



## Program Overview

### **Overview**

This 12-week program is designed to cultivate students' character development and faith journey as disciples of Jesus. Through discussion-centered lessons, students will explore Christian values and apply biblical teachings to real-life issues such as relationships, identity, mental health, and future goals. Each lesson integrates scripture, group activities, and practical applications to challenge students to grow in their faith, build positive relationships, and confidently pursue purpose-driven lives.

The outcomes for the program are that:

1. Students will know that God's Word has wisdom that can help them navigate the challenges of their daily life.
2. Students will report growth in their personal relationship with Jesus through regular engagement with God's Word and the practice of spiritual disciplines.
3. Students will express a commitment to ongoing discipleship by becoming more involved in a local church and sharing faith with others.

### **Lesson Structure**

Each lesson is designed to be an hour long. The teacher's guide is divided into four sections.

1. **Teacher Preparation**
2. **Getting Started:**  
(15 minutes) Includes an engaging activity and/or icebreaker question to introduce the topic while facilitating relationship building.
3. **Digging In**  
(30 minutes) Discussion-based Scripture engagement following the Observe-Interpret-Apply framework.
  - a. **Read** the Scripture together. Students can read the Scripture from the slides, from a Bible app on their mobile device, or from the student guide.
  - b. **Observe:** "What does the passage say?" You will ask the students a few simple questions to help them look at the text to see what it is saying.
  - c. **Interpret:** "What does the passage mean?" Next, through questions and simple teaching, you will help the students to consider what the Scripture passage means.
  - d. **Apply:** "So what? What should I do now?" Finally, students will discuss in small groups and consider how they can apply the Scripture to their lives.
4. **Practicing Life with Jesus**  
(15 minutes) During this section, you will introduce a discipleship practice, such as prayer journaling, to students and encourage them to try it.

## Scope and Sequence

### **Unit 1: Invitation to Discipleship**

*In Unit 1, you will invite your students to explore what it means (and does not mean) to follow Jesus. Key topics include how they can have a relationship with the Father through Jesus, sin and repentance, and living by faith rather than by their own strength.*

- **Lesson 1: Follow Me**

Jesus invites you on a lifelong journey of discipleship.

- **Lesson 2: Starting Again**

Jesus taught that God is a loving Father whose mercy welcomes us into a life of repentance.

- **Lesson 3: Living By Faith**

A disciple lives by faith in what Jesus accomplished for them on the cross, not by their own wisdom or efforts.

- **Lesson 4: Being, Not Performing**

Discipleship is not about outward efforts, performance, or activities but about being with Jesus and listening to him.

### **Unit 2: Identity of a Disciple**

*In Unit 2, you will cover the topics of relationships, mental health, gender, and social media through the lens of identity. You cannot say everything about these topics in one hour.*

*Instead, the goal is to start them on a journey of discovery by pointing them in the right direction.*

- **Lesson 5: Made for Relationships**

God created you for right relationships with him and others, and your identity is formed by your relationships.

- **Lesson 6: Made to be Whole**

God created you to be complete and healthy in body, mind, and spirit.

- **Lesson 7: Made on Purpose**

God created you on purpose, and your gender is an intentional part of God's design and plan for you.

- **Lesson 8: Made to be Light**

God created you to be his light in the world, and the ways you engage with media can either magnify or dim your light.

### **Unit 3: Purpose of a Disciple**

*In Unit 3, you will encourage your students to embrace their God-given purpose. You will invite them to consider their unique place and role within the Church, God's purpose for their daily lives and future careers, their calling to continually seek God, and their mission to make disciples.*

- **Lesson 9: Called to One Body**

You are called to use your unique gifts to serve the body of Christ.

- **Lesson 10: Called to One Kingdom**

You are called, in your daily lives and future careers, to participate in God's kingdom work on earth.

- **Lesson 11: Called to One Lord**

You are called to cultivate your relationship with Jesus every day.

- **Lesson 12: Called to One Mission**

You are called to make disciples of Jesus.