



“Set the Example”

Wk 1

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. - 1 Timothy 4:12

Big Idea: Age doesn't disqualify you from living boldly for Jesus - your life can be an example to others right now.

Your Not Too Young to Make an Impact

Truth:

God often uses young people to lead and make a difference.

Examples:

David and Goliath
(1 Samuel 17:33)

Mary carrying Jesus
(Luke 1:26-27)

Josiah - King at 8 y/o
(2 Kings 22:1,
2 Chronicles 34:3)

Application:

God doesn't wait for you to be older to use you - He wants to use you now.

Your Life Preaches Louder Than Your Words

Truth:

Your life can inspire or influence others for good or bad

Application:

You're not just talking about faith - you're showing it.

Influence Isn't About Age, It's About Example

Truth:

Leadership isn't a position - It's influence.

Challenge:

Be a Thermostat, not a Thermometer!

Application:

What you do this week can inspire someone else's walk with Jesus.

Icebreaker: If you could have influence over one area of school, church, or your friend group, what would it be-and why?

Go Deeper:

1. Read 1 Timothy 4:12 aloud together.

- Why do you think Paul specifically told Timothy this?

2. Why do you think some adults or peers “look down” on young people's faith?

- Have you ever felt like your age made people ignore or underestimate your faith or ideas? What happened?

- How can your example change that?

Weekly Challenge:

Write down or text your leader one area where you want to set an example this week and how you'll do it.



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Wk 2

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Big Idea: Your words carry power. What you say (and how you say it) can either reflect Jesus or push people away. Be an example by speaking life.

Your Words Reveal Your Heart

Truth:

The words we say show what's going on inside us.

Key Verse:

Luke 6:45 - “For the mouth speaks what the heart is full of.”

Application:

Want to fix your words? Start with your heart.

Your Words Have Power to Build or Break

Truth:

Words can encourage, inspire, and heal - or they can hurt, shame, and divide.

Key Verse:

Proverbs 18:21 - “The tongue has the power of life and death...”

Application:

Ask yourself before you speak - “Does this build up or tear down?”

You Can Be a Voice for Christ Now

Truth:

God can use your words to influence your school, team, or family for Him.

Key Verse:

Eph 4:29 - “Do not let any unwholesome talk come out of your mouths, but only what helpful for building others up...”

Challenge:

Be the one whose speech sets the tone - respectful, honest, kind, and bold in faith

Application:

What you do this week can inspire someone else's walk with Jesus.

Icebreaker: If your words were a song genre (e.g., rap, country, lo-fi, pop) what genre would best describe how you talk most days? Why?

Go Deeper:

1. Read 1 Timothy 4:12 aloud together.

- Why do you think “speech” is the first example Paul gives?
- Where do you struggle most with your speech?
- When was the last time someone's words really encouraged you?

Weekly Challenge:

Choose one person to intentionally speak life to - through a kind text, a compliment, encouragement, or prayer. Tell your leader who you chose and follow up next week.



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Wk 3

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in **conduct**, in love, in faith and in purity. - 1 Timothy 4:12

Big Idea: How you live matters. Your actions can either reflect Jesus or distract from Him. Be an example in the way you live, lead, and love.

Conduct is What You Do When No One's Watching

Truth:

God cares not just about what you say you believe, but how you live it.

Key Verse:

Proverbs 10:9 - “Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”

Application:

What kind of choices are you making when no one is around?

People Watch Your Walk More Than Your Talk

Truth:

You may be the only “Bible” some people read—your conduct preaches before your words do.

Key Verse:

Matthew 5:16 - “Let your light shine before others, that they may see your good deeds and glorify your Father in Heaven.”

Application:

You don't have to be perfect - but you do need to be consistent.

Your Conduct Should Match Your Calling

Truth:

Your lifestyle should point people to the One who changed your life.

Key Verse:

Phil. 1:27 - “Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.”

Challenge:

Don't just claim Jesus with your mouth - follow Him with your choices.

Application:

What needs to change in your life so that your conduct honors Jesus?

Icebreaker: If your daily life was secretly recorded and turned into a show, what would the title be? Comedy? Drama? Real Talk?

Go Deeper:

1. Read 1 Timothy 4:12 aloud together.
 - What does it mean to “be an example in conduct”?
2. What area of your conduct needs the most growth right now?
 - Integrity? Kindness? Patience? Purity?
 - What's one step you can take this week?

Weekly Challenge:

Pick one area of your conduct to intentionally grow in (e.g., showing respect, being honest, handling conflict with kindness).

Tell someone in your group and ask them to check in with you.



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Wk 4

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Big Idea: True love isn't just a feeling—it's a lifestyle. As followers of Jesus, we are called to show a different kind of love: selfless, sacrificial, and consistent.

Love Is More Than a Feeling—It's a Choice

Truth:

Love isn't based on who deserves it. It's based on how Jesus loved us.

Key Verse:

John 13:34-35 - “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Application:

Ask, “How would Jesus treat this person?”—then do it.

Love Means Putting Others First

Truth:

Love isn't about being liked. It's about serving others even when it costs you.

Key Verse:

Phil. 2:3-4 - “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves...”

Application:

Who needs to experience Jesus through your love this week?

Love Looks Different from the World

Truth:

Real love isn't selfish, reactive, or conditional—it's consistent and Christlike.

Key Verse:

1 Cor. 13:4-7 - “Love is patient, love is kind... it always protects, always trusts, always hopes, always perseveres.”

Challenge:

In a world of fake love and shallow attention, be an example of the real thing.

Application:

Use 1 Corinthians 13 as a mirror—do your actions reflect godly love?

Icebreaker: If love were a brand, slogan, or logo—what would yours say or look like based on how you treat people?

Go Deeper:

1. Read 1 Timothy 4:12 aloud together.
 - Who in your life is hard to love right now? What's one way you could show them Christlike love this week?
2. How would your school, home, or team look different if you led with love?
3. Which of the 1 Cor 13:4-7 qualities is easiest for you to live out?
 - Which one is the hardest?

Weekly Challenge:

Choose one person this week to intentionally love like Jesus would.



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Wk 5

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Big Idea: Faith isn't just believing in God—it's trusting Him with your whole life. You can be an example to others by how you live out your trust in Jesus.

Faith Is Trusting God — Even When You Don't See the Outcome

Truth:

Faith isn't about having all the answers. It's about trusting God when you don't.

Key Verse:

Hebrews 11:1 - “Now faith is confidence in what we hope for and assurance about what we do not see.”

Application:

Where in your life do you need to take a step of faith?

Real Faith Shows Up in Real Life

Truth:

Faith isn't just what you believe—it's how you live.

Key Verse:

James 2:17 - “Faith by itself, if it is not accompanied by action, is dead.”

Application:

What does your life say about your faith?

You Can Lead Others by the Way You Trust God

Truth:

When you trust God consistently, others will notice.

Key Verse:

Prov. 3:5-6 - “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

Challenge:

Don't just talk about faith—live it when life is hard, scary, or unclear.

Application:

People are watching—let your faith show them who God is.

Icebreaker: If faith were a rollercoaster, what part of the ride would your life feel like right now—climbing, dropping, looping, or coasting?

Go Deeper:

1. Read 1 Timothy 4:12 aloud together.
 - Why is it powerful when young people live out their faith?
2. In your life, where are you showing faith right now?
 - Where could your faith grow stronger?
3. What's one bold step of faith you feel like God might be asking you to take?

Weekly Challenge:

Pick one area where you want to trust God more deeply.
Write it down and pray about it daily.
Share it with your group or leader for accountability.



“Set the Example”

Wk 6

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Big Idea: Purity is more than what you avoid—it's about living a life that honors God in your body, mind, and heart. Your example can inspire others to live clean in a messy world.

Purity Starts in the Heart

Truth:

Purity isn't just about rules—it's about relationship.

Key Verse:

Matthew 5:8 - “Blessed are the pure in heart, for they will see God.”

Application:

Ask God to clean your heart before trying to change your habits.

Purity Means Saying No to What Pollutes You

Truth:

You don't just resist sin—you run from it and chase what's good.

Key Verse:

2 Tim 2:22 - Flee the evil desires of youth and pursue righteousness, faith, love and peace...

Application:

Purity isn't passive. It's an active pursuit.

Purity Points People to Jesus

Truth:

The way you treat your body and others shows who you live for.

Key Verse:

1 Thess 4:3-5 - “It is God's will that you should be sanctified: that you should avoid sexual immorality...”

Challenge:

Culture says “do what feels good”—Jesus says “live set apart.”

Application:

Your purity can show others that Jesus is worth everything.

Icebreaker: If purity were a filter on social media, what would it do? How would it change what people see and post?

Go Deeper:

1. Read 1 Timothy 4:12 aloud together.
 - What comes to mind when you hear the word “purity”?
2. Read Matthew 5:8
 - How does purity help us “see God”?
3. In what area of your life is purity hardest to live out (thoughts, words, media, relationships)?

Weekly Challenge:

Pick one thing to guard this week—your heart, your eyes, or your time. (e.g. Take a break from certain apps, Set screen time limits, etc)
Share your plan with someone in your group for accountability