



Following JESUS

LEADER'S NOTES

Week 1

QUESTION 1

This week, we began a new sermon series on following Jesus. Question one very simply asks your group what they think it means to follow Jesus. You should take some time before the group and prepare by having your personal answer ready. Following Jesus may mean remembering that our faith is meant to be active, not passive. It means seeking Him first above all else in our lives. It also means taking up our cross, denying ourselves, and choosing to prioritize Him daily.

In the sermon this weekend, I outlined several principles of following Jesus. Each of the following four questions deals with one of those principles.

QUESTION 2

John 10:27 introduces the first principle of following Jesus: **He leads; we listen**. This question allows your group members to share a time in their lives when they felt Jesus was leading them, and they listened. I suggest you use this question to build relationships among your group members as they openly share their experiences of hearing Jesus speak and following His lead.

QUESTION 3

John 14:27 introduces the second principle of following Jesus: **His pace leads to peace**. This section mainly focuses on the pace of life. Before exploring this topic, I recommend that you reflect on the pace of your own life. This question is especially relevant in our modern world. One of the key questions is whether Jesus is calling your group members to change their pace. If the group agrees, you should then facilitate a discussion about how someone might adjust their pace of life.

Here are some suggestions that might be helpful:

- Practice Intentional Stillness: Combat a hectic, "hurry-sickness" culture by incorporating silence and journaling to reconnect with God.
- Embrace Sabbath Rest: Actively schedule regular downtime to rest, recognizing that it is an act of trust in God's providence rather than relying on one's own efforts.
- Shift to "Better" Rather Than "More": Focus on quality over quantity in daily activities, choosing to run "fewer but better races".
- Leverage Community Accountability: allow your small group to help navigate, maintain, and support a slower, more intentional, and God-focused lifestyle.
- Cultivate Gratitude: Regularly practicing thankfulness helps slow the heart and mind, aligning them with God's peace.

QUESTION 4

The third principle of following Jesus: **He leads us to a purposeful destination.** If we follow Jesus, we can be assured He is taking us to a purposeful destination. In this question, I also suggest some possible destinations; one is a season of healing from past wounds. Another possible destination is a new opportunity to serve and impact others' lives. This question gives a second opportunity for your group members to share their experiences following Jesus.

QUESTION 5

The fourth principle of following Jesus reminds us that it requires **continual repentance.** This last question addresses the concept of repentance and how following Jesus demands that we surrender to Him every day.