biblical anchor for growing deeper together in Christ.

NOTES

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YOUNG ADULTS