

### 3. Revival- Living Fully Alive

Living fully alive comes about when we hear Jesus say, “Come, Follow Me.” and we put down the ways we thought would enliven us for the ways that actually invigorate our soul...ways that revive us to who we really are and who we were created to be.

New years often begin with resolutions. They last a little while, but we know most are forgotten by February. Living fully alive is not a New Year’s resolution. It is a daily choice, a life-long training, that prepares you as a follower of Jesus.

*Have you ever attempted some spiritual practice, like bible reading, prayer or fasting, and given up when you failed to be consistent? Rather than being discouraged, what if you saw each success as a step on the journey that led you closer to Jesus. What is the first practice you would like to see in your life to follow Jesus more closely?*

Let God’s love motivate you to begin that practice today.

#### WRAP-UP

Living fully alive doesn’t come about by simply obeying or feeling obligated to do what Jesus commanded. Living fully alive comes about when we recognize that Jesus is inviting us to live in a more beautiful way. That we have an opportunity to take off the blinders of sin, false hope, and bankrupt promises offered by this world and live into a deeper, richer, more beautiful reality. When we are loved by Jesus, shaped by Jesus and doing what Jesus did, then we have truly responded to Jesus’ invitation of “Come, follow me!”

#### Memory Verse

*Then, calling the crowd to join his disciples, he said, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. - Mark 8:34 NLT*

#### PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: \_\_\_\_\_

Pray for your group members’ needs: \_\_\_\_\_

*Challenge- Find a trusted friend to support you in your spiritual practices. Pray together and celebrate your victories along the way.*

## “Come, Follow Me!”

### Rhythms and Revival #1

#### INTRODUCTION

If you were asked “Are you a Christian?” chances are pretty good that you would answer, “Yes!”. But if you were asked if you consider yourself a disciple of Jesus, you might pause and ponder what that really means. In the first century becoming a disciple was a major commitment. Children studied and memorized God’s word from an early age. The best students continued their studies even further. But only a select few actually became a disciple, or apprentice to their Rabbi. Their goal was not only to follow their Rabbi closely, but to become like him and eventually become a Rabbi themselves. That was what it meant to be a follower. So, what does it mean for us to be followers of Jesus?

#### Ice Breaker

Do you have a favorite athlete, musician or entertainer that you follow closely?

#### Key Passage

*Luke 5:1-11 NLT - 1 One day as Jesus was preaching on the shore of the Sea of Galilee, great crowds pressed in on him to listen to the word of God. 2 He noticed two empty boats at the water's edge, for the fishermen had left them and were washing their nets. 3 Stepping into one of the boats, Jesus asked Simon, its owner, to push it out into the water. So he sat in the boat and taught the crowds from there. 4 When he had finished speaking, he said to Simon, "Now go out where it is deeper, and let down your nets to catch some fish." 5 "Master," Simon replied, "we worked hard all last night and didn't catch a thing. But if you say so, I'll let the nets down again." 6 And this time their nets were so full of fish they began to tear! 7 A shout for help brought their partners in the other boat, and soon both boats were filled with fish and on the verge of sinking. 8 When Simon Peter realized what had happened, he fell to his knees before Jesus and said, "Oh, Lord, please leave me--I'm too much of a sinner to be around you." 9 For he was awestruck by the number of fish they had caught, as were the others with him. 10 His partners, James and John, the sons of Zebedee, were also amazed. Jesus replied to Simon, "Don't be afraid! From now on you'll be fishing for people!" 11 And as soon as they landed, they left everything and followed Jesus.*

## STUDY QUESTIONS

### 1. The Heart of Discipleship

What does it mean to be a disciple of Jesus? At New Life we summarize it this way: to be loved by Jesus, shaped by Jesus and do what Jesus did. But these are not independent of one another. Jesus gives us some insight into their relationship in John chapter 15.

*John 15:5, 8-10 NLT - 5 "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. ... 8 When you produce much fruit, you are my true disciples. This brings great glory to my Father. 9 "I have loved you even as the Father has loved me. Remain in my love. 10 When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love.*

#### Loved by Jesus

This passage tells us a very important truth. "I have loved you even as the Father has loved me." We did nothing to earn it and we can do nothing to diminish it. Complete and unconditional love is ours. And Jesus wants us to experience and respond to that love.

*According to v. 10, how do we remain in Jesus' love?*

Jesus draws a parallel between how He obeys the Father's commandments and how we are to obey His commandments.

*What do you believe motivates Jesus to obey God's commandments? What is our motivation to obey?*

#### Shaped by Jesus

*How do we know we are Jesus' disciples (v.8)? In v. 5 what are we told it takes to produce much fruit?*

The fruit we produce for God's kingdom is only possible when we "remain in" Jesus. The more closely we draw to Jesus the more He shapes us. That requires action on our part. We choose each day to spend time connecting to Jesus through the rhythms and practices of our lives.

*What are the ways are you currently connecting to Jesus?*

### Do what Jesus did

*Matthew 7:24-29 NLT - 24 "Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. 25 Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. 26 But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. 27 When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash." 28 When Jesus had finished saying these things, the crowds were amazed at his teaching, 29 for he taught with real authority-- quite unlike their teachers of religious law.*

*If we listen to Jesus' teaching yet remain unchanged, what does Matthew 7:26 call us? What should we do if we are wise?*

### 2. The Cost of Discipleship

*Mark 8:34-35 NLT - 34 Then, calling the crowd to join his disciples, he said, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. 35 If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it.*

Jesus doesn't "sugar-coat" what he asks of us here. Following Jesus will cost us our lives. He calls us to turn from selfish ways. Maybe you don't consider yourself to be a selfish person. But most of us have pursued happiness by defining what is right and wrong based on our own definitions. Unfortunately, we don't always get it right.

*Can you think of a decision you thought was right and would bring you happiness but that ultimately failed? Have you ever felt prompted by God to do something selfless that appeared to make no sense, but doing it brought you immense joy and satisfaction?*

When we choose to give ourselves for the sake of others, we taste the kingdom of God, and it is good. Don't miss the blessing of selflessness.