

SAMPLE



Thank you for downloading this **FREE SAMPLE** of the **DNowStudies** 4-session Bible Study, **BRAVE.**

Brave 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 *Brave* Overviews

Of course each of these components, and dozens more, are available to your teachers through their Online Lesson Manager. This PDF simply gives you an idea of the main content of *Brave*.

If you have questions, email us at dnow@leadertreks.com.
Or, give us a call at **1-877-502-0699**.



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 **Brave**.

- 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 Videos
- 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.

ALSO AVAILABLE:

Student Resources to Complete Your Event



Student Books

Biblically-solid and creative—perfect for students to stay engaged during your event.

Soft T-Shirts

Themed to complete your event.

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4 weeks of interactive content to keep students growing beyond the event.



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BRAVE

COURAGE IN THE FACE OF FEAR

What are you afraid of?

Many of us have fears, whether or not we like to admit it. Spiders, heights, public speaking, snakes, death, public humiliation, rejection, being alone, sharks, losing your phone—the list of fears could go on and on. So in a world where it's easy to worry and give in to fear, how can we live courageously for Christ?

Thankfully, God doesn't leave us to figure that out alone. He strengthens us to be brave. When we choose bravery, we humbly admit our need for Christ, confess our sin, boldly obey Jesus even when it seems risky, and tell others how Jesus offers salvation to everyone. There will be times when we'll want to give in to fear. But Jesus calls us to be brave!

That's what this DNow event is all about: **learning to courageously follow Christ no matter what.**

SMALL GROUP OVERVIEW

Small Group Session 1

- **Session Title:** Do You Have What it Takes?
- **Main Scripture Passages:** Ephesians 2:1, 4–5; Romans 10:9–10; Romans 1:16a
- **Session Overview:** The goal of this session is to help you and your students understand the Good News that Jesus lived a perfect life, bore our sins and God's wrath on the cross, died, and then rose again so those who put their faith in him can be right with God forever. Students will reflect on their need for Jesus and where they put their faith.

Small Group Session 2

- **Session Title:** Be Honest
- **Main Scripture Passages:** 1 John 1:8–10; James 5:16; Proverbs 28:13–14
- **Session Overview:** The goal of this session is to help you and your students understand the value of bravely confessing our sin to the Lord and to other trusted believers. Students will reflect on what lie they tend to believe most when it comes to their sin and how they can actively turn away from their sin.

BRAVE

COURAGE IN THE FACE OF FEAR

Small Group Session 3

- **Session Title:** Be All-In
- **Main Scripture Passages:** Galatians 1:10; Luke 10:27; James 1:25
- **Session Overview:** The goal of this session is to help you and your students see how God equips Christ-followers to brave-ly obey him even in a world that is against God and those who follow him. Students will continue to evaluate their willingness to be all-in and follow Christ.

Small Group Session 4

- **Session Title:** Be Fearless
- **Main Scripture Passages:** 1 Corinthians 15:58; Philippians 4:13; Isaiah 41:10
- **Session Overview:** The goal of this session is to help you and your students understand see God's heart in expanding his Kingdom and that we have a part to bravely play in being a light to the nations. Students will consider how they have courageously shared the Good News with others in the past, as well as brainstorm ways they can challenge themselves to grow in this area.

LARGE GROUP OVERVIEW

Large Group Session 1: Genesis 3

Large Group Session 2: Psalm 51

Large Group Session 3: Luke 1:26-38

Large Group Session 4: Acts 9:1-31

STUDENT BOOK DEVOTIONAL OVERVIEW

Devotional 1: Romans 6:20-23

Devotional 2: Luke 18:9-14

Devotional 3: Numbers 13:1-2, 17-33; 14:20-25

Devotional 4: 1 Peter 3:13-17



SESSION 1: DO YOU HAVE WHAT IT TAKES?

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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 understand the Good News that Jesus lived a perfect life, bore our sins and God's wrath on the cross, died, and then rose again so those who put their faith in him can be right with God forever.* Students will reflect on their need for Jesus and where they put their faith.
2. *It is also designed to make it easy for you to facilitate and teach students.* 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 Small Group Leader 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. You'll need:
 - A large, clear glass filled halfway with water; food coloring (different colors); household bleach; eye dropper (or teaspoon)
 - optional: safety equipment (gloves, goggles)

Leader's Note: Remember to use appropriate caution when using chemicals. Have an adult handle the bleach. Make sure you work in a ventilated area, have access to clean water or a sink in case the bleach comes into contact with skin, and remember to dispose of the used liquids safely.

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.

WHAT'S INCLUDED: SMALL GROUP LEADER GUIDE OR STUDENT BOOK

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 Elements (and brief description)	Included in Small Group Leader Guide	Included in Student Book	Approximate Timeframe
LARGE GROUP TALK REVIEW W/OPENING QUESTIONS Recap the teaching. Get discussion going by sharing answers from the end of the Large Group Talk.	✓	✓	3–5 minutes
A SECOND LOOK A look at living bravely for Christ in current, everyday life—followed by discussion questions.	✓	✓	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 topic.	✓	✓ (w/discussion questions)	10–15 minutes
LIVE IT OUT An experiential activity to help students reinforce and internalize the lesson— followed by discussion questions.	✓		15–20 minutes
APPLY IT A practical application for students to do this week.	✓	✓	2–3 minutes
STUDENT DEVOTIONAL A short devotional for students to do on their own.		✓	

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Small Group Session One

DO YOU HAVE WHAT IT TAKES?**THE FIRST MEETING**

Since this is the first small group meeting for this event, take the time to lay the foundation for the whole event.

- If your students don't know each other, cover introductions and consider an icebreaker (see leadertreks.org/freebies for several icebreaker and team-building activities).
- Make 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 leader 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 (see below). 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.

Question 1: How does it make you feel that all of humanity is affected by sin because of Adam?

Question 2: In what ways have you seen and felt the effects of sin in your life in the past or even in the present?

A SECOND LOOK

Read this story together and answer the following questions, found on **page 6** of the Student Book.

There is a children's book called *The Priest with Dirty Clothes*¹, and it beautifully illustrates how Jesus gives his children his righteousness so they can stand before God. In the story, a man named Jonathan becomes a priest. He is invited by the king to deliver a sermon, but on the journey there, Jonathan becomes desperately muddy, ruining his blue robe. The king turns him away because of his dirty clothes. Cleaning his robe didn't get the stains out, and the bishop who made Jonathan a priest couldn't give him a new robe. The only hope Jonathan had was to go to the prince. When he explained his predicament to the prince, the prince assured him that next week, when Jonathan appeared before the king again, he would be there to take care of Jonathan's clothes. When Jonathan arrived the next week, he felt ashamed to be in the presence of the king in his old, dirty clothes. But then the prince came and gave a gift to Jonathan: the prince took off his own purple robe and gave it to Jonathan! As long as Jonathan wore the prince's robe, he could stand before the king. Just like Jonathan and the prince, if we believe that Jesus can make us clean and right in God's eyes and ask Jesus for his righteousness, Jesus will gladly give it to us.

Discuss:

- How does the reality of sin sit with you?
- How do you measure how "good" you are?
- What/who do you rely on to make yourself right with God?
- Christ offers his own righteousness to you through his perfect life and death in your place. How does this reality change your perspective on your sin, your efforts to be good, and getting right with God?

A LITTLE DEEPER

Thankfully, God doesn't end the story with bad news. There is good news too! Let's dive into what that Good News is, what it does, and who it's for.

Read each Bible passage and answer the questions, found in the Student Book on pages 7 and 8:

EPHESIANS 2:1, 4–5

"And you were dead in the trespasses and sins...But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved."

Discuss:

- Think about what a person can do if they're dead physically. Now, what do you think a person can do if they're spiritually dead?
- What are the three characteristics of God mentioned in this passage?
- When God saves someone, what are they saved *from*, and what are they saved *to*?

Leader's Note: It might be helpful to define grace and mercy. Mercy is not giving someone what they deserve (in this case, God is not giving us the eternal death in hell we deserve for our sins). Grace is giving someone something they do not deserve. (In this case, God gives us eternal life in heaven with him, among many other benefits to being saved!)²

Say Something Like: We are dead in our sins and cannot help ourselves become alive spiritually. But God, in his mercy, love, and grace, offers salvation to everyone so they can live forever with him! This is the Good News of the Gospel!

ROMANS 10:9–10

"Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved."

Discuss:

- Why do you think there has to be belief in the heart as well as confession out loud to be saved?
- What does "justified" mean? (Feel free to look this up and talk about it as a group.)
- Why is it so important that Jesus was raised from the dead? Or, in other words, what would be different if he was still dead today?

Say Something Like: Salvation comes to those who believe in their heart and confess with their words. We can't just believe and then be silent about it and do nothing. A person who has true faith believes and acts on what God says in his Word!

ROMANS 1:16A

"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes..."

Discuss:

- Would you say you're ashamed of the Gospel? Why or why not?
- How does knowing the Gospel is the power of God encourage you?

Say Something Like: The Good News of Jesus, otherwise known as the Gospel, is the power of God for salvation for everyone who believes! It changes anyone who believes God's Word is true and acts on it. It's never ineffective.

LIVE IT OUT: Dirty to Clean

What you'll need: A large, clear glass filled halfway with water; food coloring (different colors); household bleach; eye dropper (or teaspoon); and optional safety equipment (gloves, goggles).³

Leader's Note: Remember to use appropriate caution when using chemicals. Have an adult handle the bleach. Make sure you work in a ventilated area, have access to clean water or a sink in case the bleach comes into contact with skin, and remember to dispose of the used liquids safely.

Say Something Like: We are hopelessly dirty and chained to our sin. Not only do we have a sinful nature thanks to Adam, but we have sinned as well. Thankfully, Jesus was God's salvation plan all along. He didn't plan to leave us dead and dirty, stuck in our sin. God sent the Second Adam, Jesus, who lived the perfect life, died, and rose again so that all those who believe in him as their Savior can have eternal life. Jesus offers his righteousness to everyone who believes in him and repents of their sin, and he makes them clean again. Being forgiven of our sin not only makes us alive and free from the chains of sin, but it also cleans us so we can be in the presence of God!

Instructions:

1. Set out a large, clear glass that's half filled with water so everyone can see it. Hand each student food coloring (or have them each choose a color) and let them each put one drop of food coloring into the glass of water. The water should turn a murky brown color.
2. **Say Something Like:** Each of us, without Christ, looks like this murky, gross cup of water. We start this life sinful and dirty, like this water. Who thinks they can successfully separate the food coloring from the water? Anyone want to try?
3. If students think they can make the water clean on their own, feel free to let them try and fail. (Don't let them see or use the bleach yet!)
4. **Say Something Like:** Do you see how there's no way to separate the food coloring from the water? In the same way, our sin is part of our nature, who we are. And we can't get away from our sin—the Bible says we're actually slaves to sin! On our own, we can't separate the food coloring from the water, and we can't separate ourselves from sin.
5. Reveal the bottle of bleach and put several drops (or a couple of teaspoons) of bleach into the water. More might be needed depending on how many drops of food coloring were put in. The water should turn back to clear. It may take some time, and you'll notice the color changing since different dyes react more quickly to bleach than others.
6. **Say Something Like:** God, in his love and grace, sent Jesus—who lived the perfect human life for us—to die in our place. The Son of God took on our sin and God's wrath so we wouldn't have to suffer and die. Whoever believes in Jesus' ability to save them puts their faith in him alone and repents of their sin will be given Jesus' perfection

or righteousness. Just like this murky water became clear when I put bleach in it, Jesus' blood cleanses us from all sin. Yes, we will still sin after becoming a child of God, but we aren't chained to sin anymore! We will be free to choose what will please God instead of being forced to sin according to our sinful nature. "Sinner" won't be our label, but "saint." God, when he looks at his children, sees the righteousness of Jesus in us.

Debrief:

- What represents you more currently—the dirty water or the clean water?
- How does it make you feel that Jesus (who is perfect) died for you (who is not perfect)?
- Is there anything about these concepts that still confuses you?

APPLY IT

If you have never repented of your sin and asked Jesus to save you, Jesus invites you to put your faith in him today! He will give you his own righteousness so that your relationship with God the Father is restored. Whether or not you are already a child of God, how can you practically apply the truths of the Gospel to your life this week?

Be specific:

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

Leader's 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: 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. Remember 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**.

¹ R. C. Sproul, *The Priest with Dirty Clothes* (Orlando, FL: Reformation Trust, 2011).

² Mark Altrogge, "The Glorious, Life Altering Difference Between Grace and Mercy," July 8, 2021, <https://www.biblestudytools.com/bible-study/topical-studies/the-glorious-life-altering-difference-between-grace-and-mercy.html>.

³ Tiffany Silverberg, "How to Make Water Clear After Adding Food Coloring," *Sciencing*, March 13, 2018, <https://sciencing.com/make-after-adding-food-coloring-6052853.html>.



BRAVE

COURAGE IN THE FACE OF FEAR

INTERACTIVE STUDENT BOOK

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BRAVE

COURAGE IN THE FACE OF FEAR

THIS BOOK BELONGS TO:



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WELCOME TO BRAVE

WHAT'S YOUR BIGGEST FEAR?

There are a lot of scary things in this world, whether you like to admit that or not. Spiders, heights, public speaking, snakes, death, public humiliation, rejection, being alone, sharks, losing your phone—the list of fears could go on and on. So in a world where it's easy to worry and give in to fear, how can you live courageously for Christ?

When you choose bravery, you humbly admit your need for Christ, confess your sin, boldly obey Jesus even when it seems risky, and tell others how Jesus offers salvation to everyone. There will be times when you'll want to give in to fear. But Jesus calls us to be brave!

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

ONE

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!

TWO

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.

SESSION 1 INTRO

DO YOU HAVE WHAT IT TAKES?

If you have a pile of dishes with crusty, dried food stuck on them, how do you usually clean them? You wouldn't use a broom or a mop, you wouldn't put them out in the sunshine, and you wouldn't throw them in the washing machine. You'd wash them with soap and water—either by hand or with the help of the dishwasher.

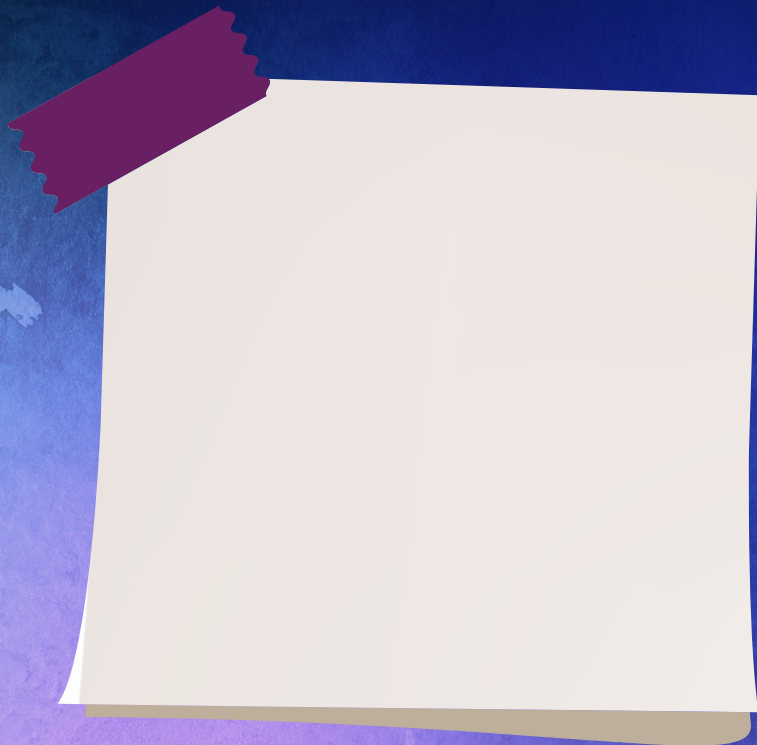
We are like those dirty dishes with crusty, dried sin stuck to us. We are born with a sinful nature, and we all sin, making everyone a sinner. The only way to get free from the label of "sinner" is to admit we need a Savior. Jesus is the only one who can save us because he lived the perfect life in our place! When we repent of our sin and trust in his ability to save us, we are cleansed and can look forward to eternal life with him.



LARGE GROUP

DO YOU HAVE WHAT IT TAKES?

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.



How does it make you feel that all of humanity is affected by sin because of Adam?

In what ways have you seen and felt the effects of sin in your life in the past or even in the present?

SMALL GROUP

DO YOU HAVE WHAT IT TAKES?

A Second Look

There is a children's book called *The Priest with Dirty Clothes*¹, and it beautifully illustrates how Jesus gives his children his righteousness so they can stand before God. In the story, a man named Jonathan becomes a priest. He is invited by the king to deliver a sermon, but on the journey there, Jonathan becomes desperately muddy, ruining his blue robe. The king turns him away because of his dirty clothes. Cleaning his robe didn't get the stains out, and the bishop who made Jonathan a priest couldn't give him a new robe. The only hope Jonathan had was to go to the prince. When he explained his predicament to the prince, the prince assured him that next week, when Jonathan appeared before the king again, he would be there to take care of Jonathan's clothes. When Jonathan arrived the next week, he felt ashamed to be in the presence of the king in his old, dirty clothes. But then the prince came and gave a gift to Jonathan: the prince took off his own purple robe and gave it to Jonathan! As long as Jonathan wore the prince's robe, he could stand before the king. Just like Jonathan and the prince, if we believe that Jesus can make us clean and right in God's eyes and ask Jesus for his righteousness, Jesus will gladly give it to us.

Answer:

How does the reality of sin sit with you?

How do you measure how "good" you are?

What/who do you rely on to make yourself right with God?

Christ offers his own righteousness to you through his perfect life and death in your place. How does this reality change your perspective on your sin, your efforts to be good, and getting right with God?

A Little Deeper

Thankfully, God doesn't end the story with bad news. There is good news too! Let's dive into what that Good News is, what it does, and who it's for.

Ephesians 2:1, 4–5

"And you were dead in the trespasses and sins...But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved."

Think about what a person can do if they're dead physically. Now, what do you think a person can do if they're spiritually dead?

What are the three characteristics of God mentioned in this passage?

When God saves someone, what are they saved from, and what are they saved to?

Romans 10:9–10

"Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved."

Why do you think there has to be belief in the heart as well as confession out loud to be saved?

What does "justified" mean? (Feel free to look this up and talk about it as a group.)

Why is it so important that Jesus was raised from the dead? Or, in other words, what would be different if he was still dead today?

Romans 1:16a

"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes..."

Would you say you're ashamed of the Gospel? Why or why not?

How does knowing the Gospel is the power of God encourage you?

APPLY IT

If you have never repented of your sin and asked Jesus to save you, Jesus invites you to put your faith in him today! He will give you his own righteousness so that your relationship with God the Father is restored. Whether or not you are already a child of God, how can you practically apply the truths of the Gospel to your life this week?

Specific

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

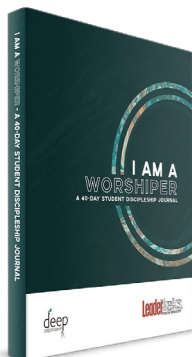
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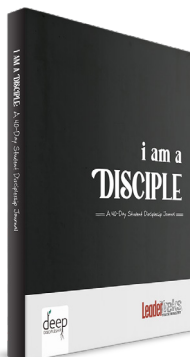
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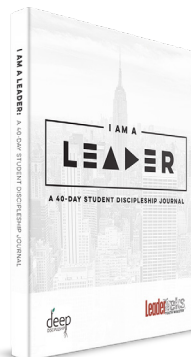
**I AM
NEW**



**I AM A
WORSHIPER**



**I AM A
DISCIPLE**



**I AM A
LEADER**

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