
About This Resource

Who is Jesus?

What can we learn from what Jesus did?

What can we learn from what Jesus taught?

How can we help others to follow Jesus?

This month in the gospel of Mark we are going to take a look at what discipleship is and how being a disciple impacts our lives. First, we will look at who we are called to follow and then we are going to learn through watching and listening what we are supposed to follow. Finally, we will put it into practice by learning how to go out and help others become disciples of Jesus too.

Each session includes (60 – 75 minutes):

- ❖ **Share Time:** An opportunity for people to share where they saw God this week. (7 minutes)
- ❖ **Connection Time:** An activity to grow in relationship with each other. (8 minutes)
- ❖ **Worship:** Songs that speak the truth of the session. (10-15 minutes)
- ❖ **Teaching:** A video clip that dives into the chapter. (15-20 minutes)
- ❖ **Scripture Memory:** Tools to hide the word of God in your heart. (5-7 minutes)
- ❖ **Simple Spiritual Conversation Starters:** Questions that can easily transition to spiritual conversations (10-15 minutes)
- ❖ **Biblical Prayer:** Prompts to pray Scripture back to God (5 minutes)

Full Send Ministry exists to Equip, Empower and Encourage people to live 100% committed lives to God. There are more resources at www.fullsendministry.com

- Daily tools for personal growth and outreach
- Yearly conference information
- Free curriculum



Lesson #1: Who Are We Following?

What you will need for this lesson:

Setup:

- Have the song videos and teaching videos pulled up on the computer.
- Prepare the tool for memorizing scripture.
- Put a list of past scriptures on the board to go over.
- Print a copy of the daily tools for each attendee.

Curriculum Note: As you walk through each daily tool, have your group write down who or when they could use that tool this week. This curriculum is a call and an expectation of action in this world. Let's equip, empower and encourage each other to live our lives 100% committed to Jesus every day.

Welcome: (Includes Share Time and Fun Friday)

As you start your time together play a follow the leader game. Have one person go into another room and then pick 1 person to be the leader. Get in a circle and follow the motions of that person. Invite the person back into the room and have them stand in the center of the circle and figure out who the leader is. Repeat if you would like.

At Full Send we love to celebrate what God is doing and that is why we want testimony time to be a part of every session. We believe that God has been moving throughout the week and want to celebrate with each other where we saw Him. **Before we start talking about the book of Mark let's share what God has been doing in our lives this week!** After a few people have shared praise God for His movement in your lives.

Worship: (Includes Tune In Thursday)

Listening and singing to God is a great way to connect with Him and hear Biblical truths. Encourage your group to either listen or sing along, whatever is best for them. As they engage with each song there will be a few questions to unpack what they heard and experienced.

I Will Follow by Chris Tomlin -

https://www.youtube.com/watch?v=mFna4pEF7M8&list=RDmFna4pEF7M8&start_radio=1

- **What does the song say about following God?**

Follow Me by Casting Crowns -

https://www.youtube.com/watch?v=LraPDltKlVl&list=RDLraPDltKlVl&start_radio=1

- **Describe the one who calls us to follow Him.**

Word: (Includes Scripture Sunday, Memorize Monday and Watch It Wednesday)

Before we listen to the message from Jeremy read Mark 1.

Today we are going to hear from Jeremy Van Genderen about who Jesus is.

<https://youtu.be/Fv0INfz73A4>

Encourage people to take notes on the back of their sheet of daily tools as they listen to the teaching. **Ask them what stood out to them from the teaching or the scripture.**

Let's memorize Mark 1:17 And Jesus said to them, "Follow me, and I will make you become fishers of men."

https://www.youtube.com/watch?v=HALiL_Mlj4

(Memory Verse put to song) – Listen to this first

Today we are going to memorize this verse by listening to the song a couple of times. Join in when you are comfortable.

Witness: (Includes Table Talk Tuesday)

Now that we have read and studied about who Jesus is ask the group to answer the questions as they would. Then think about how others may answer the questions and how they can turn that into a spiritual conversation.

The questions of the day are: Have you ever followed someone's directions? Why did you choose to follow them? Have you ever followed Jesus? Why do you think it might be important to follow Jesus?

As we process these questions, we hope that each person is prepared and equipped to use these questions in normal everyday conversations throughout the week.

Let's read Mark 15:39

Truth: Jesus is the Son of God and is the best person to follow

May this section be an encouragement to those who hear it, and may God fill them with the hope they can have in Jesus Christ.

Closing Prayer: (Includes Seek Him Saturday)

Each week we want to teach people how to pray scripture back to God. Sometimes it is as easy as speaking the text and other times it is using the concepts of the passage to say what is going on in our lives. **Let's finish our day by praying Mark 14:17-25 and confess the places you have betrayed God and then give Him thanks for the sacrifice of His body and blood on our behalf that cleanses us from the consequence of our betrayal.**

Encourage the group to come back with stories of what God did this week and how He worked through these daily tools.

Scripture: Mark 1, 14 and 15

Topic: Who Are We Following?

Scripture Sunday:

As we begin our series in Mark let's read Mark 1, 14 and 15 and write down the things you can learn about the one who says follow me.

Memorize Monday:

And Jesus said to them, "Follow me, and I will make you become fishers of men." Mark 1:17

https://www.youtube.com/watch?v=HALiL_Mlj4

Table Talk Tuesday:

Talk: Have you ever followed someone's directions? Why did you choose to follow them? Have you ever followed Jesus? Why do you think it might be important to follow Jesus?

Text: And when the centurion, who stood facing him, saw that in this way he^[a] breathed his last, he said, "Truly this man was the Son of God!" Mark 15:39

Truth: Jesus is the Son of God and is the best person to follow

Watch it Wednesday:

Full Send Mark – Come Follow Me – Who are we following – Jeremy Van Genderen -

<https://youtu.be/Fv0INfz73A4>

Tune In Thursday:

I Will Follow by Chris Tomlin -

https://www.youtube.com/watch?v=mFna4pEF7M8&list=RDmFna4pEF7M8&start_radio=1

Follow Me by Casting Crowns -

https://www.youtube.com/watch?v=LraPDltKlvI&list=RDLraPDltKlvI&start_radio=1

Fun Friday:

Today have some fun following others. This could be a game of follow the leader, it could be inviting someone else to lead the decisions on what you do tonight and where you go, or it could be inviting someone to follow you on a journey you have planned for the evening. Take some time tonight to point to Jesus and His invitation to follow Him.

Seek Him Saturday:

Pray Mark 14:17-25 and confess the places you have betrayed God and then give Him thanks for the sacrifice of His body and blood on our behalf that cleanses us from the consequence of our betrayal.