



spiritual adult

# DISCIPLE ME

## TRACK 1: DISCOVERING YOUR GIFTS

EVERY PART

### ICEBREAKER: SUPER TEAM

Let's start this conversation by thinking about the greatest team ever assembled. There have been so many amazing teams in history, but in your opinion, what has been the greatest team ever? This could be a sports dynasty, a superhero squad, a real-life group, a movie crew, or even a made-up team. Who was on the team? What role did each person play? And what made this team so effective together - not just talented individuals, but a group that worked as one?

### STUDY: NO ONE WINS ALONE

Every great team has this in common: **no one wins alone**. It's never just about having the most talent - it's about how the pieces fit together. The moment one person tries to do everything, or another decides their role doesn't matter, the whole team starts to break down. But when each person embraces their role and shows up fully, something bigger than any individual begins to form.

That same idea is at the heart of how God designed His church. Scripture doesn't describe us as an audience or a collection of stars - it calls us a body, made up of different parts that are meant to work together. And just like a great team, growth doesn't happen by accident. It happens when everyone plays their part.

### READ Ephesians 4:15-16

- According to this passage, where does growth come from?
- What happens to the body when *one part* doesn't do its work?

### ACTIVITY: DISCOVERING YOUR ROLE

Take a few moments to read through the following passages below. As you read, pay attention to what stands out and begin to reflect honestly. Which gifts resonate most with you? Which ones have others already noticed or affirmed in your life? And which gifts seem to show up naturally when you're helping or serving others? Circle, underline, or jot down notes as you go - this isn't about labeling yourself perfectly, but about noticing the patterns God may already be revealing.

Romans 12:6-8

1 Corinthians 12:8-11

1 Corinthians 12:28-30

Ephesians 4:11-12

Take the next step and dig a little deeper into the gifts God may have placed within you. The passages you've read offer a starting point, but clarity often comes as you slow down, reflect, and explore how God has uniquely shaped you.

Use the **QR code to the right** to access a simple resource that explains the spiritual gifts in more detail and helps you identify where your strengths and passions align. As you explore, pay attention not just to what sounds interesting, but to what has consistently shown up in your life as you serve and care for others.



- Based on the Scriptures you've read and the spiritual gifts resource, which gifts do you sense may be strongest in your life right now?
- What do people often come to you for help with, encouragement in, or guidance about?
- When you serve, what feels life-giving rather than draining?
- Which moments in your life have produced the most fruit for others - and what gifts were likely at work there?

## **STUDY: THE BODY**

In Ephesians 4, we're reminded that the church grows and stays healthy only when *every part does its work*. God didn't give gifts at random - He gave them with a body in mind, real people to love, and real needs to meet. When gifts stay unused, the body feels it. When they're activated, the church is strengthened and the mission moves forward. This step is about lifting our eyes beyond self-discovery and asking where God may be inviting us to serve so that the whole body can grow in love.

- Where do you see real needs in our church or community right now?
- What kinds of gifts would help meet those needs if they were fully activated?
- Where might God be nudging you to use what He's already given you?
- What could change if more people leaned into their role instead of waiting for someone else to step in?

## **CHALLENGE: GIFT ACTIVATION**

This week, take one intentional step to move from awareness to action. If you're **already serving** in a ministry, reach out to the leader of that area and ask a simple but important question: *How can I better align my gifts with the current needs of this ministry?* Listen closely and be open to adjusting where or how you serve so your impact can grow. If you're **not currently serving** anywhere, reach out to a church staff member and let them know you're ready to get connected. Share where you believe your strengths and gifts are, and ask where those might best serve the needs of the church right now.