

PERSPECTIVES

TOOLS FOR CREATING A BIBLICAL WORLDVIEW | ROMANS 12:2

FOLLOW ME



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Where did God show up?

As you see the goodness of God move in your life, use this page to write down how He's blessed you. Encourage one another and celebrate victories within and/or outside of your group meetings.

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FOLLOW ME

WEEK 1: COME FOLLOW ME

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Jesus' invitation to "Come, follow Me" wasn't to have a cultural label or a life-hack to a good life, but it is geared to come to know Jesus so deeply, you begin to look like Him. Jesus calls us to lay our life down so that we can find it. In the midst of a world that is moving so quickly and seeks our attention, Jesus wants us to lean on Him and find life by living His way..

KEY VERSES

Look up theses additional verses:

Matthew 11:25-30 (NIV)

John 6:60-71 (NIV)

John 10:8-15 (NIV)

DISCUSSION QUESTIONS

1

"Come, Follow Me"

In Scripture, we read Jesus calling people to "Come, follow Me" from their responsibilities to become His disciple.

- a. To a 1st century Jewish man, this was cultural and meaningful, but for us, this is not usual. Where do you feel Jesus is telling you to "Come, follow Me?"
- b. What are some reasons that might hold us back from laying ourselves down and following Him in each part of our life?

2

Jesus' Pace

The world seems like it's always moving, so we feel the pressure of needing to keep up, but Jesus doesn't move at the world's pace.

- a. What are some ways you've felt the pressure to move at the world's speed?
- b. How can you begin to slow down and make time for what is important (family, friends, spending time with Jesus, etc.)?

3

Becoming Like Him

Being Jesus' disciple means knowing Him so deeply, we become so acquainted with His character, we begin to look more like Him.

- a. What time in your life had you experienced Jesus most clearly, it encouraged you to live differently?
- b. What habits could we adopt that would place us so closely to Jesus, we begin or continue to live in new life?

4

Having Jesus' Heart

We all grow up shaped by our culture's beliefs and values, but as disciples of Jesus we have to be open to let our values align with His.

- a. Where do you feel tension between the values you grew up with and Jesus' way, and how might He reshape those values of your life?

- b.** What values does Jesus have that you'd need to adopt?
How might you begin to live out those values?
(Ex: value = reconciliation → living it out = pursuing unity)

5

Following the Good Shepherd

The world promises a lot that seems attractive, yet Jesus wants to be our good shepherd, knowing His way is life-giving.

- a.** What is currently a distraction in the world, often catching your attention?
- b.** How can we, as individuals and a community, keep ourselves and relationships grounded in Jesus?

DIVE DEEPER

Personal Reflection: Becoming Jesus' disciple can feel so far from us because of our mistakes, but Jesus knows your life and still chooses invites you.

- What mistakes have made you feel you are unworthy to be His disciple?
- What was the lie you believed from this mistake and how can you begin to accept God's truth?

PRACTICAL APPLICATION

Becoming His—Each day this week, write down:

- One lie or label that you've believed about yourself.
- One truth God says about you (from Scripture or prayer).

Ask the Holy Spirit to help you begin to replace old identity wounds with God's loving truth.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Romans 8:38-39 (NIV), "For I am convinced that neither death, nor life, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing will be able to separate us from the love of God that in Christ Jesus our Lord."

Let the group rest in that promise as you close together in prayer.

NOTES

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FOLLOW ME

WEEK 2: SABBATH

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Sabbath is more than a day off—it's a weekly act of trust and worship. By resting, we remember our identity is in God, not in productivity. Honoring Sabbath is meant to direct our dependence on Him as our provider and letting His rest shape us.

KEY VERSES

Look up theses additional verses:

Genesis 2:1-3 (NIV)

Isaiah 58:13-14 (NIV)

Mark 2:23-28 (NIV)

DISCUSSION QUESTIONS

1 Resting

Our culture prizes constant productivity and being “on.” Sabbath invites us to rest and reinvent God as the one we depend on.

- a. What’s the biggest challenge for you trying to slow down and practice Sabbath in a world that rewards busyness?
- b. What is one activity you could set aside this week to intentionally slow down—phone off, no to-do list—and simply be with God?

2 Trusting God

Sabbath is an act of trust that God will provide even when we stop working.

- a. When have you seen God provide—financially, emotionally, etc.—while you rested instead of striving?
- b. What’s one way you could release control this week to trust God with the outcome?

3 Resting with God

True rest isn’t always just downtime; it’s worship and delight in God’s presence.

- a. Why do you think God wants us to rest in His presence? What is He up to? How does this grow us closer to Him?
- b. What spiritual practice (walking, music, journaling, Scripture reading, etc.) could you plan for your next Sabbath to help you rest in God’s presence?

4 We Are His

Sabbath reminds us that our worth is rooted in God, not in achievements or titles.

- a. Where do you most feel the pull to prove your worth through work or accomplishments?
- b. This week, how can you name and lay down one “identity marker” (e.g., a project, a role) during Sabbath as an act of dependence?

Communal Rest

Keeping Sabbath isn't always an individual practice; community helps us protect the rhythm.

- a. How could your family, friends, or small group help each other keep Sabbath without making it feel rigid?
- b. What is one shared practice—like a meal, prayer time, or outdoor activity—you could schedule with others to have Sabbath together?

DIVE DEEPER

Personal Reflection: It might be hard making time or prioritizing Sabbath, yet it is a reminder of God's hand in our lives.

- What about Sabbath seems difficult to practice in your own life? Why?
- What small change in your weekly rhythm could help you begin to Sabbath, even if it feels unnatural at first?

PRACTICAL APPLICATION

Sabbath Rhythm—Each day this week, write down:

- One activity to pause for intentional time (turning off social media, or devices).
- One activity to spend time with God (taking a walk with Jesus, Scripture, hike).

Ask the Holy Spirit to help you make space for Him, slow down, and depend on His move.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Numbers 6:24-26 (NIV), *"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace."*

Let the group rest in that promise as you close together in prayer.

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FOLLOW ME

WEEK 3: PRAYER

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Prayer is a continual, life-giving conversation with God. Like any relationship, communication with God. Jesus invites us to talk with Him as naturally as we speak with a friend, allowing prayer to anchor us to Him and align us with His heart. Prayer is the space we get to engage with God in each circumstance rather than simply pray to receive. Although He is a giving Father, relationship with Him is rewarding in itself, bringing life where we need it.

KEY VERSES

Look up theses additional verses:

Luke 11:1-4 (NIV)

Luke 11:9-13 (NIV)

Philippians 4:4-7 (NIV)

DISCUSSION QUESTIONS

1 Conversation with God

Prayer is meant to be an ongoing conversation with God, more than just a list of requests.

- a. Does your prayer life feel more like an everyday conversation with God or like giving Him a to-do list?
- b. What does conversation with God look like to you? How can you practice talking to Jesus?

2 Peace of God

Philippians 4 says by prayer and thanksgiving make our requests known to God, so God's peace guards our hearts and minds in Jesus.

- a. When has honest prayer changed the way you viewed a worry or decision?
- b. What anxious situation could you place in God's hands this week?

3 Talking to Jesus

It's easy to put pressure on how to pray, but God isn't adding pressure for it to look a certain way, He just wants us to show up and talk to Him.

- a. How have you put pressure on how you talk to Jesus? Why do you feel it needs to look a certain way?
- b. How do you think God sees you when you come to Him for any reason, whether in need or just to talk?

4 Anchored to God

Prayer anchors us to Him, aligns our heart to His heart, and transforms us.

- a. How has prayer helped you stay steady or grounded when life feels uncertain? How has His voice spoken life in uncertainty?
- b. What is one way you've seen God use prayer to change your attitude, relationships, or decisions over time?

Slowing Down with God

Prayer is also listening—making space for God’s voice through various ways like Scripture and quiet.

- a. What helps you slow down enough to listen for God’s voice during prayer?
- b. Where could you set aside even five minutes of quiet this week to simply listen?

DIVE DEEPER

Personal Reflection: When we pray and God doesn’t respond the way we expect, it doesn’t mean He doesn’t care or see us; He is still present with us in a different way.

- When God’s response looks very different from what we expected, how should we respond? Does this change who He is or diminish His power? Why or why not?
- How might these situations sharpen our worship and submission to God?

PRACTICAL APPLICATION

Listening to God—Each day this week:

- Pray about a situation you want God to work in.
- Listen to what He might be saying in the situation (from Scripture or prayer).

Ask the Holy Spirit to give us faith to trust in God’s move, even if it’s not how we expected.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Philippians 4:6-7 (NASB2020), *"Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus"*

Let the group rest in that promise as you close together in prayer.

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FOLLOW ME

WEEK 4: FASTING

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Fasting is a practice that helps us tune into God's voice and direction in our lives. When we practice fasting, like Jesus did before His ministry began, we are being taught to be in complete reliance on Him, lessening the volume of distractions and turning up the volume of God's voice. More than a health hack, our hunger for the presence of God is being satisfied in Christ in fasting.

KEY VERSES

Look up theses additional verses:

Deuteronomy 8:1-5 (NIV)

Matthew 4:1-2 (NIV)

Matthew 6:16-18 (NIV)

1 Corinthians 9:22-27 (NIV)

DISCUSSION QUESTIONS

1 Tuning into God

Fasting unclutters our hearts so we can tune into the heart of God more clearly.

- a. What do you think is cluttering your heart in this season, that fasting might help you hear God's heart more?
- b. How can tuning into God's heart in a difficult season allow you to live and think more clearly?

2 Lifestyle of Fasting

Fasting was part of the lifestyle of Israelites in response to life's circumstances (grief, repentance, etc.) to return and realign themselves to God.

- a. How has fasting been part of your lifestyle? Why or why not?
- b. Where have you felt out of alignment with God?

3 Relying on God

Fasting is more than saying "no" to food, it is expressing our desperate need to be met by Jesus.

- a. How does fasting reveal what (or who) you actually rely on for safety and security?
- b. What is it we typically run to or rely on when we are in a difficult situation? Why?

4 Persevering

This practice takes self-control and discipline, moving us from our daily routine of eating to surrendering to God.

- a. In what ways can fasting strengthen spiritual "muscles" like self-control and perseverance?
- b. How can you plan a fasting rhythm (food, technology, or another distraction) that is realistic yet stretching?

5

Jesus' Fast

Before beginning His ministry, Jesus chose to fast for forty days in the desert.

- a. Why do you think Jesus started His mission with fasting for forty days and nights?
- b. What would it look like to begin an upcoming season in your life with intentional fasting or focused prayer?

DIVE DEEPER

Personal Reflection: It's easy to try and be in control of our lives yet fasting invites us to release control and put it in God's hands.

- Where do you sense God inviting you to loosen your grip so that His presence can meet you where you are?
- What would trusting God with that area actually look like this week—what's one small action or prayer of release you could take?

PRACTICAL APPLICATION

Helpful practical habits that might follow the theme of curriculum.

Desperate for God—This week:

- Try fasting individually or communally
- Write down how God speaks (from Scripture or prayer)

Ask the Holy Spirit to help you tune in to His voice and His move for your life.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

1 Chronicles 16:11 (ESV), *"Seek the Lord and his strength; seek his presence continually!"*

Let the group rest in that encouragement as you close together in prayer.

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FOLLOW ME

WEEK 5: SOLITUDE

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Solitude isn't about escaping people or reality—it's about making space to meet God. Like Jesus, we can withdraw from noise so we can listen, reflect, and let Him heal our hearts, so we can approach life, family, and relationships with God at the forefront.

KEY VERSES

Look up theses additional verses:

Psalm 46 (NIV), Full Chapter

Mark 1:35 (NIV)

Luke 6:12-13 (NIV)

DISCUSSION QUESTIONS

1

Quality Time with God

Jesus utilized quiet places to pray and spend time with God. Solitude is meant to be running towards God and life, not away.

- a. What's the difference between hiding from people/reality and running toward God?

- b.** How might time alone with God change the way you handle stress or relationships this week?

2 Bringing it to Jesus

Solitude can expose what busyness hides—our fears, wounds, and longings. This can feel unsettling but also be healing.

- a.** When the noise fades, what thoughts, emotions, or anxieties does God want you to bring to Him?
- b.** How have you experienced God bringing clarity or healing when you faced those hidden places?

3 Reflecting in Stillness

Stillness leads to reflection, and reflection leads to awareness of God's presence and our need for Him.

- a.** How have you experienced God making His presence known when you paused to reflect? How did that help you?
- b.** What's one way you can pause again this week to keep noticing His presence?

4 Come to Know Him

Read **Psalms 46:1-3**, then **Psalms 46:10-11**. The psalm is about knowing who God is to them, so they could live in trust that God will show up, no matter the outside circumstances.

- a.** Who is God to you that you'd consider Him your refuge and that you'd be comforted to be still and trust Him?
- b.** How might you come to know God deeper this week to allow you to rest in who He is?

5 Living Transformed

As we come to know Him deeper in various ways, like in solitude, we get to know more about ourselves and how to love others.

- a.** How have your relationships been shaped because of the way Jesus has loved you?
- b.** What's one relationship where you sense Jesus nudging you to love differently right now?

DIVE DEEPER

Personal Reflection: Solitude creates space for God to uncover what we often miss in the rush.

- What new aspect of God's character might He want you to discover when everything else is quiet?
- How could deeper time with Him reshape the way you see your purpose or calling?

PRACTICAL SOLITUDE

If you'd like to, take some time to be in solitude and listen to God's voice for your life. Once this time is over, you can:

- Share with one another what you heard.
- Pray truth over each other where you are seeking God.

PRACTICAL APPLICATION

Being with Jesus—This week:

- Try and find some time to spend with God, in your own way.
- Write down what He said or how He moved (from Scripture or prayer).

Ask the Holy Spirit to help you find space to be alone with Him to spend quality time with Him.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Psalms 23:1-3, *"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name's sake."*

Let the group rest in that promise as you close together in prayer.

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WEEK 6: SCRIPTURE

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Scripture is God's living Word that transforms our minds and hearts. Scripture causes transformation as we let it permeate our day-to-day lifestyle. As we read, meditate on, and obey it, the Bible becomes more than information—it nourishes our soul, reveals truth, and equips us to live like Jesus. .

KEY VERSES

Look up theses additional verses:

Psalms 119:105 (NIV)

2 Timothy 3:16-17 (NIV)

DISCUSSION QUESTIONS

1

Living and Active Word

The Bible is not just an ancient text—it's living and active, shaping how we think, love, and act.

- a.** When you read a passage, what helps you move from *knowing* it to actually *living* it?

- b. Can you share a time when a specific verse actually changed how you handled a real situation?

2 Scripture Strengthens

Like food for the soul, Scripture strengthens and sustains us when we engage with it regularly.

- a. What happens to your spiritual life when Scripture reading becomes irregular or optional?
- b. What small, realistic rhythm could you add this week to keep God's Word feeding your heart?

3 Lamp for our Path

Psalms 119:105 describes God's Word as a lamp for our path—guiding decisions and next steps.

- a. Where in your life right now do you most need God's Word to light the way?
- b. What's one practical way you could invite Scripture into that decision or season?

4 Healthy Challenge

2 Timothy 3:16–17 reminds us that Scripture corrects, trains, and renews us so we look more like Jesus.

- a. Which part of Scripture's role—teaching, correcting, or training—do you find hardest to welcome?
- b. How might welcoming that hard part actually leads to growth you've been hoping for?

5 Different Perspectives

God forms us not only alone with the Bible but together as we read, discuss, and apply it

- a. How has hearing someone else's insight on a passage reshaped your understanding of it?
- b. What's one step you can take to bring Scripture into your friendships, family, or small group this week?

DIVE DEEPER

Personal Reflection: The world can be loud, often, trying to move us away from obeying Scripture, but God wants us to have a life that is thriving, even when it's difficult.

- Which everyday influences (culture, habits, friendships) are shaping you more than Scripture—and how can you re-center on God's voice?
- What's a practical first step you can take to let Scripture and healthy community sharpen you?

PRACTICAL APPLICATION

Jesus as our Foundation—Each day this week:

- Choose a book or chapter in Scripture to read daily.
- Write down how God has encouraged you to live (from Scripture or prayer)

Ask the Holy Spirit to help you see the ways Scripture is building us up and choose to live it out.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Hebrews 4:12 (NIV), *"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart."*

Let the group rest in that reminder as you close together in prayer.

NOTES

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FOLLOW ME

WEEK 7: SERVICE

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Scripture is God's living Word that transforms our minds and hearts. Scripture causes transformation as we let it permeate our day-to-day lifestyle. As we read, meditate on, and obey it, the Bible becomes more than information—it nourishes our soul, reveals truth, and equips us to live like Jesus.

KEY VERSES

Look up these additional verses:

Matthew 5:14-16 (NIV)

Mark 10:35-45 (NIV)

John 13:12-17 (NIV)

Ephesians 2:4-9 (NIV)

DISCUSSION QUESTIONS

1 Light of the World

In **Matthew 5:14-16**, Jesus says we are the light of the world and we must let our light shine in such a way for people to see and glorify God.

- a. What do you think Jesus meant by being a *light*? What are some ways we could do this, even in the day-to-day?
- b. How might letting your light shine in ordinary moments—like conversations at work, caring for family, or helping a neighbor—help people see Jesus more clearly?

2 Jesus' Lens

In **John 13**, Jesus washed His disciples' feet, which reversed the social hierarchy.

- a. What was the point of Jesus washing His disciples' feet? How does this act affect us here today?
- b. Jesus chose radical humility. How can we choose to love and care for people with radical humility?

3 Saved by Grace, Not Works

Ephesians 2:4-10 says because His love, we are saved by grace freely, not saved by works. Being made alive in Christ, we have to live like Jesus.

- a. How does remembering God's love and grace align us with His heart to serve others?
- b. How can we stay in constant remembrance of God's love on our lives, as a reminder of how we should live personally and towards others?

4 Radical Lifestyle

Jesus' life was radical and different: He welcomed the outcast, spent time with people of low reputation, and laid down His life for everyone.

- a. How did Jesus' heart for people look past the reputation they carried? Why is this unique and important for us?

- b.** How could we start living in a way that is like the heart of Jesus, laying aside reputation and accept Jesus' love for people?

5

Loving People Like Jesus

Service isn't just an occasional project—it's a day-to-day lifestyle so others might have the chance to know Him more through us.

- a.** What does serving day-to-day look like?
- b.** What are some ways we can serve those around us like family, friends, those in need, people we work with, etc.?

DIVE DEEPER

Personal Reflection: It's easy to make serving small in our hearts due to discomfort, time, or not knowing how, but God doesn't want us to complicate it, instead to just go and love people.

- In what ways might we have made serving insignificant in our hearts?
- How does Jesus view people, that we must take care of them, rather than put them aside?

PRACTICAL APPLICATION

Caring Presence—This week:

- Be vigilant to serve someone else (opening a door, giving a sweater away, praying, feeding another...).
- Write down how this moment affected you or the person served.

Ask the Holy Spirit to help you see through His eyes and how to care for people.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Philippians 2:3 (NIV), *"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*

Let the group rest in that encouragement as you close together in prayer.

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Prayer Requests

Note your prayer requests and fellow small group members' prayer requests here and pray for one another throughout the week.

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