

Thank you for downloading the FREE SAMPLE of **DNowStudies** 4-session Bible Study, *Act.Love.Walk: Micah 6:8*.

Act.Love.Walk is an amazing resource for your DNow or Retreat weekend. By leading your student through this study, you'll not only challenge them to live out their faith in a powerful way, you'll equip them to do it long after your event is over.

Before jumping into this sample, make sure you check out all the amazing features that **DNowStudies** puts at your fingertips. There really is nothing else like it anywhere...

What You'll Find In This Sample

- >>A Sample of a Small Group Lesson Plan
- >>A Sample of the Student Book
- >>A short version of the Act.Love.Walk Overviews

Of course each of these components, and dozens more, are available to your teachers through their Online Lesson Manager. But this PDF will simply give you an idea of the main content of Act.Love.Walk.

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Or, give us a call at 1-877-502-0699

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Did you know that Small Group Content is just one of the many components you have access to with the purchase of a **DNow** study?

DNowStudies gives you the resources you need to create transformational DNow or Retreat Weekends. Take a look at what's included in your purchase of Act.Love.Walk.

- Large Group Speaker Outlines
- Large Group Videos
- Large Group Motion Background/Loop
- Large Group PowerPoint Slides
- Promotional Tools: Web Banner/Poster Files
- Promotional Tools: Promo Video
- Parent Resources

Throw in built-in **Tools and Training** for you and ALL your leaders, a streamlined **Teacher Management** tool, and of course your **Small Group Lesson Plans** and you begin to see how **DNowStudies** really can help make your Disciple Now and/or Retreat Weekend exceptional.



HOW TO USE THIS RESOURCE

GOAL: The goal of this lesson is twofold:

- 1. This small group lesson is designed to help you and your students go deeper into what it means to act justly. As they learned in the large group talk, unjust actions typically come from a selfish perspective. When we think only about ourselves, we don't care about the harm we do to others. But when we reorient our lives to think of others first, we are able to share God's justice through our actions.
- 2. It is also designed to make it easy for you to facilitate and teach students about the shift in perspective from a me-centered life to an others-centered life. That is why the Small Group Leader Guide is packed with easy-to-use instructions, timeframes, and questions that promote thinking and draw out real responses.

WHAT YOU WILL NEED:

- A copy of the Facilitator's Guide for you and any other facilitators.
- A Student Book for each participant.
- Be sure to check out the Live It Out section ahead of time to prepare: enough paper plates for each team of three students to have four plates; a black marker.

TEACHER PREP VIDEO:

Don't forget to take a minute and watch the teacher prep video found in your DNow Studies account. It's a short video that will take you through some of the need-to-knows before you dive into this lesson with students.



The Small Group Leader Guide contains everything in the Student Guide, plus some additional material. This table outlines the parts of each lesson and provides an approximate timeframe that you can adapt to meet the needs of your group.

Lesson Outline	Included in Facilitator's Guide	Included in Student Guide	Approximate Timeframe
Large Talk Review with Opening Questions		Yes	3-5 minutes
A Second Look Another example of acting justly in everyday life—followed by discussion questions.	Yes	Yes	10–15 minutes
A Little Deeper Dig into Bible passages that were not in the Large Group Talk. See what else Scripture says about this.	Yes	Yes	15-20 minutes
Live it out An experiential activity to help students reinforce and internalize the lesson—followed by discussion questions.	Yes		10–15 minutes
Apply it A practical application for students to do this week.	Yes	Yes	2–3 minutes
Student Devotional A short devotional for students to do on their own.		Yes	



THE FIRST MEETING

Since this is the first meeting together for this event, take the time to lay the foundations for the whole event.

- If your students don't know each other, cover introductions and consider an icebreaker (see leadertreks.com/freebies for several icebreaker and team building activities).
- Be sure to cover the schedule and ground rules for the event, especially if you are staying at a host home.
- Tell students why you are here. You are probably sacrificing some time and comfort to be a small group teacher and, chances are, it's worth it! Let students know why you care so much about them and why you want to invest in them to help them grow. Tell students why you think they're great and why it's worth it for you to be a small group leader this weekend!

LARGE GROUP TALK REVIEW

Take a minute to review what students just learned in the Large Group talk. Have them pull out their notes, and ask them to share what their answers were for the two questions found on page 4 of the Student Book. Consider having students share their answers with a partner, and then ask for two or three volunteers who might want to share with the whole group.



A SECOND LOOK

Read this story together as a group and answer the following questions, found on page 5 of the Student Book.

Richard Proudfit, a businessman from Minnesota, visited Honduras in 1987. During his time there, he was shocked to see the number of children who were starving. Everywhere he turned he saw men, women, and children dying because they had nothing to eat. Instead of going home with powerful memories and an incredible story, this man chose to do something about it. He used the power God had given him to focus on others instead of himself.

When he got back home, Richard began researching ways to send healthy meals to starving kids throughout the world. But not every kind of food would help. He worked with food scientists to devise a formula that would nurse malnourished children back to health slowly and consistently. Richard founded the Christian organization Feed My Starving Children. Each meal they prepare costs only 17 cents, yet has enough nutrients for a whole day's work.

In 2008 Feed My Starving Children provided more than 73 million meals to hungry children throughout the world. Think about that—who knows how many lives those meals saved? Clearly, this man understood what it means to act justly. He understood that his heart's desire for God's kingdom should echo through his actions, and he used his skills and influence to do just that. Richard took seriously Jesus' words to heal the sick and feed the hungry, and he did it out of his love for God.



Discuss:

Side Note: Be sure to say a positive or encouraging comment after students share: "Thanks for saying that," "Good insight," "I think we've all felt that way," or "I've never thought of it like that." If you let silence take over after a student shares, it can change the tempo of the discussion and prevent students from sharing any more. Stay upbeat, nod at them, and smile. It can change the whole atmosphere of each small group time.

- What power and influence do you think Richard had before traveling to Honduras?
- Could Richard have used that power to only help himself? How?
- What made Richard decide to use his influence to help the starving people of Honduras?
- Do you remember the places of influence you thought about during the large group talk? What were they?
- How could you use that influence to bring God's justice to someone who needs it?



A LITTLE DEEPER

In this section, you'll take a look at several Bible passages, and students will answer questions. The Background Notes below will give you a little more insight into the confusing parts of these passages. As students share, remember to listen deeply. Don't be afraid to ask second-level questions.

Read each Bible passage and answer the questions found in the Student Book on page 7:

Luke 16:10–11: Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?

Background Note: This passage is all about what we do with the influence God gives us. Jesus says this right after telling the Parable of the Shrewd Manager (Luke 16:1–9). In this story, a money manager is about to be fired. Realizing he has nothing to lose, he gives his employer's debtors huge discounts on their loans so they might help him out after he's fired. Even though this loses his current employer a great deal of money, the employer has to admit that the money manager acted shrewdly. It's a difficult story to understand, because it seems like Jesus is praising a dishonest man. But as Jesus makes clear in his follow up, the true point of the story is that short-term wealth can be used to make a long-term investment. If this manager knew that temporary power was worthless compared to long-term friendships, how much more should God's people recognize the difference between the temporary and the eternal? Earthly power used to benefit ourselves is worthless in the long run, but if we use our earthly power to help others, we're making an eternal investment.

Discussion guestions found on page 7 of the Student Book.

Isaiah 3:14–15: The LORD enters into judgment against the elders and leaders of his people. "It is you who have ruined my vineyard; the plunder from the poor is in your houses. What do you mean by crushing my people and grinding the faces of the poor?" declares the Lord, the LORD Almighty.



Background Note: Throughout the Bible, God makes it clear that much is expected of those he puts in charge of others. Why? Because, as Jesus says in Luke 12:48, "From everyone who has been given much, much will be demanded." God cares deeply for his people, and leaders have the power to help or harm them, to influence them toward him or away from him. To those leaders who cause God's people to stumble, Jesus makes a chilling statement: "If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea" (Matt. 18:6). God takes the just treatment of his people very seriously.

Discussion guestions found on page 7 of the Student Book.

Proverbs 21:15: When justice is done, it brings joy to the righteous but terror to evildoers.

Background Note: Justice is a double-edged sword. The same people who cry out for justice to be done to their enemies one minute cry out for mercy for themselves the next. We all know Jonah as God's prophet who was swallowed by a giant fish, but his story is actually about justice and mercy. After Jonah disobeyed God by running from his calling, God showed him mercy by saving him from drowning. Jonah praised God for his mercy, saying, "You, LORD my God, brought my life up from the pit" (Jonah 2:6). Yet, when God showed mercy to the repentant people of Nineveh, Jonah couldn't accept it: "But to Jonah this seemed very wrong, and he became angry" (Jonah 4:1). When we act justly, not everyone will understand. Some may try to prevent us from fighting injustice (especially those who benefit from the injustice). But that's okay. As Jesus said, "You will be hated by everyone because of me, but the one who stands firm to the end will be saved" (Matt. 10:22).

Discussion questions found on page 7 of the Student Book.



LIVE IT OUT

Give and Take

What You'll Need: : Enough paper plates for each team of three students to have four plates; a black marker.

Prep: Before the lesson, prepare several stacks of paper plates. Each stack should be four plates tall. Each plate in a stack should have a large number written on it: 1, 2, 3, or 4. Stack the plates in numerical order with plate 1 on top and plate 4 on bottom. Make enough stacks for each team of three students to have a stack of four plates.

Divide students into groups of three. Give the oldest person on every team one stack of four paper plates.

Goal - Round 1: Get all four plates from the oldest person on the team to the youngest.

Rules:

- Take turns in order from oldest to the youngest.
- On your turn, you must either give or take (but not both) one plate.
 You can give to or take from anyone of your teammates.
- You must take your turn.
- You cannot talk to or touch anyone.



Students should keep taking turns until they accomplish the task (it shouldn't take long). When they are done, have them try it again with the added challenge in round 2.

Goal: Round 2: Get all four plates from the oldest person on the team to the youngest and make sure they are stacked 1-4 (1 on top and 4 on the bottom).

One added rule:

• You can only take a plate from the top of a stack and when you add a plate to your stack it must also go on top.

Leader's Note: For a greater challenge, tell students they can't make any hand motions or have them hide their current plates behind their backs so they have to remember who has which plates.

Debrief:

- What was hard about this activity?
- What did your team do to influence each other's decisions?
- What are some of the daily ways you influence other people's decisions?
- How can you use your influence to act justly so others will see that Christ is alive and at work in your life?



APPLY IT

Write down one way you can start acting justly. Think about something you can do within the next 24 hours!

Be specific:

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

Side Note: Whenever students make applications, challenge them to be specific. It's one thing to say, "I'm going to trust God more." The truth is, our students won't really know if they did this, or if they grew in trust over the week. It's another thing to say, "Every morning this week before I eat breakfast, I'm going to tell God that today is his and that I trust him, and I'm going to ask him to give me the strength to replace worries with trust." Challenge your students to answer the questions under the "Be Specific" section. You can even have them pair up, share their applications, and ask for accountability from their partner.

WHAT'S NEXT

Schedule: Be sure to let students know what's happening next in the schedule and what they need to do or bring with them.

Student Devotional: The Student Book contains a short devotional for students to do on their own. Make sure to point this out to students and let them know if and when this fits into the schedule of the weekend. The devotional that corresponds with this lesson is found on page 35.



THIS BOOK BELONGS TO:



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Welcome to act.love.walk.

Have you ever played a board game with your friends and made an amazing move, only for one of the other players to shout, "You can't do that. It's against the rules!" Professional football players run into the same problem. They've played according to one set of rules for years, but this season, one or more rules have changed. They make a big play and start to get excited. But when the whistle blows and the yellow flag flies, they're reminded that their play is no longer legal—the expectations have changed.

Life gets tough when we don't know what's expected of us. We have no way of navigating what we should and shouldn't be doing. Without expectations, we're like a delivery person who lost the address for a package. He knows he's supposed to deliver the package to someone, but he doesn't know where to go or who to give it to.

Thankfully, God doesn't leave us to wander through life without any directions. He's given us a set of expectations to show us clearly which paths will take us where we need to go. These expectations aren't arbitrary rules imposed on us just to make our lives harder. Just the opposite—God's expectations give our lives meaning and direction.

HERE ARE SOME THINGS YOU NEED TO KNOW AS YOU GO THROUGH THIS STUDY:

- **1. GOD WANTS TO CONNECT WITH YOU.** In fact, he's looking forward to it. But how ready are you to connect with him? As you go in and out of the sessions and devotional times, make sure you are willing to listen to him and learn from him. He promises that he will come near to you if you come near to him (James 4:8). Try it!
- **2.** WHAT YOU PUT INTO THIS STUDY IS WHAT YOU'LL GET OUT OF IT. There are people all around you who have spent a lot of time praying for you and getting ready to invest in you. You'll probably meet some new people, hear some new speakers, and get a chance to spend some quality time with God and with friends. Take advantage of it! Ask hard questions. Commit to being authentic and honest. God wants to use this time and these people in your life.

One important thing to note about God's expectations: they can't be faked. They have to start with serious heart transformation that only comes from knowing Jesus Christ. But we'll get to that in a minute. For now, let's look at what God expects from each of us. His expectations can be summed up by these three commands: act justly, love mercy, and walk humbly with God.

SESSION ONE



Have you ever heard the phrase "Justice is blind"? Or maybe you've seen a statue of Lady Justice, with balance scales in one hand, a sword in the other, and a blindfold over her eyes. Why is Lady Justice blindfolded? So she can stay unbiased and un-swayed by outward appearances. In other words, justice has to look past money, power, and identity. Laws must be enforced equally for politicians and janitors, celebrities and fast food workers.

In that sense, blind justice is important. But in another sense, justice can't be blind. God calls us to act justly in the world around us, and that means taking off the blindfolds that keep us from seeing the people in our lives. If we want to fight for justice, we first have to see—really see—the injustices all around us. We have to notice when someone is excluded because of the color of their skin, the level of their fitness, or the price of their clothes. We can't look the other way when an employee at a store or a server at a restaurant is treated poorly by a rude customer. We can't ignore the guy making inappropriate comments to demean a girl or the girl spreading untrue rumors about a guy. Justice isn't blind—it has to see things clearly.

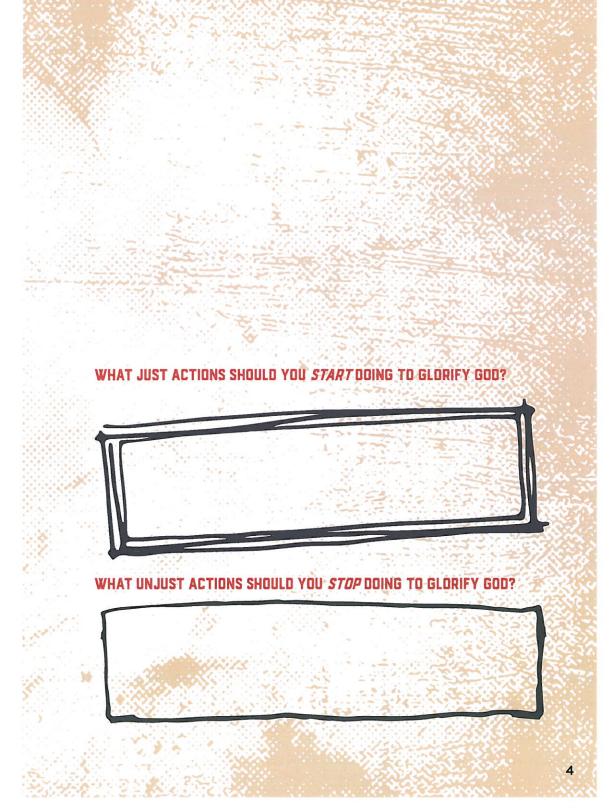
THIS LESSON WILL START TO UNRAVEL WHAT
IT MEANS TO ACT JUSTLY. OVER THE NEXT FEW
PAGES, YOU'LL HAVE A CHANCE TO DIG INTO
GOD'S VIEW OF JUSTICE AND OUR RESPONSE TO
THE INJUSTICES ALL AROUND US.

ARGE GROUP SESSION ONE

actiusty,

THESE TWO PAGES ARE DESIGNED SO YOU CAN TAKE NOTE OF ANYTHING THAT STANDS OUT TO YOU AND THAT YOU THINK IS WORTH REMEMBERING DURING THE LARGE GROUP TALK.

This talk will set the stage for the rest of the session. Consider writing down main points, quotes, Bible verses, and any questions that pop into your head.



actiusty,

Richard Proudfit, a businessman from Minnesota, visited Honduras in 1987. During his time there, he was shocked to see the number of children who were starving. Everywhere he turned he saw men, women, and children dying because they had nothing to eat. Instead of going home with powerful memories and an incredible story, this man chose to do something about it. He used the power God had given him to focus on others instead of himself.

When he got back home, Richard began researching ways to send healthy meals to starving kids throughout the world. But not every kind of food would help. He worked with food scientists to devise a formula that would nurse malnourished children back to health slowly and consistently. Richard founded the Christian organization Feed My Starving Children. Each meal they prepare costs only 17 cents, yet has enough nutrients for a whole day's work.

In 2008 Feed My Starving Children provided more than 73 million meals to hungry children throughout the world. Think about that—who knows how many lives those meals saved? Clearly, this man understood what it means to act justly. He understood that his heart's desire for God's kingdom should echo through his actions, and he used his skills and influence to do just that. Richard took seriously Jesus' words to heal the sick and feed the hungry, and he did it out of his love for God.

WHAT POWER AND INFLUENCE DO YOU THINK RICHARD HAD BEFORE TRAVELING TO HONDURAS?



COULD RICHARD HAVE USED THAT POWER TO ONLY HELP HIMSELF? HOW?



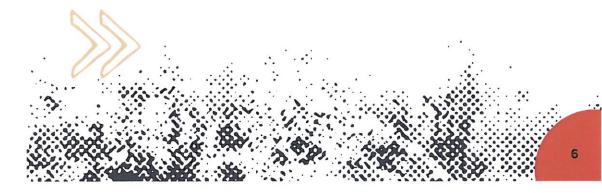
WHAT MADE RICHARD DECIDE TO USE HIS INFLUENCE TO HELP THE STARVING PEOPLE OF HONDURAS?



DO YOU REMEMBER THE PLACES OF INFLUENCE YOU THOUGHT ABOUT DURING THE LARGE GROUP TALK? WHAT WERE THEY?



HOW COULD YOU USE THAT INFLUENCE TO BRING GOD'S JUSTICE TO SOMEONE WHO NEEDS IT?



ALL GROUPS

A LITTLE DEEPER

Take a look at each of these Bible passages and get ready to talk through the following questions with your group.

LUKE 16:10-11

WHOEVER CAN BE TRUSTED WITH VERY LITTLE CAN ALSO BE TRUSTED WITH MUCH, AND WHOEVER IS DISHONEST WITH VERY LITTLE WILL ALSO BE DISHONEST WITH MUCH. SO IF YOU HAVE NOT BEEN TRUSTWORTHY IN HANDLING WORLDLY WEALTH, WHO WILL TRUST YOU WITH TRUE RICHES?

What are some of the things God has entrusted to you?

What do you think are the "true riches" Jesus is talking about here?

ISAIAH 3:14-15

THE LORD ENTERS INTO JUDGMENT AGAINST THE ELDERS AND LEADERS OF HIS PEOPLE: "IT IS YOU WHO HAVE RUINED MY VINEYARD; THE PLUNDER FROM THE POOR IS IN YOUR HOUSES. WHAT DO YOU MEAN BY CRUSHING MY PEOPLE AND GRINDING THE FACES OF THE POOR?" DECLARES THE LORD, THE LORD ALMIGHTY.

According to this passage, how does God feel about leaders who treat his people unjustly?

Why do you think God holds leaders to a higher expectation?

PROVERBS 21:15

WHEN JUSTICE IS DONE, IT BRINGS JOY TO THE RIGHTEOUS BUT TERROR TO EVILODERS.

What is one injustice you see over and over in your everyday life?

How would you feel if this injustice were righted? Do you know anyone who would be angry if the injustice ended?

APPLY IT

Write down one action you could take in your everyday life to bring God's justice to someone who needs it. Think about something you can do within the next 24 hours!



Be specific:

WHAT ARE YOU GOING TO DO?



WHEN ARE YOU GOING TO DO IT?



IS THERE SOMEONE WHO CAN KEEP YOU ACCOUNTABLE?

notes

Act.Love.Walk: Lesson Overviews

Act.Love.Walk: Micah 6:8

Life gets tough when we don't know what's expected of us. We have no way of navigating what we should and shouldn't be doing. Without expectations, we're like a delivery person who lost the address for a package. He knows he's supposed to deliver the package to someone, but he doesn't know where to go or who to give it to.

Thankfully, God doesn't leave us to wander through life without any directions. He has given us a set of expectations to show us clearly which paths will take us where we need to go. These expectations aren't arbitrary rules imposed on us just to make our lives harder. Quite the opposite—God's expectations exist to give our lives meaning and direction. One important thing to know about God's expectations: they can't be faked. They have to start with serious heart transformation that only comes from knowing Jesus Christ.

Micah 6:8 says, "He has showed you, O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

Act. Love. Walk. Three signs that we are being transformed from the inside out by Jesus. Three signs to point your students squarely in the direction that God wants them to go.

Small Group Outlines

Small Group Session 1

- Session Title: Act Justly
- Main Scripture Passages: Luke 16:10–11; Isaiah 3:14–15; Proverbs 21:15
- Session Overview: This session focuses on the first element of Micah 6:8: acting
 justly. Acting justly goes deeper than getting behind a cause or posting
 something on social media. It soaks into the ins and outs of daily life as a
 student, from how students position themselves in a group, to using words that
 lack exaggeration or manipulation. Students carry a lot of influence, and how
 they wield it determines how they can act justly.

Small Group Session 2

- Session Title: Love Mercy
- Main Scripture Passages: Ephesians 2:4–5; Romans 12:1; Matthew 6:14
- Session Overview: Mercy is one of those things that are easy to identify but hard
 to do. In this session, students will learn what it means to love mercy—to keep it
 with them at all times and to let it define their reactions. Students will also take a
 look into the supply closet of mercy that comes from the abundant mercy that
 God has given them. Students will then be confronted with the mercy-free zones
 in their lives and how they can love mercy enough to bring it into those places.

Act.Love.Walk: Lesson Overviews

Small Group Session 3

- Session Title: Walk Humbly
- Main Scripture Passages: Proverbs 3:5–6; John 8:12; 2 Chronicles 7:14
- Session Overview: This session focuses on what it looks like to walk with God, to fall into step with our Creator. It requires a great deal of humility to walk his way and not our own in the first place, but it also grows our humility once we've started. Walking with God means following the journey of life beside him. It means we know how to connect with him and communicate with him. Through that process, we get a glimpse of who God is, giving us a whole new perspective on ourselves—a humbling one.

Small Group Session 4

- Session Title: Know Jesus
- Main Scripture Passages: Romans 7:18b-19; Philippians 2:1-4; Matthew 5:7
- Session Overview: This is the fourth lesson in this series, and it directly connects
 the words and life of Jesus to the prophetic command in Micah 6:8 to do justice,
 love mercy, and walk humbly with God. Jesus is the perfect model of Micah 6:8,
 but more than that, he's the one who enables us to follow through on those
 commands by transforming us from the inside out.

Large Group Outlines

Large Group Session 1: Micah 3:1-3; Micah 2:1-2; Micah 6:11-12

Large Group Session 2: Hosea 6:6; Matthew 9:11–13; James 2:8–9, 12–13 Large Group Session 3: Isaiah 40:25–26; Psalm 139:16–18; Philippians 3:7–8

Large Group Session 4: Matthew 23:23–24

Student Book Devotional Outlines

Devotion 1: Matthew 27:15–26 Devotion 2: Matthew 18:21–35 Devotion 3: Mark 10:35–45 Devotion 4: Matthew 23:25–28