SAMPLE

Thank you for downloading this FREE SAMPLE of the DNowStudies 4-session Bible Study

GRAVITATE

Gravitate 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 ***Gravitate*** 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 ***Gravitate***.

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 ***Gravitate***.

- 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.

T-Shirts
Themed to complete your event.

Follow-up Journals
4 weeks of interactive content to keep students growing beyond the event.

Save money by purchasing in bundles!

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GRAVITATE

Are you moving toward God or drifting away from Him?

There are things and people in this world that we instinctively gravitate toward, factors that draw us in. But our natural desires draw us away, causing us to drift in a direction we shouldn't go. We all have sinful desires, but God desires to rescue his children. If we want to gravitate to the path that leads to life (Matt. 7:13–14), our desires must change, which means our hearts must change. And only God can change a heart (Ezekiel 36:26). When we repent and turn to Jesus in faith, we begin to surrender our desires to God and live in such a way that others will notice. This study will dig into human nature, God's grace, and the importance of following Jesus daily.

The theme verse is from James 4:8: *"Draw near to God, and he will draw near to you."* That's what this DNow event is all about: **asking whether you're gravitating toward God or away from him.**

SMALL GROUP OVERVIEW

Small Group Session 1

- **Session Title:** The Natural Draw of Sin
- **Main Scripture Passages:** James 1:14–15; Galatians 5:19–21; Romans 8:13
- **Session Overview:** The goal of this session is to help you and your students reflect on their own desires and recognize which desires are sinful and which ones are pleasing to God. They'll also have a chance to think through where their sinful desires will take them if they don't take action. They'll prayerfully consider which desires they can "crucify" and turn to follow God's way completely and freely.

Small Group Session 2

- **Session Title:** God Draws Us In
- **Main Scripture Passages:** Philippians 2:5–8; 1 Corinthians 2:14; Matthew 16:13–17
- **Session Overview:** The goal of this session is to help you and your students marvel at what Jesus gave up in order to be with us and give us a chance to respond to his love and offer of salvation. They will also be invited to think about how to respond to God's desire to be with us and come near to us.

Small Group Session 3

- **Session Title:** Drawing Near to God
- **Main Scripture Passages:** John 15:7–11; Psalm 1:1–2; Psalm 84:1–2, 10
- **Session Overview:** The goal of this session is to help you and your students expolore how to gravitate toward God. It seems like an abstract concept at first, but the Bible has practical advice for us on how to stay close to him. Students will discuss what they think gravitating toward God might look like as well as how they have stayed close to God practically in the past and explore what the Bible says about gravitating toward Jesus in John 15. The discussion should help students identify practical ways they can draw close to the Lord and stay there and how to make those moment-by-moment decisions to obey his Word out of love for him.

Small Group Session 4

- **Session Title:** Drawing Others to God
- **Main Scripture Passages:** Matthew 28:18–20; 1 Corinthians 2:1–5; Matthew 5:43–44
- **Session Overview:** The goal of this session is to help you and your students brainstorm practical ways to be salt and light in your own spheres of influence and how those good works can present others with an opportunity to gravitate toward God and bring him glory. Guide students in discussion about how they can start spiritual conversations, love others well, obey Jesus, etc. Students will have a chance to evaluate their strengths and where God might have them specifically for a purpose to bring him glory and allow others to see Christ in us.

LARGE GROUP OVERVIEW

Large Group Session 1: Numbers 14:1–10
Large Group Session 2: John 1:1–18; 3:16; 1 Timothy 2:1–6
Large Group Session 3: Matthew 16:24–28; James 4:1–10
Large Group Session 4: Matthew 5:13–16

STUDENT BOOK DEVOTIONAL OVERVIEW

Devotional 1: Romans 6:15–23
Devotional 2: Jonah 3
Devotional 3: 2 Chronicles 15
Devotional 4: 1 Peter 3:8–17

SMALL GROUP
LEADER GUIDE

SESSION 1:
THE NATURAL DRAW OF SIN

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 reflect on their own desires and recognize which desires are sinful and which ones are pleasing to God.* They'll also have a chance to think through where their sinful desires will take them if they don't take action. They'll prayerfully consider which desires they can "crucify" and turn to follow God's way completely and freely.

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 table with an assortment of vegetables and junk food for the students*

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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 how drawing near to God impacts your 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: THE NATURAL DRAW OF SIN

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 do your sinful desires drag you away from Jesus?

Question 2: What are some practical ways you have fought sinful desires in the past?

A SECOND LOOK

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

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."[1] 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.

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 image

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Discuss

- 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?

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.

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

JAMES 1:14-15

"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."

Discuss

- 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)?

Say Something Like: *Our desires can lead to death if we don't turn to Jesus in repentance and salvation. He is the only one who can help us! Don't fall for believing something other than God's ways are good for us. Following our deceitful hearts is not the way to life.*

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."

Discuss

- 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?

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Say Something Like: *In this passage, clear "acts of the flesh" are contrasted with the fruit of the Spirit. Once we are children of God, we have the Spirit, but we still have a responsibility to keep in step with the Spirit, meaning fighting off our sinful passions and desires and diligently following God. When we do, we will produce more fruit of the Spirit.*

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."

Discuss

- 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?

Say Something Like: *Living by the flesh (living in unrepentant sin) will lead us to death. But if we repent of our sin and turn to Jesus, we will be able to live by the Spirit! For those who live by the Spirit, we will have the Spirit to help us fight the desires that oppose God's ways.*

LIVE IT OUT: Junk Food vs. Veggies

What you'll need: A table with an assortment of vegetables and junk food for the students.

Say Something Like: *Without repentance and faith in God, we are stuck in our sinful nature, unable to make choices that please God. We will always gravitate toward fulfilling our sinful desires because we have no other choice—we're slaves to sin! But, when we repent of our sin and turn in faith to Jesus, we are forgiven of all our sin, made right with God, and given the Holy Spirit to help us fight our sinful desires. We are no longer slaves to sin but free in Christ! We are free to choose what is right. Our natural desire to sin will still be a struggle at times, but we have the power of the Holy Spirit to fight off our sinful desires. As we keep maturing in our faith and practice fighting our sinful desires, making choices that please God will become easier and easier.*

Instructions

1. Set out a table with an assortment of vegetables and junk food for the students and invite them to fill a plate with what they'd like to eat. Provide foods like broccoli, carrots, cucumber, water bottles, etc., as well as chips, doughnuts, candy, soda, etc.
2. ***Say something like:*** *Before we start eating our snacks, let's discuss what foods we gravitated toward. Most of us probably filled our plates with junk food, right?*
3. Have the students go around and briefly share what they chose to eat (Mostly veggies? Mostly junk food?)
4. ***Say something like:*** *To be clear, our choices of food today do not indicate where we are spiritually. But it's a helpful illustration showing what we crave or gravitate toward and the power our desires have over us. For those who are Christ-followers, we have the Holy Spirit in us! Sometimes, it may be a struggle to say no to our selfish and sinful desires, but we can say no with the Holy Spirit's help.*

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Debrief

- What sinful desires do students your age often struggle with?
- Like junk food negatively affects our bodies, how does consistently following sinful desires negatively affect our hearts and minds?
- How does it make you feel to know that Christ-followers still have sinful desires but also have the power, with the Holy Spirit's help, to say no and to choose what is good?

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 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] "More Like Jesus," One Voice Worship, *The Table*, 2023, https://www.multitracks.com/songs/One-Voice-Worship/The-Table/More-Like-Jesus/.

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GRAVITATE

INTERACTIVE STUDENT BOOK

NOW STUDIES

INTERACTIVE STUDENT BOOK

THIS BOOK BELONGS TO:

_____

Gravitate: Interactive Student Book
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ISBN: 978-1-939031-60-0

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Published by LeaderTreks
28W468 High Lake Rd, Unit 7
West Chicago, IL 60185
www.leadertreks.org
877-502-0699

TABLE OF CONTENTS

Welcome to Gravitate 1
Session 1 Intro: The Natural Draw of Sin 2
Large Group Session 1 Notes 3
Small Group Session 1: A Second Look 5
Small Group Session 1: A Little Deeper 7
Small Group Session 1: Apply It 9
Session 1 Notes 9

Session 2 Intro: God Draws Us In 10
Large Group Session 2 Notes 11
Small Group Session 2: A Second Look 13
Small Group Session 2: A Little Deeper 15
Small Group Session 2: Apply It 17
Session 2 Notes 17

Session 3 Intro: Drawing Near to God 18
Large Group Session 3 Notes 19
Small Group Session 3: A Second Look 21
Small Group Session 3: A Little Deeper 23
Small Group Session 3: Apply It 25
Session 3 Notes 25

Session 4 Intro: Drawing Others to God 26
Large Group Session 4 Notes 27
Small Group Session 4: A Second Look 29
Small Group Session 4: A Little Deeper 31
Small Group Session 4: Apply It 33
Session 4 Notes 33

The End of Gravitate – Kind Of 34
Devotional 1 35
Devotional 2 37
Devotional 3 39
Devotional 4 41

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 image[1]

[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?

1 2 3 4 5

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 1:14–15

"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?

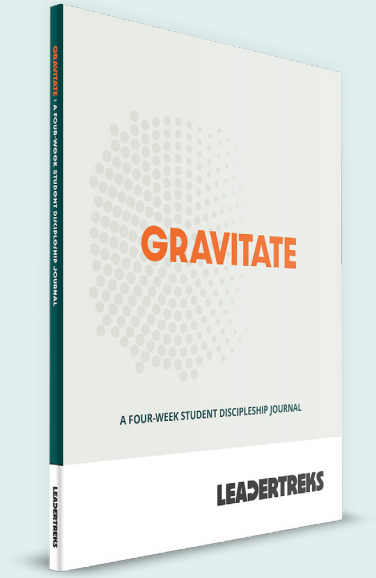
When are you going to do it?

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**.

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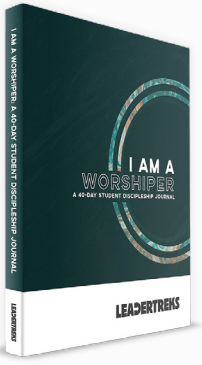
A PATHWAY TOWARD DEEPER FAITH

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

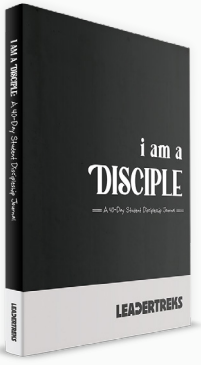
I AM NEW

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.



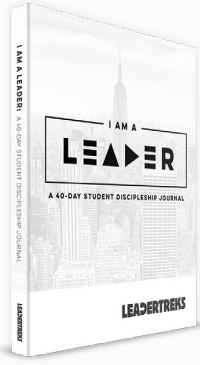
I AM A WORSHIPER

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

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:

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3. *Drawing Near to God*
4. *Drawing Others to God*

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.

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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ISBN 9781939031600