

GRAVITATE

INTERACTIVE STUDENT BOOK



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THIS BOOK BELONGS TO:

Gravitate: Interactive Student Book

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WELCOME TO GRAVITATE

Are you moving toward God or drifting away from Him?

In this study, you will discover that each of us has sinful desires, but God desires to rescue his children. If you repent and turn to Jesus in faith, you'll begin to surrender your desires to God and live in such a way that others will notice. The four lessons include:

1. Our Desires
2. God's Desire
3. Deciding to Move
4. Leading Others

This study will dig into human nature, God's grace, and the importance of following Jesus daily. You'll have a chance to evaluate what direction you're gravitating—toward God or away from him—and what steps to take next.

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.



SESSION 1

INTRO

THE NATURAL DRAW OF SIN

Because of Adam and Eve's disobedience at the beginning of humanity, everyone has inherited a sinful heart and sinful desires. We naturally gravitate toward things that seem to be right at the time, but when we fulfill our sinful desires, it eventually leads to death and away from Jesus. We forget all the ways God has been faithful and gracious to us in the past, and we hesitate to believe that God's ways are better than our ways.

LARGE GROUP

SESSION 1: THE NATURAL DRAW OF SIN

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 do your sinful desires drag you away from Jesus?



What are some practical ways you have fought sinful desires in the past?



SMALL GROUP

SESSION 1: THE NATURAL DRAW OF SIN

A SECOND LOOK

A song called “More Like Jesus” highlights the path our desires can lead us down. The writer describes himself as “lost,” “enslaved,” and “bound to [his] desires.” There is no such thing as freedom when we pursue our own way and live for ourselves instead of living for God and in his way. The writer then prays for God to continue changing him into the image of Jesus. Read the lyrics below and consider listening to the song as a group.

More Like Jesus

VERSE 1

I've been told to live my own truth
Do whatever makes me feel good
Get rid of boundaries the rules are stifling
Chase good feelings soon
we'll be gone

PRE CHORUS 1

But I found myself
More lost than ever
Enslaved and bound to my desires
And that's not freedom

CHORUS

Holy Spirit make me more like Jesus
Every day a little more like Jesus
Crucify my flesh with Yours
That my new life might be secured
Everything I do
Done so I can honor You
Resurrect me sanctify me
Make me into Your image¹

¹ “More Like Jesus,” One Voice Worship, The Table, 2023, <https://www.multitracks.com/songs/One-Voice-Worship/The-Table/More-Like-Jesus/>.

What motivates your everyday decisions?

How do your desires line up with God’s Word?

It takes faith to believe that God’s ways are better than our own. On a scale of 1-5 (5 being the most), how much do you truly believe and trust that God’s way of living leads to a more satisfying life than your way?



SMALL GROUP

SESSION 1: THE NATURAL DRAW OF SIN

A LITTLE DEEPER

Unfortunately, our desires are inherently sinful. But the good news is that we can repent and turn to Jesus for cleansing. Then, the Holy Spirit helps us fight our “fleshly” desires while producing the fruit of the Spirit in us. Once we belong to Christ, we are declared right with God, and, over time, God makes us more like Jesus.

JAMES 1:14–5

"But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death."

Is being tempted a sin? Why or why not?

What will happen if we don't fight against our sinful desires?

What is our only hope of victory and lasting change (see Ezekiel 36:26–27)?

GALATIANS 5:19–21

"Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit."

What is the most startling difference you see between the two lists ("works of the flesh" and "fruit of the Spirit")?

Which list best describes you? Why?

According to this passage, whose "flesh with its passions and desires" has been crucified?

ROMANS 8:13

"For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live."

Which desires do you need help fighting today?

What kinds of help are available to you?

What kind of death and life is this verse talking about?

SMALL GROUP

SESSION 1: THE NATURAL DRAW OF SIN

APPLY IT

What sinful desires trip you up the most? How can you tap into the Holy Spirit's help, as well as the help from other believers, to fight back against those reoccurring sinful desires?

BE SPECIFIC

What are you going to do?

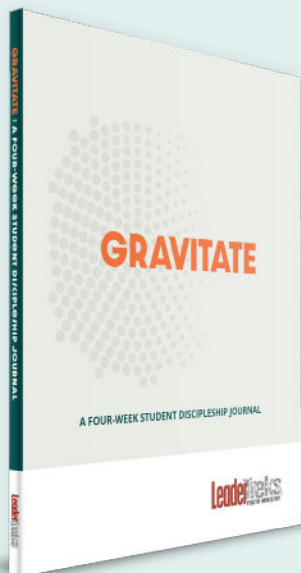
When are you going to do it?

Is there someone that can keep you accountable?

NOTES

KEEP GOING!

The Gravitate Study may be over, but you can keep drawing near to God with **Gravitate: A 4-Week Student Discipleship Journal**.



Gravitate Follow-up Journal

An incredible way to continue growing on your own or with a small group, each journal includes four weeks of:

- Bible Studies
- Challenges
- Thought-Provoking Experiences
- Hard Questions
- Marks of a Disciple

Get it at leadertreks.org/dnow-studies.

LEADERTREKS HAS SUMMER INTERNSHIPS!

If you are in college, you can join a LeaderTreks staff member to lead missions or adventure trips. Learn more about our summer internship program at leadertreks.org/jobs.



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A PATHWAY TOWARD DEEPER FAITH

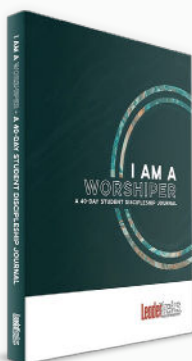
This 4-part devotional bundle is designed to take you deeper in your faith. The "I Am" Series includes four 40-day devotional journals that help you grow a solid identity in Christ, from new believer to whole-hearted worshiper, authentic disciple, and Christ-like leader.

"I AM" SERIES BUNDLE



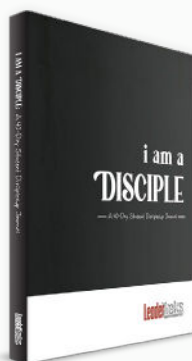
I AM NEW

Learn the 8 essential habits of believers. Following Jesus takes practice and patience. This journal helps develop ways to mature in faith, become more like Jesus, and grow closer to God. You're not alone—Jesus is always with you, guiding and helping you grow.



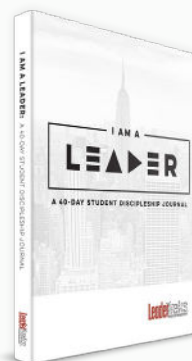
I AM A WORSHIPER

Explore 8 essential traits and attitudes of worship. Experiencing God and understanding the Gospel make worship a vital part of our walk with Christ, not just a Sunday activity. Through worship, we learn about God, his heart for his people, and his worthiness of all glory and honor.



I AM A DISCIPLE

Focus on 8 core lessons Jesus taught his disciples. Developing the spiritual strengths needed to follow Christ and grow in your faith is a life-long challenge. This journal helps you learn about your spiritual gifts and how God has uniquely equipped you to follow and walk with him.



I AM A LEADER

Practice 8 essential leadership skills. Discover your God-given abilities and mission as you are equipped to be a servant leader who pursues God's purpose. Ideal for new and growing leaders, this journal helps you apply godly leadership principles.

Try a sample and order journals at leadertreks.org/i-am-series-bundle

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2. *God Draws Us In*
3. *Drawing Near to God*
4. *Drawing Others to God*

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THIS GRAVITATE STUDENT BOOK FEATURES:

- *Interactive small group Bible studies*
- *Experiential activities*
- *Notes for your large group sessions*
- *Devotionals to help you go deeper*



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