

ABOUT FOLLOW ME LOOK INSIDE



WHAT IS FOLLOW ME?

Students are following something—every day, all the time.

Whether it's influencers, trends, or the constant pull of comparison and distraction, today's students are being disciplined by the world, often without realizing it. But Jesus offers a better invitation. One that leads to purpose, identity, and transformation.

Follow Me is a year-long curriculum (52 lessons) based on the 8 Roots of the Gospel that helps students trade shallow attention for lasting devotion. Through 12 powerful monthly studies, they'll discover what it really means to follow Jesus—step by step, heart first. Each lesson is rooted in Scripture and designed to guide students from cultural confusion to spiritual clarity.

This isn't about keeping up with the world. It's about walking with Jesus.

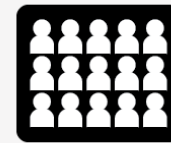
Because the world wants their attention. But Jesus wants their heart.

DESIGNED FOR MULTIPLE ENVIRONMENTS

Whether you meet once or multiple times a week, each flexible lesson can be used as a comprehensive *Large Group Talk* with separate *Small Group Discussion Guide*, or an in-depth *Small Group Lesson*. We've built in flexibility to meet your changing needs.



**SMALL GROUP
LESSON**



**LARGE GROUP
& SMALL GROUP**

WHAT'S INCLUDED IN FOLLOW ME?

- **52 Lessons**, divided into smaller 4-lesson series
 - Facilitator & Student Guides (PDF and Word)
- **Media and Graphics**
 - presentation slides, promo art, bumper videos, memory verses, and social media images
- **Parent Guides**
 - conversation starters to help parents get involved

WHAT DO I DO NEXT?

It's simple. Included in our free sample is one lesson (***Why Do You Call Me Good?***) from the ***Asking For A Friend*** series. Open the folder entitled ***Asking For A Friend*** and you'll find a Facilitator Guide, Student Guide, and supporting media.

To learn more about ***Follow Me***, check out the ***Scope & Sequence*** for an overview.

DOWNLOAD YOUR FREE SAMPLE LESSON: leadertreks.org/follow-me-sample-lesson

THE 8 ROOTS OF THE GOSPEL

An Intentional Route to Spiritual Growth

While the depth of a student's faith is known only to God, our role as spiritual mentors is pivotal. We cultivate disciples with unwavering faith by diligently focusing on **The 8 Roots of the Gospel**. Trusting in the transformative power of the Holy Spirit, we strive to embody the life-saving truth that shapes disciples and nurtures souls. To make disciples with deeply-rooted faith, each lesson in **Follow Me** reinforces one of these core truths, ensuring your students are equipped with a comprehensive understanding of the Gospel.



RESCUE ROOT

Help students understand their need for a Savior:

We are slaves, held captive by terrible enemies: sin and death. We need a rescuer in this fallen, corrupt, and shattered world—Jesus, our Savior and Redeemer. In fact, he's the only One who can free us. And once we're free, we have the opportunity to join in the rescue mission for others.



KINGDOM ROOT

Help students understand how to live in the Kingdom of God every day:

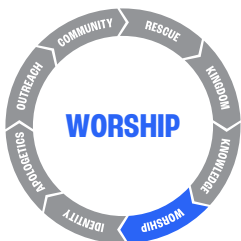
When students embrace the Kingdom life, they begin to look at the small things differently. They realize the weight that their decisions carry, and they can start to live by God's value system instead of the world's tainted values.



KNOWLEDGE ROOT

Help students understand the basics about God:

God is enormous. He's too big, too awesome, and too complicated to fully wrap our minds around. Yet he wants us to know him. He wants a relationship with us, so he has revealed himself in a number of ways. We will never know everything about God. But to become his disciples, we need to know some essential truths about the One we follow.



WORSHIP ROOT

Help students explore what it means to have a lifestyle of worship:

Worship is more than just singing. It is a lifestyle. It's how you go about your day, and it happens when you get a vivid glimpse of God, his power, and his majesty. In the Bible, anyone who had a close encounter with God couldn't help but marvel at his glory. The angels, his messengers, are in a constant state of worship. We, too, can express a life of worship by encountering God daily.



IDENTITY ROOT

Help students discover their unique identity in Christ:

God created humans in his own image, unique in all creation. Then sin entered the picture, and everyone developed a warped version of their original identity. Christ came and died on the cross and rose again to offer us a new identity, even better than the first. He took on our sin and shame so we could take on his righteousness. He identifies with us so we can find our identity in him—a redeemed identity.



APOLOGETICS ROOT

Prepares students to explain the hope they have in Christ:

The Bible encourages us to defend our faith: “but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect” (1 Peter 3:15, ESV). That’s the point of apologetics—to explain our hope in Christ to others. Your students will find ways to do just that in the Apologetics Root.



OUTREACH ROOT

Helps students understand their God-given mission:

Jesus gave his followers one last command: to spread the good news of his death and resurrection—the Gospel—to the whole world. When we become members of Christ’s body of believers, the story doesn’t end. That’s just the beginning! Now we get to join in a remarkable mission to care for the least, love other people, and share Jesus as Lord wherever we go.



COMMUNITY ROOT

Helps students understand the meaning of biblical fellowship:

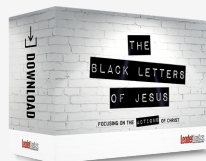
We weren’t created to be alone. Our emotional, physical, and spiritual well-being depend on deep, loving relationships with other people. God has created a family for us. They are his people and will help us grow in another essential connection—with God.

EXPLORE MORE YEAR-LONG BIBLE STUDIES



THE CORE

Develop a strong foundation teaching core principles of the Gospel



THE BLACK LETTERS OF JESUS

Focus on practical ways to live our faith based on the actions of Jesus Christ



VANTAGE

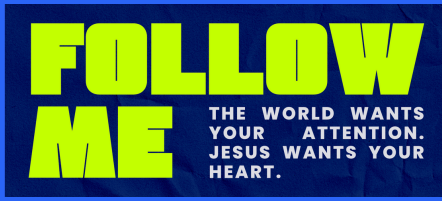
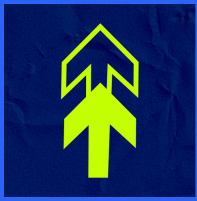
Examine issues that divide our world through the lens of God’s Word



ENCOUNTERS

Help students move past simply knowing the word to living God’s truth

Visit leadertreks.org/bible-studies to learn more.



SCOPE & SEQUENCE



OUR SUGGESTED SEQUENCE

We have provided the entire scope of the teaching series and sequenced them in the order we think naturally flows well with the rhythm of the school year. But that doesn't mean it necessarily fits your ministry calendar or desired direction. Our list is a suggestion. You rearrange and teach these series in the way you feel best meets the needs of your students.

The **DETAILED VERSION** (starting on [page 2](#)) gives you an overview of each series, plus the takeaway and main passage from each individual lesson. This will give you a good idea of each series and lesson and help you decide when you will teach it in your calendar year.

The **SHORT VERSION** (below) gives you a quick peek into each series for a point of reference.

FALL

ASKING FOR A FRIEND

AUGUST

Knowledge Root

A 4-week study on questions Christ asked.

BETTER TOGETHER

SEPTEMBER

Community Root

A 4-week study on the importance of biblical fellowship and community.

THE OUTSIDERS

OCTOBER

Kingdom Root

A 4-week study on the Gospel ushering outcasts into the Kingdom of God.

WINTER

Rescue Me

NOVEMBER

Rescue Root

A 4-week study on the different ways God intervenes on our behalf.

Christmas Characters

DECEMBER

Kingdom & Worship Roots

A 4-week study of a realistic view of the characters involved in the Christmas story.

Who Am I?

JANUARY

Identity Root

A 4-week study on how the Creator shapes our identity.

SPRING

Hopeless

FEBRUARY

Kingdom, Identity, Knowledge Roots

A 4-week study about God using us for his Kingdom and glory despite our shortcomings.

From Death to Life

MARCH

Knowledge & Rescue Roots

A 4-week study focusing on Christ's works of resurrection and salvation.

Marvel

APRIL

Worship Root

A 4-week study on making worship a part of everything we do.

SUMMER

Truth Be Told

MAY

Apologetics Root

A 4-week apologetic study on common "truths" held up against God's Word.

Say Something

JUNE

Outreach Root

A 4-week study on sharing our faith and beliefs about Jesus.

Summer Soundtrack

JULY (& EXTRA)

All 8 Roots

An 8-week study in Psalms focusing on the 8 roots of the Gospel.

HAVE ANY QUESTIONS? LET'S TALK!

We're here to help. Call **877-502-0699** or visit leadertreks.com/contact.



ASKING FOR A FRIEND

AUGUST

A 4-week series in the Knowledge Root that focuses on questions Christ asked. Most, if not all, of us, have had questions about God, things we'd like to know about him. But sometimes God has questions for us. This series explores several questions Jesus asked of different people he encountered, ranging from committed disciples to people who were curious about Christ.

LESSON 1	SCRIPTURE: Luke 18:18–21, Romans 5:1, 2 Corinthians 5:21, Ephesians 4:31–32
Why Do You Call Me Good?	TAKEAWAY: Because we are all guilty of sin (Rom. 3:23), we must understand that the only good thing about us is Jesus.
LESSON 2	SCRIPTURE: John 5:2–9
Do You Want to Get Well?	TAKEAWAY: We must be willing to admit that we need God’s help and then allow him to do so.
LESSON 3	SCRIPTURE: Matthew 16:13–17
Who Do You Say That I Am?	TAKEAWAY: Our faith in Christ must be our own.
LESSON 4	SCRIPTURE: Matthew 14:22–33
Why Did You Doubt?	TAKEAWAY: Jesus can do the impossible.

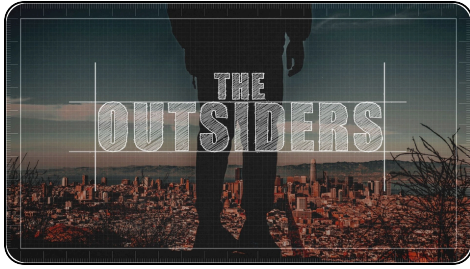


BETTER TOGETHER

SEPTEMBER

A 4-week series in the Community Root that focuses on the importance of biblical fellowship and community. We are not meant to be Christ-followers on our own. We have been designed for community and enjoy countless blessings when we are an active part of a Christian community.

LESSON 1	SCRIPTURE: Mark 6:7–13
Two By Two	TAKEAWAY: We need a community of believers for support and encouragement.
LESSON 2	SCRIPTURE: Exodus 18:13–24
Don't Be A Hero	TAKEAWAY: Listening to wise counsel demonstrates wisdom.
LESSON 3	SCRIPTURE: Galatians 2:11–14; Matthew 18:15–17
Accountability in Action	TAKEAWAY: Accountability helps us grow spiritually.
LESSON 4	SCRIPTURE: John 21:15–19; Isaiah 53:6
Follow Me	TAKEAWAY: Jesus is the example we must strive to follow.



THE OUTSIDERS

OCTOBER

A 4-week series in the Kingdom Root that explores how the Gospel ushers outcasts into the Kingdom of God. Everyone has experienced moments where they felt as though they didn't quite fit in. Like they've been overlooked or pushed to the margins. Even Jesus faced more than his share of rejection. This series explores the truths of how Jesus not only knows exactly what we are going through when we feel like an outsider but also invites us to join his family and Kingdom.

LESSON 1

Jesus the Outcast

SCRIPTURE: Isaiah 53:1-3; Luke 4:16, 28-30, 13:34; John 7:5; Matt. 8:34; Heb. 4:14-16

TAKEAWAY: If we do our best to live like Jesus, people will treat us like they did Jesus.

LESSON 2

Bring Outsiders In

SCRIPTURE: Matthew 9:9-13

TAKEAWAY: We are all guilty of sin.

LESSON 3

Be Clean

SCRIPTURE: Luke 5:12-16

TAKEAWAY: The saving work of Jesus cleans us from our sin.

LESSON 4

Worth the Risk

SCRIPTURE: Luke 8:43-48; Mark 5:25-34

TAKEAWAY: Jesus is worth far more than the risks we take following him.



RESCUE ME

NOVEMBER

A 4-week series in the Rescue Root that focuses on the different ways God intervenes on our behalf. The truth that Jesus saves us from our sins is a gift that is beyond comprehension. But God saves us in many different ways. As any good father does, God desires to save us completely. But unlike all other fathers, God actually has the capability to rescue us in all ways.

LESSON 1

God Who Hears Our Cry

SCRIPTURE: Exodus 2:23-25; 3:7-10

TAKEAWAY: God listens to our prayers.

LESSON 2

God Who Fights Our Battles

SCRIPTURE: 2 Chronicles 14:9-15

TAKEAWAY: When in trouble, God should be our first source for rescue.

LESSON 3

God Who Restores Us

SCRIPTURE: Genesis 3:20-24

TAKEAWAY: God's grace is an unbelievable gift.

LESSON 4

God Who Rescues Us From Sin

SCRIPTURE: 1 John 2:1-6

TAKEAWAY: It is only through surrender to Jesus that we can find forgiveness.



CHRISTMAS CHARACTERS

DECEMBER

A 4-week series in the Kingdom Root that focuses on the impact the first Christmas had on the people who were there. Most pictures and nativity scenes dress up the reality of the event, so we'd like to give a more realistic image of what the involved people went through leading up to the first Christmas. These four lessons will examine the roles of Mary, Joseph, the shepherds, and Jesus.

LESSON 1

Fear Not

SCRIPTURE: Luke 1:26–38

TAKEAWAY: We must trust God even when he calls us to do hard things.

LESSON 2

Faithful Father

SCRIPTURE: Matthew 1:18–25; Luke 2:1–7

TAKEAWAY: We must trust God's plans over our own.

LESSON 3

Unlikely Welcoming Party

SCRIPTURE: Luke 2:8–20

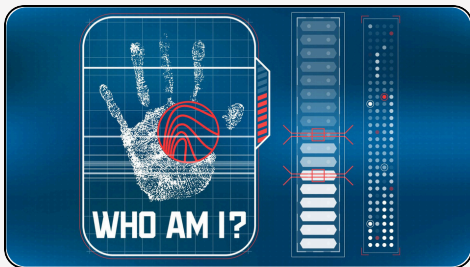
TAKEAWAY: We must value what God values.

LESSON 4

The Ultimate Gift

SCRIPTURE: Philippians 2:5–11; John 1:1–3, 14, 6:38

TAKEAWAY: Following God's calling will require us to make sacrifices.



WHO AM I?

JANUARY

A 4-week series in the Identity Root that focuses on how the Creator shapes our identity. Students have a deep desire to figure out who they are and there is no shortage of places they search to discover their identity—friends, abilities, grades, athletics, music, social media, etc. But all these options will leave us lacking. Only the Creator can tell creation who we are meant to be.

LESSON 1

Let Me Introduce Myself

SCRIPTURE: Luke 1:5–23

TAKEAWAY: Our identity must be rooted in God.

LESSON 2

Make Your Choice

SCRIPTURE: Joshua 24:14–18

TAKEAWAY: The choice to follow Jesus is a personal one.

LESSON 3

Action Words

SCRIPTURE: John 10:22–30

TAKEAWAY: Our actions reveal what we truly believe.

LESSON 4

Christ, Not Myself

SCRIPTURE: Philippians 3:3–11

TAKEAWAY: Our accomplishments are not who we are.



HOPELESS

FEBRUARY

A 4-week series about God using us for his Kingdom and glory despite our shortcomings. This series focuses on dealing with mistakes and failures. Each lesson will look at a biblical character who messed up but was still used in a big way by God. Our shortcomings do not limit God's ability to use us for his Kingdom and glory.

LESSON 1

From Tears to Joy

SCRIPTURE: Luke 22:61–62, 1 Peter 5:1–4

TAKEAWAY: Repenting from our sin frees us to work for the Lord.

LESSON 2

Finding God on the Run

SCRIPTURE: Exodus 2:11–15, Deuteronomy 34:9–12

TAKEAWAY: God's grace allows us to serve in his Kingdom.

LESSON 3

From Terror to Love

SCRIPTURE: Acts 8:3; Galatians 1:13, Acts 9:10–19; 1 Corinthians 11:1

TAKEAWAY: Jesus can transform our entire life.

LESSON 4

Waiting on God

SCRIPTURE: Genesis 16:1–6, 17:1–8

TAKEAWAY: Waiting on God reveals faith in God.



FROM DEATH TO LIFE

MARCH

A 4-week series focusing on Christ's works of resurrection and salvation. This series explores the truth that resurrection can be found in Christ alone. The first three lessons will look at stories of Jesus raising someone from the dead. The final session will examine Christ's work on the cross that is able to move us from death to life.

LESSON 1

Never Too Late

SCRIPTURE: Luke 8:40–42, 49–56

TAKEAWAY: It's never too late for Jesus to make a difference in a person's life.

LESSON 2

Words of Life

SCRIPTURE: John 11:28–44

TAKEAWAY: God's Word brings life.

LESSON 3

Our Greatest Need

SCRIPTURE: Luke 7:11–17

TAKEAWAY: Only God can meet our greatest need.

LESSON 4

Jesus' Transforming Grace

SCRIPTURE: Ephesians 2:1–10

TAKEAWAY: Jesus' saving work and grace can transform our lives.



MARVEL

APRIL

A 4-week series in the Worship Root that focuses on making worship a part of everything we do. It is easy to only think of worship as praise songs we sing at church. But worship stretches far beyond that and should be an active part of everything we do. As we try to live out a lifestyle of worship, it can become a means in which God molds us to be more like Christ.

LESSON 1

Worship is Sacrifice

SCRIPTURE: 2 Samuel 24:18–25**TAKEAWAY:** There may be a cost to worshipping the Lord.

LESSON 2

All-In

SCRIPTURE: Genesis 4:3–7**TAKEAWAY:** We must learn to worship God in every area of our lives.

LESSON 3

The Mountain and the Mundane

SCRIPTURE: Matthew 17:1–8**TAKEAWAY:** We can experience God every day in every circumstance.

LESSON 4

Remembrance

SCRIPTURE: Joshua 4:1–7**TAKEAWAY:** Hold on to your encounters with God.

TRUTH BE TOLD

MAY

A 4-week series in the Apologetics Root that focuses on common “truths” held up against God’s Word. Our culture has become blurry as to what is truth. Teenagers are barraged with ideas of “truth” that don’t match up with God’s Word. This series intends to differentiate what culture says is true and what God says is true. We will look at four statements that are commonly thought of as true (even among believers) and hold them up to Scripture.

LESSON 1

Follow the Right Thing

SCRIPTURE: Jeremiah 17:5–10, Mark 7:21–23**TAKEAWAY:** We can trust God more than we trust our own hearts.

LESSON 2

The Only Way

SCRIPTURE: John 10:9, 14:6; Acts 4:12; 1 Timothy 2:5**TAKEAWAY:** The only way to have a relationship with God is through Jesus.

LESSON 3

God the Judge

SCRIPTURE: Psalm 145:20; John 3:16–18; Romans 2:12–16; 1 John 2:2**TAKEAWAY:** Jesus sets us free from eternal judgment.

LESSON 4

Our Source of Truth

SCRIPTURE: Proverbs 30:5–6; John 16:1–4, 17:14–19; Romans 3:3–4**TAKEAWAY:** God’s Word is absolute truth.



SAY SOMETHING

JUNE

A 4-week series in the Outreach Root that focuses sharing our faith and beliefs about Jesus. Sharing our faith should be a natural part of a Christ-follower’s life. This won’t always mean a gospel presentation or sharing our testimony of salvation, but if Jesus is the most important thing in our lives, then we should be willing to talk about him with others.

LESSON 1 Ready, Set, Go!	SCRIPTURE: Acts 8:26–40 TAKEAWAY: When opportunities arise, we must be prepared to share the Gospel.
LESSON 2 First Things First	SCRIPTURE: John 1:35–42 TAKEAWAY: We must recognize there is a sense of urgency to sharing the Gospel.
LESSON 3 Scary Obedience	SCRIPTURE: Jonah 3:1–10 TAKEAWAY: We must strive to share the Gospel to the best of our ability.
LESSON 4 The Hard Road	SCRIPTURE: Acts 14:19–23 TAKEAWAY: Following Jesus will come with a cost.



SUMMER SOUNDTRACK

JULY (& EXTRA)

An 8-week study in Psalms focusing on all eight roots of the Gospel. Each lesson will be a stand-alone lesson that examines one of the eight roots.

LESSON 1 Call on the Savior	SCRIPTURE: Psalm 118:1–14 TAKEAWAY: We can find refuge and salvation in Jesus.
LESSON 2 Knowing God	SCRIPTURE: Psalm 103:1–12 TAKEAWAY: God is good.
LESSON 3 The Worth of God’s Word	SCRIPTURE: Psalm 19:7–14 TAKEAWAY: God’s Word is valuable.
LESSON 4 Worthy of Worship	SCRIPTURE: Psalm 95:1–6 TAKEAWAY: We can worship God in many different ways.
LESSON 5 The Attractiveness of Unity	SCRIPTURE: Psalm 133 TAKEAWAY: The Holy Spirit unites believers.
LESSON 6 Illumination	SCRIPTURE: Psalm 119:105–112 TAKEAWAY: God’s Word provides trusted guidance and direction.
LESSON 7 Known and Loved	SCRIPTURE: Psalm 139:1–4, 13–18 TAKEAWAY: God knows and loves us.
LESSON 8 Our Not-So-Secret Mission	SCRIPTURE: Psalm 96:1–10 TAKEAWAY: God’s glory and goodness are worth sharing with others.