

# DISCIPLESHIP GUIDE



## HOW TO DISCIPLE DURING THIS SERIES

We all know teenagers don't get disciplined just by sitting through a sermon every week. So here's what else we've provided along with this series to **help teenagers develop more consistent spiritual habits.**

### THE 4 SPIRITUAL HABITS

We feature one of Grow's 4 Spiritual Habits every month with a unique activity or experience. But the 4 Spiritual Habits show up year-round! **Here are a few of the places you can spot them in this series:**



#### SPEND TIME WITH GOD

In Week 2, we ask students to take their peers' prayer requests home and pray for them throughout the week. In week four, ask students to read the story of Jesus as a model for what it looks like to love their families.



#### SPEND TIME WITH OTHERS

In Week 3, we ask students to think about moments in their family life where they may not have followed through, which causes some damage. We ask them to look for opportunities to make it right and go to people they may need to make amends.



#### USE YOUR GIFTS

In Weeks 2 and 4, invite students to think of the unique ways they can help meet the needs of their families and take simple steps to do that. In Week 1, we ask students to look at what gifts they have to offer to love well.

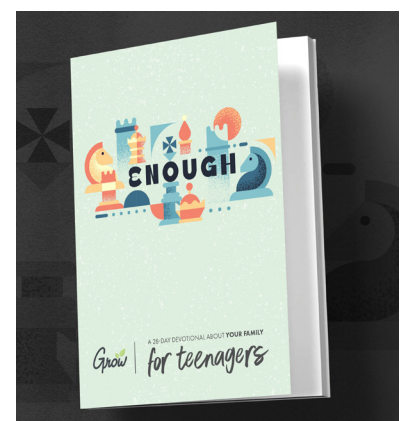
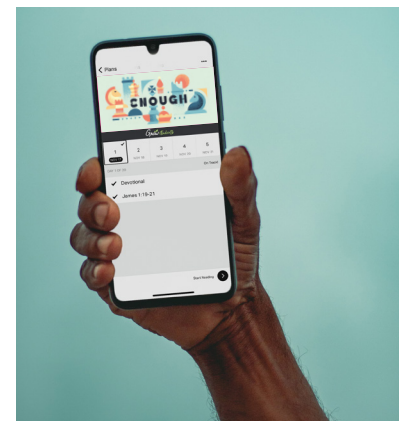


#### SHARE YOUR STORY

In Week 4, there is an opportunity to write a poem about what is happening in your life and spend time telling that story and praying with trusted adult leaders.

### DEVOTIONALS

To help students regularly **spend time with God**, every series comes with daily readings and devotionals. You can find them online through [The Bible App](#) or in print [on Amazon](#). Use [the flyers we've provided](#) to share them with students, parents, and volunteers too.



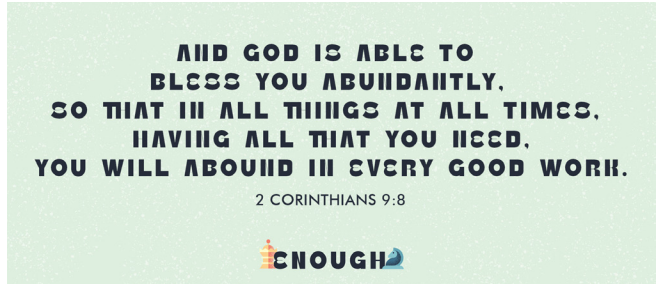
## DISCIPLESHIP ACTIVITY

If you're following along with the Grow annual strategy, our discipleship activity this quarter is [In the Rhythm Prayer Prompts](#), an activity to help students **spend time with God**. We also made you some [posters](#) and graphics for this quarter's habit you can print, display, or share online.



## MEMORY VERSE

Try challenging students to memorize a verse that corresponds with this series. Here's the verse we chose – and [we made graphics](#) you can post, print, or show on screen too!



## SPIRITUAL HABITS APP

The [Grow Habits App](#) is designed to help teenagers (and grown-ups too!) set goals, track their spiritual habits, and share their progress!

