



In-House Retreat

SAMPLE SESSION

by Sarah Briggs



Unashamed to know Jesus

Small Group Session 3

**Designed to be a 1 hour small group session, and is designed as a precursor to the Saturday night worship service. The goal of this session is for you and your youth to understand what it means to be Unashamed to know Jesus. Through this session, the group will hopefully continue to gain trust with each other. Remember to refer to your group covenant if ever you feel someone is uncomfortable or not respecting the small group space. Always affirm whenever someone shares with the group, it takes guts to be vulnerable with your peers!*

Supplies needed: Bibles, Group Leader small group guide, group covenant, large paper, pens/markers, index cards with small group questions printed

Session Scripture:

Romans 1:16-17 “For I am not ashamed of the Gospel because it is the power of God that brings salvation to all who believe. For in it the righteousness of God is revealed through faith for faith; as it is written, ‘The one who is righteous will live by faith.’”

Group Leader: How is everyone doing this afternoon? Tired? How did you feel about our missions experience (or whatever activity)? *Allow students time to answer or tell stories from their missions experience.*

For our two previous small group times, we have learned about what it means to be Unashamed of who God created us to be. We looked at what gives us life and what makes us unique children of God. Though we are

different, we are each created in the image of God, signifying the many attributes of who God is. We have looked at what it means to be Unashamed of who God is. We studied Noah, and the ways in which he walked with God through thick and thin. Noah stood up for the ways of God when no one else would. God showed Noah he would always be provided for. God helped Noah when the journey was difficult. God told Noah know he would always bring Hope to him. We have named who God is to us and to our group.

Now we transition into being Unashamed to know Jesus. Listen to the first part of our scripture from Romans 1:16 “For I am not ashamed of the Gospel because it is the power of God that brings salvation to all who believe.” *Read verse slowly and prayerfully three times, allow a few moments of silent reflection between each reading. Ask: What are your initial reactions to this verse? Allow time for reflection and for students to answer.*

This idea that Paul is portraying to us is that the Gospel, or Good News, of Jesus is something all people need to hear and know. It is something we can be Unashamed of because we receive salvation through God by believing in Jesus. Paul has a classic story when it comes to understanding the Gospel, and learning to become Unashamed of it. Paul was a man who hated followers of Jesus. He thought they were wrong. He thought they were crazy to believe in the things they did. He then had a literal encounter with Jesus, which caused him to become a true follower of Jesus. The scales had fallen from his eyes, and he saw that the Good New of Jesus was something he could thrive in, and be Unashamed of. Paul wanted all people to believe in the power of the Gospel of Jesus. *Allow a few moments of silence and for youth to reflect on.*

Now, have students break up into pairs or groups of three. Give them a card with these various questions listed, give them about 10 minutes to reflect and discuss. If your group only has about 3 youth, you may stay within the larger group setting. Have them prepared to talk about it when the group reconvenes.

- What do you think are reasons we are sometimes ashamed to tell others about the Good News of Jesus?
- Is there a time you can remember when you thought about sharing the Good News with someone and you didn't? What held you back? What made you stop?
- What makes it hard to tell others about Jesus?
- In the same vein, has there been a time when you did decide to share the Good News of Jesus with people? What gave you the courage to do so? How did the person you were talking to respond?

At the end of 10 minutes, have the group come back together and lead in a discussion on these four questions. Then continue to next segment of small group time.

Now listen to the second half of our scripture for this session. It is the verse that immediately follows the first verse we discussed. Romans 1:17 "For in it [the Gospel] the righteousness of God is revealed through faith for faith; as it is written, "The one who is righteous will live by faith." *Read verse slowly and prayerfully three times, allow a few moments of silent reflection between each reading. Ask: What are your initial reactions to this verse? Allow time for reflection and for students to answer.*

Paul continues here in his writing, relaying to us that faith in God is revealed to us through having faith in him. It's this weird idea, isn't it? It is through faith in God that we come to know, experience, and walk with Jesus. Paul also talks about righteousness here in this passage. What comes to mind when you hear the word "righteousness?" *Allow time for students to respond.*

The dictionary defines "righteousness" as the state of being righteous or just. Which means, when we are living our lives in a "right" way then we are living out the Gospel of Jesus for people to experience. Now, this does not mean living your life perfectly; without mistakes or blemish, but rather, it means living your life authentically in a way where people will never question your relationship with God. The ways in which you interact with the people in the world should be a direct correlation to your relationship with Jesus. That is

how we will exude righteousness as followers of Jesus.

We are Unashamed of the Gospel because of the ways in which Jesus has taught us to live our lives. He has showed us the right way to try to live. It will not always be easy, and we will not always get it right. But when we are able to put our trust in Jesus completely, we will be able to live a life that is Unashamed of his ways. We are now going to break back up into our smaller groups to discuss this a little more. *Give youth cards with the following statements printed on it, give them about 10 minutes to discuss the various questions:*

- What does it mean to you to be righteous? Together, write your own dictionary definition of righteousness based on what you know about who Jesus is and the ways in which you should live.
- Who is Jesus to you?
- How do you need Jesus to help you each day?
- How can this community pray and help you after our retreat is over?

At the end of 10 minutes, have the group come back together and lead in a discussion on these four questions. Then continue to next segment of small group time. During the question “who is Jesus to you?” have the group write on the large paper their various attributes and qualities of Jesus that are important to them. Go over these’s attributes as a group. Ask which are the most important; are there any they could take away?; which of these attributes of Jesus do they find in themselves.

Let’s sit more that question. Who is Jesus to you? Maybe you are on this retreat and you’ve known about Jesus for your entire life. Maybe you are on this retreat and know very little about Jesus. The most important thing you can learn on this retreat it this: Jesus loves you, and he values who you are as an important, unique child of God. You can be Unashamed of Jesus because he will absolutely always provide, take care, and bring Hope to your life.

At this time, the close of our session, I am going to ask if there are any prayer requests you may have. I know this is a fun weekend away, but there might be burdens from home that are heavy on our hearts. Remember, this group is a safe space, and you are able to be Unashamed of anything you may need prayer for. If there is anyone who would like to share a prayer request, you may now do so with our group. *Lead the group in a prayer time, making sure to name each one and the various requests they may have for prayer. Ask God to bless your weekend so that you may come to know what it means to be Unashamed. When finished, dismiss students to next activity.*



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