

LIVE SENT

HERE I AM. SEND ME.

WELLSPRINGS DISCUSSION GUIDE

KEY SCRIPTURES: Matthew 4:19 • Matthew 11:28–30 • Matthew 28:16–20 • Isaiah 6:8 • Acts 1:8

HOW TO USE THIS SHEET

DISCUSS TOGETHER = Talk it out as a group. No writing required. | WRITE IT DOWN = Quiet personal reflection. Write directly on this sheet.

OPENING • DISCUSS TOGETHER

- Think about a time when you knew you needed to do something, but you kept putting it off because you were nervous, uncomfortable, or did not know how it would turn out. What made it difficult to take the first step?

1. FOLLOW ME • BECOME LIKE JESUS

READ: Matthew 4:19

Jesus did not simply invite His disciples to believe in Him. He invited them to follow Him closely enough that their lives began to look like His. The goal is not simply knowing more about Jesus. The goal is becoming more like Jesus.

DISCUSS TOGETHER

- What is the difference between believing in Jesus and actually following Jesus?
- What are some ways someone can look “Christian” publicly without actually becoming like Jesus?
- If somebody watched your life for a week, what characteristics of Jesus would they see?

WRITE IT DOWN • PERSONAL REFLECTION

What area of my life currently looks least like Jesus?

What would following Jesus in that area require from me this week?

2. COME TO ME • TRUST JESUS

READ: Matthew 11:28–30

Jesus does not promise that following Him means life will never become heavy. His invitation is that when life becomes heavy, we do not have to carry it without Him.

DISCUSS TOGETHER

- When life becomes stressful, where do we naturally run first?
- Why can it be easier to talk to everybody else about our problems before bringing them to Jesus?
- What is the difference between trusting God and simply asking God to make the situation go the way we want?
- Can you trust God even when the situation does not change? What could that look like?

WRITE IT DOWN • WHAT AM I CARRYING?

What am I currently trying to control, fix, figure out, or carry myself?

What would it look like for me to actually give this to Jesus?

3. GO WITH ME • OBEY JESUS

READ: Matthew 28:16–20

The disciples worshiped Jesus, yet some were still wrestling with doubt. Jesus still told them to GO. Their confidence was not supposed to be in themselves, but in the authority of the One sending them.

DISCUSS TOGETHER

- What stands out to you about Jesus sending disciples who were still wrestling with doubt?
- Can you have questions and still obey God? What is the difference between questions and disobedience?
- Why do we sometimes wait until we understand everything before obeying?
- “You don’t have to fully understand God’s instruction before you start obeying God’s instruction.” Where does that challenge us?

WRITE IT DOWN • MY NEXT STEP

I believe God has been telling me to:

I have been hesitating because:

The next step of obedience I can take is:

THE UNCOMFORTABLE YES

READ: Isaiah 6:8

DISCUSS TOGETHER

- What makes a “yes” to God uncomfortable?
- What are some things young adults may have to surrender in order to genuinely say yes to Jesus?
- Which can be hardest to surrender: comfort, relationships, reputation, money, career plans, habits, dating, social media, location, time, or control? Why?

LIVE SENT THIS WEEK • WRITE IT DOWN

Living sent does not necessarily mean moving across the world. Jesus can send you to your job, campus, family, friends, neighborhood, or the person sitting beside you.

Where has God already placed me?

Who is one person around me who may need to experience Jesus through me?

What can I intentionally do this week?

- ☐ Encourage someone ☐ Pray with someone ☐ Share my testimony
- ☐ Invite someone ☐ Serve someone ☐ Have a spiritual conversation
- ☐ Forgive someone ☐ Obey something God has already told me
- ☐ Other: _____

THE CHALLENGE • WRITE IT DOWN

Take a few quiet minutes. These answers are for you. You can share if you want to, but you do not have to.

FOLLOW ME: Where is Jesus asking me to become more like Him?

COME TO ME: What do I need to stop carrying and trust Jesus with?

GO WITH ME: What is the next step Jesus is asking me to take?

MY UNCOMFORTABLE YES THIS WEEK IS:

MY RESPONSE

HERE I AM. SEND ME.

Even if I'm nervous. Even if I don't know how. Even if I don't have every detail. Even if it takes me outside my comfort zone.

CLOSING PRAYER

Jesus, You have my yes. Teach me to FOLLOW YOU until my life looks like Yours. Teach me to COME TO YOU instead of carrying everything myself. Give me courage to GO WITH YOU wherever You send me. Use my gifts. Use my story. Use my hands. Use my voice. Use my life. Here I am. Send me. Amen.