

SESSION

1

SERIES ONE: DISCIPLESHIP AND NEW LIFE

A Brand New Start



Ready, Set, Grow!

When we look at a plant or a tree and how it grows, we see that it starts with a SEED that is planted in the ground. Our growth as disciples of Jesus also starts with a SEED. That seed is the Word of God, which we plant in our hearts (see Psalm 119:11).

When we talk of God’s Word being a SEED, we can use the letters SEED to stand for something really special: **S**piritual **E**lements **E**ssential for **D**iscipleship.

S—Spiritual

E—Elements (ingredients)

E—Essential (things that are really necessary or needed)

D—Discipleship (being followers of Jesus in our words and actions)

***Plant Activity:** Gather materials to plant your bean sprout seedling project. Follow your teacher’s instructions in class.



The SEED

John 3:16

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”



Words to Know

Devotion: worship in which we express our love and praise for God through songs and prayers; sharing with others what God means to us and what He has done for us.

Disciple: a follower or a student of a certain teacher or a particular teaching.

Discipline: training in order to develop self-control; using punishment to correct behavior.

Grow/Growth: a natural development by increasing in size and changing physically; progressing to maturity.



Cultivating the Ground

Where do we have *devotion* sessions? We can have them at home or at church. We can be alone or with others. Devotion is a way to help us focus on God as we start our day, and to ask God to help us through the day.

Let us sing the song “Jesus Loves Me” and then have prayer. Remember that *prayer* is communication (talking) with God.

Planting the SEED

When you hear the word *discipline*, what is the first thing that comes to mind? Did you know that one of the definitions for the word *discipline* is “to teach or to get training for self-control”? The word *disciple* is related to the word *discipline*. A *disciple* is someone who follows a certain teaching, or a certain teacher.

Jesus had disciples, or people who followed Him. To follow Jesus means that a person has to behave like Jesus did in his or her actions.

How does someone become a disciple of Jesus? To become disciples we must be saved. We must accept Jesus Christ as our Lord and Savior. The Bible tells us that God loved us so much





that He sent His one and only Son, so that everyone who believes in Him will not perish, but have eternal life (see John 3:16).

A person must admit that he or she is a sinner, which means that the person has tried to live a life without God. This sinful life would have led to death for all eternity. Then, a person must believe that Jesus died for his or her sins, and rose again from the grave. The person must then ask Jesus to come into his or her life. When

a person believes this, he or she will be saved and become a disciple of Jesus Christ.

Resources for the SEED

THE ROMAN ROAD
Romans 3:23; 5:8; 6:23; 10:9

All have sinned and fall short of the glory of God. **(Romans 3:23)**

.....

God demonstrates his own love for us in this: While we were still sinners, Christ died for us. **(Romans 5:8)**

.....

The wages of sin is death, but the gift of God is eternal life in Christ Jesus. **(Romans 6:23)**

.....

If you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. **(Romans 10:9)**

Nurturing the SEED

In order to follow Jesus Christ more closely, we must grow. To *grow* means "to increase in size, to change, and to develop." Now that we have planted the bean sprout seedling, we will be tracking the *growth* and changes over the next few weeks as our souls are growing closer to God's Word.

Do not forget that holding devotionals and prayer time with God—starting the day with prayer and a Bible verse—will help you grow in Christ.

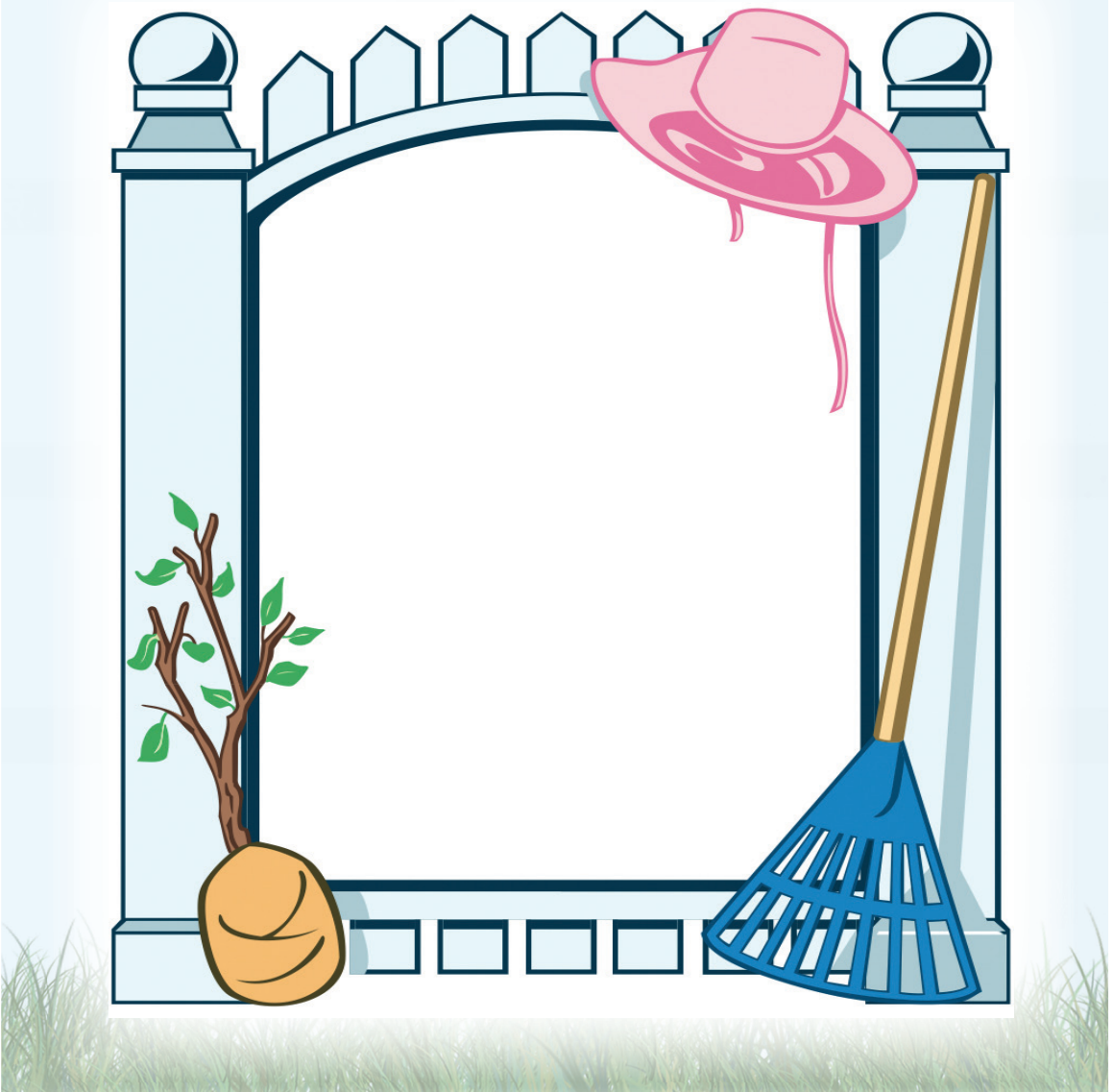
Fruit from the SEED

Once the SEED is planted and nurtured in our hearts, what kind of growth/fruit should we see in our lives?

Engage in a discussion about spiritual changes: being kind to others, listening to parents and teachers; sharing; not being jealous; doing our best in school; helping others; inviting others to Sunday school; and looking for opportunities to tell others about Jesus.

*Growth Activity 1

Draw pictures of trees in the space below and find information on the purpose of roots.



***Growth Activity 2**

List healthy foods and how these foods affect your body. Next, discuss and write what would happen if you only ate candy or only drank soda versus eating healthy foods—like fruits and vegetables or lean meats.

Healthy Foods

Unhealthy Foods

***Word Search 1**

Find the following key words from the “**Words to Know**” section and Scripture references in the puzzle.

DEVOTION

DISCIPLE

ETERNAL

GROWTH

LOVE

SINNERS

E T E R N A L S

A B C O E U Q I

D E V O T I O N

X S J H F M O N

D I S C I P L E

G R O W T H L R

P L O V E Z I S

Harvesting Time

Opportunities for Growth spurts, Pruning, and Maturing

Once the SEED (or Word of God) has been planted in our hearts, what kinds of growth or changes should we see in our lives? Discuss with your classmates.

Read/discuss the SEED (John 3:16) along with the “Roman Road” passages (Romans 3:23; 5:8; 6:23; 10:9).

- *John 3:16*—God loved us so much that He sent His very best for us—JESUS.
- *Romans 3:23*—No matter how old or how young we are, we have all done something wrong and disappointed God.

Read the rest of the Roman Road passages (see page 7) and discuss what they mean with your classmates.

To be a disciple of Jesus is to be a Christian. Are any of you Christians? If you are, what helped you to make those decisions? For those who are not Christians, what will help you to make the choice to be one?

Digging Deeper



Continue to develop your devotional time with God each morning before you start your day. End your day in prayer at night by talking to God about your day's experiences. Remember to commit to memory the SEED verse for this lesson and be ready to recite your verse at the next class session. Congratulations—as you are growing in Jesus Christ and digging deeper into God's Word!

Closing

Father, we thank You for Your gift of salvation, and that we have the opportunity to learn about Jesus Christ and be His disciples. Help us as we grow in Your Word. In the name of Jesus we pray. Amen.

