

## Leader Guide for SESSION 1: WHAT ARE YOU LOOKING FOR?

### *Overview:*

This session will provide participants with some background on the Equip series, namely, that it is first and foremost focused on providing for their own personal and spiritual formation. One can only give what he or she has. Being equipped for mission, then, means one must first grow as a disciple of Jesus Christ. This session will invite group members to consider, maybe for the first time, how the life of discipleship (i.e. life in Christ), is the answer to their deepest desire.

### *Session Outline:*

- The facilitator should welcome everyone, provide time for any necessary introductions, and lead a brief opening prayer. Next, he/she should read the overview (see above) or provide an overview of the session in his/her own words.
- Watch Segment 1: Jesus Takes Our Desire Seriously (2:21)
  - As a group, read John 1:35-42 twice.
  - Then, provide time for personal reflection with Jesus' question: "What are you looking for?"
  - Next, have group members get with a partner and share about what they are looking for in their lives.
  - Finally, take time to share answers to Jesus' question together as a group.
- Watch Segment 2: Joy (3:45)
  - Provide time for personal reflection, then group discussion on the following:
    - When and how have you experienced affirmation in your life?
    - Have you experienced a lack of affirmation?
    - Who has taken your desires most seriously?
- Watch Segment 3: The Answer to My Deepest Desire (6:47)
  - Provide time for group members to personally pray and reflect on these questions: What is my 4 o'clock moment? When did it happen? Where was I? What exactly happened?
- Takeaways and Closing Prayer
  - The facilitator should invite participants to briefly share their biggest takeaway or question from the session. The facilitator should note these carefully, as they will provide fodder for one-on-one follow up.
  - The facilitator should close the session with a prayer.