

# Leader Guide

**submerged**) trans. ] descend below the surface of an area of water • completely cover or obscure

Welcome to Submerged, a four lesson study where students get past the surface and journey towards the deep end of faith. The sessions we'll be coving are:

- Under Authority: Looking At What Lies Beneath
- Under His Power: Making Decisions With God's Help
- Under Obligation: Using Your Gifts As the Giver Intended

Each lesson is packed with interactive ideas, questions and handouts. We use the illustration of a pool to help move students from the shallow end to the deep end of the pool. Here is an explanation of each part of the lesson.

#### The Shallow End (5-10 minutes)

The shallow end of the pool is a warm area where everyone can splash around and get to know each other.

#### Waist Deep (15 Minutes)

Waist Deep is a solid teaching outline that draws your students into deeper discussions.

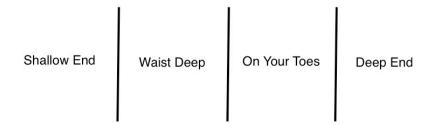
#### On Your Toes (10-15 Minutes)

Students will be stretched as they enter this area of the pool. Students will read, pray and try to put thoughts into words and words into actions as they process this activity.

#### Submerged (15 minutes)

Your students may be finding it hard to breath. They are submerging beneath the surface of their faith to find deeper meaning and life in Christ. Students will have time to reflect, pray and make commitments.

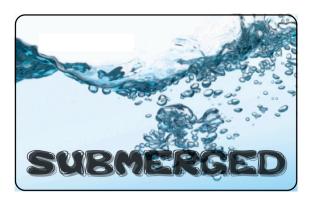
Although each section is timed out, use your best judgement of how long each part should The "pool" will be your metaphor for students growing in Christ. The pool should be laid out like this on the floor with tape. You'll be using this metaphor in each lesson.



Your students will be taking a Spiritual Gifts Test during your lessons. Let me offer a few thoughts on this that will keep any miscommunication or false expectations from arising. Gift tests are never meant to peg a persons gift. Like in *Pirates of the Caribbean*, it's more of a guideline than a rule. This is a tool to reveal which way your students are leaning and show which gifts they possess that need development. Gifts grow and change with us. Our strongest gift for this part of our journey may not be our strongest gift in a few years. Use this time for gift development not gift discouragement.

For questions about this curriculum, its author, or Disciple Project Ministries please contact

Paul Turner
Disciple Project Ministries
205-260-7229
www.thediscipleproject.net
thediscipleproject@gmail.com



# Under Authority: Looking at What Lies Beneath

**Key Passages:** Matthew 8:5-13

**The Point:** To be a disciple is to be a student. Are you teachable?

#### **Shallow End:**

Use the following questions to gage your groups spiritual position. Ask students to swim (move arms in swimming motion) out to the area of the pool (the one you set up earlier) they feel best represents where they are in response to the statements in the next section. Once students find where they belong, feel free to ask deeper questions such as

- Why do you feel you are in this section of the pool?
- What would it take to head towards the deeper section? (you may want to ask those in the deeper end how they can encourage those in the shallow end to move deeper.
- What does it mean to be shallow?
- What does it mean to be submerged?

### On Your Mark, Get Set, Swim

- 1. Swim to where you are with reading your Bible
- 2. Swim to where you are in serving others?
- 3. Swim to where you are in listening to your parents
- 4. Swim to where you are in obeying what you read in the Bible.
- 5. Swim to where you are at in obeying advice from your youth leaders. (Are you swimming with or against the vision of your youth ministry?)

**Waist Deep:** Hand out the student worksheet to let students write out these principles. Have a student read the following scripture: Matthew 8:5-13. Feel free to follow up with other questions as they pertain to being a disciple of Christ.

# Disciples believe and act under the authority of God.

The soldier understood that Jesus was a person of authority. (he addressed him as Lord)

# Disciples recognize the authority of Scripture in a believers life. The soldier found authority in Jesus' words. (but at your word)

THE THE Soldier Journa aumority in Jesus words. (but at your word)

# Disciples balance their spiritual authority with humility.

The soldier did not consider himself worthy.

God shows us humility through the life of his Son. Have a student read Philippians 2:1-11

## Christ's attitude is the model for disciples 2:5

Ask: How can we better shape our attitude to be like Christ's?

# Christ did not brag about his spirituality or his gifts. 2: 6

Ask: What are some areas of spiritual pride that get in the way of modeling Christ?

## Christ emptied Himself to reveal more Himself to us 2:7

Ask: What are some areas in your life that are keeping others from seeing Christ clearly?

## Christ humbled himself all the the way to death.

Ask: What areas of your Christian life where you are holding back and not humbling yourself.

#### On Your Toes:

When we read the Bible we should be looking for as many ways to fulfill what we read otherwise we become the house built on sinking sand. Students will now submerge themselves in the Scripture and write down ways to obey it.

Have students pray quietly for a minute or two

Have them read Read I Corinthians 13:4-8

Write down five ways God is asking you to fulfill these scriptures in your life today.

Allow students to have another few moments of closing prayer

Submerged: Responding to the Authority of God Prayer Experience

Consider the many words used to describe God's authority.

Lord (about 100 times in the NT) Almighty (Revelations 1:8)

Teacher (Matt. 26;18) Commander (Isaiah 55:4)

King (*Rev.* 17:14) Head of the Church (*Eph.* 5:23)

High Priest (Heb 3:31) Eternal Father (Isaiah 9:6)

Ruler(*Rev. 1:5*) Judge (*Acts 10:42*)

Instruct students to consider these names and consider how they are looking at God as their authority. Have them choose a title and then:

- 1. Write down all the adjectives that would describe themselves in relation to this title and what would be expected of them. *e.g they choose teacher, they would write for themselves descriptions such as students, one who learns, one who is tested, etc.*
- 2. After writing these descriptions down ask them to take more time to pray and call God by the names they chose and introduce themselves in their role. Example: If they say, "Teacher, this is your student \_\_\_\_\_\_" They would continue to pray and call God by that name for the rest of their prayer time.

Close in prayer with them. You could address God using some of these titles in your prayer. You could also allow students to close in prayer using the title(s) your students chose..



# Under His Power: Making Decisions With God's Help

Key Passage(s): Galatians 5:16-18

**The Point:** The Holy Spirit assists us in life's choices.

#### **Shallow End**

Split your group into two and let them compete in a game much like the game Outburst and Scattergories. Each team works to come up with 10 answers for each question. If there are duplicate answers each team has to scratch them out and only given points for original answers.

- 1. List 10 kinds of snack foods
- 2. List 10 kinds of people you don't want a call from.
- 3. List 10 slogans you might find written on a coffee cup
- 4. List 10 things your dog might steal.
- 5. Name 10 food items that you need to only "just add water."

Jump off the last question with this question: How much do we treat the Person of the Holy Spirit as a "just add" substance rather than the Person Scripture describes Him as?

**Back to the Pool.** Have students head back into the pool and find where they are at with each of these questions/statements

How good are you about praying about major decisions? *Ask: What do you consider a major decision?* 

How are you at praying over minor decisions? *Ask: What do you consider minor decisions?* 

**Say:** I'm going to read a few statements. Swim to an area of the pool that best fits how you pray about things. Be honest.

People who are sick.

People who do not know Christ.

School/College.

Our family.

Missionaries.

World Leaders (president, etc) or global issues.

Personal problems.

Just to talk to God because you love him.

Ask: How can we help each other make it to the deep end of the pool when it comes to our prayer life?

### Waist Deep

Taking Our Choices To The Deep End of the Pool

Why do we make so many bad decisions? Possible answers include:

- We don't have enough information to make the right choice
- We don't see our choices from Gods' point of view.
- We don't think it matters to ask anyone for advice

Ask: Finish this sentence: When I have made a bad decision it is usually because I did not ... (they can choose from the statements above or come up with their own)

## Positioning ourselves to make right choices:

Submerge our flesh in passionate living. Matthew 5:16, James 3:17 Ask: Does submerging ourselves in good deeds guarantee that we will live right?

Submerge our relationships with godly people. Proverbs 12:15, 13:20 Ask: What kind of relationship we should have with unbelievers? Luke warm believers?

Submerge our spirit in prayer. Luke 6:12, Ephesians 6:18
Ask: Does the quantity of time we spend in prayer matter as much as the quality?

Submerge our minds in Scripture Psalm 119:9-16, Acts 17:11, Romans 8:6 Ask: Describe the benefits of a serious time of study in the word? Scripture memorization?

The Holy Spirit is a Person not an "experience". If we chase the experience of the Holy Spirit we will run past the Person and the deeper work He desires to do in us. The Holy Spirit is the spirit of Christ. If the only time we encounter the Holy Spirit is at camp or some revival meeting we will have missed the <u>daily</u> joy of being submerged in His love and care.

**Ask:** Share an experience you've had with God that did not take place at church, a youth meeting, camp or other organized event.

**Ask:** How can we have a daily experience with the Person of the Holy Spirit?

### On Your Toes

**Say:** Take a few minutes to pray and read Galatians 5:16-26. Ask the Lord for wisdom concerning each fruit of the Spirit and how you can go "deeper in the pool" with each one. Pray through each one and invite the Holy Spirit to take you deeper in these areas.

I want/need the Holy Spirit to deeply love	through me.
I want/need to find a deeper joy inlife.	area of my
I am searching for a deeper peace inlife	_ area of my
I need deeper patients when it comes to	
I need so share a deeper kindness with	
I may be good but I can go deeper if I would just	
I need/want a deeper trust and faith in God forarea of my life.	
There are some people in my life I have been to hard on to	when it comes
Lately I have not shown self control when it comes to	

**Say:** The Holy Spirit is our personal Discipler. He counsels us, leads us, and convicts us. Our daily choices depend on whether we are submerged in our own flesh or submerged (walking) in the Spirit

**Submerged:** Knowing the Person of the Holy Spirit

Which of these roles of the Spirit do you need to explore more and submerge yourself in?

**The Spirit of Truth** (for when we are confused) John 14:16,17

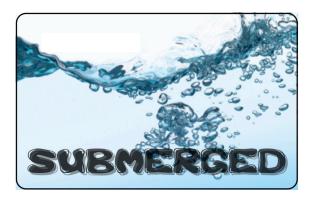
The Spirt of Counsel (for when we need to be reminded) John 14:25,26

**The Spirit of Adoption** (for when we feel disconnected from the family of God) Romans 8:15

The Spirit of Wisdom (for when we need direction) Exodus 28:3

**Spirit of Joy** (for when our relationship with God becomes drudgery) Psalms 51:10-12

**Note:** Allow students time to write on their journal page.



# Under Obligation: Gifts as the Giver Intended

**Key Passage(s):** I Corinthians 12:7, 27, I Peter 4:10, Ephesians 2:10

**The Point:** Our gifts and talents are on loan from God and should be used to glorify him.

#### **Shallow End**

**Say:** Pair up with someone. Find a gift to give your partner. The gift could be anything, something from your pocket, a piece of clothing you are wearing, a song, dance or even a poem. Give a gift that that you think represents the person you are giving it to and tell them why. **Example:** If someone gives a piece of gum you could say "I am giving you this piece of gum because you know how to stick with things." You have five minutes to share you gift. We get back together and some you can share what you gave or were what you received.

### **Transition Questions**

- 1. What does the gift tell you about the giver?
- 2. How can you use/display this gift to honor the giver.
- 3. How would you feel like if your gift was refused or never used?
- 4. How does God feel if we do not use or honor Him for the gifts He has given us?
- 5. Read Ephesians 2:10. What is the difference between receiving a gift on the spot and receiving a gift that has been prepared for you before you were even born? God prepared good works in advance so he prepared us with good gifts to accomplish them.

## Waist Deep (Students Journal Sheet)

### You have a gift. I Corinthian 12:7

Ask: Do you ever feel like you don't have a gift? Do you think the church makes a big deal about some gifts but not others?

## You have a part. I Corinthians 12:27

Ask: How do you see your gift fitting into your group? Some gifts are up front and others are behind the scenes. Is one gift more important than the other? Why or why not?

#### You should use it to serve others. I Peter 4:10

Ask: What impact have you seen as you've used your gift to serve others? How has God impacted you because you use your gift to serve others?

# On Your Toes (15 minutes)

Have students take the spiritual gifts test we've included. Have each students use their journal and commit to finding at least 10 ways to use their gift to bless others.

Submerged: Closing your small group.

Ask everyone to gather in the shallow end of the pool.

**Say:** This is where we pray and ask God by faith to live deeper lives with Him. It's time to stop hanging out in the shallow end of the pool.

**For the Leader:** Here is a closing idea: You can do this corporately or individually. If you choose individually, allow students to pray and move at their own pace. Pray together at the end when everyone has made it to the deep end. You may want to have a cd/ipod player with some worship music on ( a cd may be supplied to you) it to play in the background during this.

Begin in the <u>shallow end</u> and have a time of prayer and repentance for areas of our lives that have been shallow.

Move to the <u>waist deep</u> area. What are some things you have only been doing half heartedly but are willing to start to give your best at? Have a time of prayer, confession and commitment.

Move to the <u>on your toes</u> section. What are some new areas God is calling you to submerge into? Are you nervous or scared? Pray and ask the Lord to give you strength for these new challenges.

Move into the <u>deep end of the pool</u>. The deep end can be scary. You will be over your head. It is also a marvelous place where you must trust God or drown. What areas of your relationship with God is He calling you to submerge in?

- If it's the Bible then set goals like time and place to have devotions or join Bible Quiz Team.
- If it is prayer, make a prayer list and pray through it 7 day in a row and then update it.
- If it is faith, what are you prepared to trust God for as well as work towards? Is it a missions trip, then start saving money. Is it to see friends come to Christ? Then set a date you want to talk to them and then pray for boldness.

# **Submerged Student Journal Pages: Session 1**

Waist Deep		
Disciples	•	
The soldier understood that (The soldier addressed him a	Jesus was a person of authority. us Lord)	
Disciples recognize t	he	in a
believers life. The soldi	er found authority in Jesus' words.	
Disciples balance the	eir spiritual authority with	
The soldier did not consider	himself worthy.	
God shows us humility t Read Philippians 2:1-11	hrough the life of his Son.	
Christ's attitude is th	nefor disciples 2:5	
Christ did not	about his spirituality or his gift	t <b>s.</b> 2: 6
Christ	Himself to reveal more Himself to u	ıs 2:7
Christ	Himself all the the way to d	eath.

On Your Toes
Pray quietly for a minute or two.
Read Read I Corinthians 13:4-8
Write down five ways God is asking you to fulfill these scriptures

Take another few moments to close in prayer.

Consider the many words used to describe God's authority.	
Lord (about 100 times in the $NT$ )	Almighty (Revelations 1:8)
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King (Rev. 17:14)	Head of the Church (Eph. 5:23)
High Priest (Heb 3:31)	Eternal Father (Isaiah 9:6)
Ruler( <i>Rev. 1:5</i> )	Judge (Acts 10:42)
I am relating to God as	
This is how I plan to submerge:	
My thoughts:	
My actions:	

**Submerged:** Responding to the Authority of God Prayer Experience

# **Submerged Student Journal Pages: Session 2**

Taking Our Choices To The Deep End of the Pool

Why do we make so many bad decisions? He	ere are a few reasons.
• We don't have	_ to make the right choice
• We don't see our choices	·
• We don't think it matters to	
Positioning ourselves to make right choices:	
Submerge our flesh in Matthew 5:16, James 3:17	·
Submerge our relationships with	
Submerge our spirit in	Luke 6:12, Ephesians 6:18
Submerge our minds in	. Psalm 119:9-16, Acts 17:11
The Holy Spirit is a Person not an "experier	nce". If we chase the

The Holy Spirit is a Person not an "experience". If we chase the experience of the Holy Spirit we will run past the Person and the deeper work He desires to do in us. The Holy Spirit is the spirit of Christ. If the only time we encounter the Holy Spirit is at camp or some revival meeting we will have missed the <u>daily</u> joy of being submerged in His love and care.

#### On Your Toes

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I want/need the Holy Spirit to deeply love	_through me.
I want/need to find a deeper joy inlife.	area of my
I am searching for a deeper peace inlife	_ area of my
I need deeper patients when it comes to	
I need so share a a deeper kindness with	
I may be good but I can go deeper if I would just	
I need/want a deeper trust and faith in God forarea of my life.	
There are some people in my life I have been to hard on to Pray for a deeper ge	
Lately I have not shown self control when it comes to Be my restraint Holy Spirit.	

The Holy Spirit is our personal Discipler. He counsels us, leads us, and convicts us. Our daily choices depend on whether we are submerged in our own flesh or submerged (walking) in the Spirit

# **Submerged Student Journal Pages**

Here is how I plan to submerge

My thoughts:

My actions:

Knowing the Person of the Holy Spirit
Which of these roles of the Spirit do you need to explore more and submerge yourself in? Have students write in their journal page for a
The Spirit of Truth (for when we are confused) John 14:16,17
The Spirt of Counsel (for when we need to be reminded) John 14:25,26
<b>The Spirit of Adoption</b> (for when we feel disconnected from the family of God) Romans 8:15
The Spirit of Wisdom (for when we need direction) Exodus 28:3
Spirit of Joy (for when our relationship with God becomes drudgery) Psalms 51:10-12
I need to know the Holy Spirt better as The Spirit of

# **Submerged Student Journal Pages: Session 3**

Waist Deep
Read I Corinthian 12:7
You have a
Read I Corinthians 12:27 You have
Read I Peter 4:10
You should use it

# **Discovering Your Spiritual Gifts**

3= THAT'S ME!

from Developing Student Leaders, by Ray Johnston, Youth Worker Magazine, Winter '94

2= This is PROBABLY me. 1= This is PROBABLY NOT me.

0= DEFINITELY NOT me!

Instructions: For each question, enter the number that most applies to you.

	ore about the needs of others than my own. me when they need to talk out a problem.
-	give money to those in need.
	ng the Bible to others.
	elp others know God better.
	ing seen with people who aren't that popular
	ly people on cold nights, I really feel like inviting them to my home.
	s, I am usually the one who decides where we will go and what we do.
	ers about my relationship with God.
	nce that God will get me through both the good and bad times.
	os that most people don't want to do.
	r my positive attitude.
	k out of giving stuff away.
	the Bible so I can explain it to others.
_14. I like studying _15. I like to pray fo	
	work with disabled people.
	riends stay overnight at my house.
	ze and motivate groups of people.
	es make discussions relate to God.
_	God can do things that seem impossible.
	other people so their work was easier.
	ad people feel better.
	rt with my money so that I can give extra money to people who need it.
	and studying the Bible.
	o lead a Bible study.
	pathetic toward the needy.
	rupted when there are guests at my home.
_28. I have encoura	ged others to finish a job.
_29. I would like to	help someone else become a Christian.
_30. I have confider	nce that God will keep His promises even when things are bad.
_31. I don't mind de	oing little jobs that other people don't consider important.
_32. I can encourag	e others through what I say.
_33. I know that Go	od will meet my needs, so I want to give freely to others.
_34. I could show o	thers what different ideas in the Bible mean.
_35. I like to serve j	people to show that God cares for them.
_36. If a friend is si	ck, I call to see how he/she is doing.
_37. I like having co	ompany come to my house.
_38. I would like to	lead, inspire, and motivate people to do God's work.
_39. I would like to	tell others that Jesus is the Savior and help them see the positive results.

40. I t	rust that I can call on God and know that He will be there when "impossible" situations happen.
41. So	metimes I do jobs nobody notices, but I don't mind.
42. I li	ke it when people are happier after I have talked to them.
43. I h	ave given away my money or belongings to those in need.
44. I t	nink that I could show others how to find answers on their own.
45. I v	ould like to help bring people back to Christ who have wandered away from Him.
46. W	nen I see a homeless person, I really want to help.
47. M	y friends come over to my house because they feel comfortable there.
48. W	nen I am in a group, sometimes people look to me to take charge.
49. I ta	ake any opportunity that I can to tell people about Christ.
50. W	nen everything looks bad. I can still trust God.

#### **Tabulation Instructions:**

- 1. Put your response (0-3) to each test question in the blank next to the appropriate number on the chart below.
- 2. Add up the numbers going across the blanks and record them in the box under "TOTAL".

#### **Explanation**

Gift A: Helping. The ability to assist and serve other people

Gift B: Encouraging. The ability to support people and help them to regain hope.

Gift C: Giving. The ability to give your time and money so that it can be used for God's work.

Gift D: Teaching. The ability to teach the Bible in such a way that people learn and grow.

Gift E: Pastoring. The ability to effectively guide and care for people in their walk with God.

Gift F: Mercy. The ability to act out of compassion toward those who are suffering.

Gift **G**: Hospitality. The gift of being friendly and generous to guests.

Gift **H**: **Leading**. The ability to motivate others to use their spiritual gifts and to do their best for the work of the Lord. •

Gift I: Evangelism. The ability to help others to come to know Jesus personally.

Gift J: Faith. The ability to have a confident belief that God will always do what is the very best.

# **Resource Page**

### **Shallow End Ideas**

Here are a few more shallow end ideas to get your meetings going.

- Using the large pool you've laid out on the floor, try playing some pool games like sharks and minnows, marco polo or chicken fights (safety first on this last one)
- Put out pool items for students to play with like beach balls and inflatable rafts. The rafts or tubes could be seating areas for your meeting.
- If you are doing this in a small group try having some pool accessories as talking prompts:

Floaties: What kind of believers use floaties?

**Lifesaver:** What are these used for? Is there anyone in our group who we need to throw this to right now? How can we do that?

**Straining Net**: What is this used for? Why is this important to the pool? What kinds of things should be strained from our pool? (youth ministry, faith)

**Chlorine:** What is this used for? Why is it important to the pool (youth ministry, faith)

#### On site locations for the lessons

Meet at someone's pool and have a BBQ afterward each lesson or a progressive pool dinner.

Meet at a public pool and teach from the life guard stand.

Meet at an olympic size pool and have different kinds of swim races

Meet near a fountain and focus on shallow then go to the pool.

#### Pre or Post Retreat Sermon Starters

Here are collection of sermon starters to get you moving in the right direction. We don't do it for you because we want you to go deep in study and prayer for your group.

#### Go Deep

Deep Fishing Luke 5: 1-11

Deep Farming Matthew 13:1-23

Deep Forming Luke 6:36-49

#### God's Got Deep Issues

His Love Ephesians 3:18

His Wisdom Romans 11:33

His Truth I Timothy 3:9

#### Our Deep Secrets Revealed

When we hang out with Jesus, who we are comes to the surface

Peter's Faith Matthew 14:22-23

Peter's Doubt Matthew 14:22-23

Peter's Passion Matthew 26:31-35

Peter's Boldness Acts 1:15-26

(there are plenty of these you can use for Peter or other disciples)

Student Journal Page
The Pool Tool
Topic
Today I only scratched the surface by
One step I can take to do better is
Today I will challenge myself to go deeper in this area by
Being submerged will require me to

For more information on how to bring the Disciple Project Workshops to your church or for Paul Turner to speak to your group contact:

Paul Turner 2128 Edenwood Dr. Hueytown, Al. 35034

1-205-260-7229

www.thediscipleproject.net thediscipleproject@gmail.com

### **Other Products Available from Disciple Project Ministries**

Crime Scenes from the Bible Season One and Two

Wild Cards Discussion Game