



## Welcome to **SEED** Group!

- Why did you decide to join the group?
- What are your expectations?

### INTRO

**SEED** Groups are the backbone of Agapé Students. It's where the business really happens. That said, what is a **SEED** group?

**STUDENTS** • What's unique or special about being a Christian student?

**ENGAGED** • As Christian students, how do we engage with our university?

in

**EVANGELISM** • How often do we talk to our friends or the wider university about Jesus?

and

**DISCIPLESHIP** • How do we feel about being disciplined and even discipling others?

### READ Matthew 4:18-19

- What were these four fishermen doing when Jesus met them? What happened next?
- Why do you think they were willing to stop their usual activities to follow Jesus (see verses 12-17)?
- Why did you begin to follow Jesus? How did this affect your usual activities?
- What's been your experience of following Jesus at university?
- What did Jesus promise the fishermen? What does this mean? What can we learn from this?
- What's been your experience of 'fishing' for people?

### TRUE OR FALSE

If we're not fishing, then we're not following Jesus.

### PRAY

Commit yourself to following Jesus above all else at university. Ask Him to help you do this day by day and for practical insights into what this might mean.

### ACTION POINT

This week, think of someone else you could invite to join in with a **SEED** Group.

### DIGGING DEEPER

Find out a bit more of the background of these first disciples:

- How old were they?
- How much did following Jesus mean to them? What did it mean for their careers?
- How did they die?

## FEEDBACK

- What was the action point from the last session? How did you get on with it?

## INTRO

- What do you think makes someone a follower of Jesus?
- On a scale of 1-10, how sure are you that you're a child of God and that you'll be with Him forever?

1	2	3	4	5	6	7	8	9	10
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## READ 1 [John 5:9-13](#) (twice)

- What does John want for the readers of his letter (verse 13)?
- Where does John point them to help them 'know' (verses 9-10)?
- What's the difference between God's testimony and man's? What does God say is true?
- How easy do you find it to believe God's testimony?
- What's the key to gaining eternal life? What does it mean to have the Son?
- Do you think eternal life is just for the future or is it a 'now' thing? (Check out [John 17:3](#).)
- Where do you stand in light of these verses? How can you be sure?

## TRUE OR FALSE

If you're a true Christian, you'll always feel like one.

## PRAY

Ask God to give you a deep assurance of His goodness and love and to help you trust His promises. Pray for one another.

## ACTION POINT

This week, tell at least three people that you're a follower of Jesus.

## DIGGING DEEPER

Read further about these things that give us confidence in our relationship with God:

1. Our trust in the authority of God's word and the promises He makes ([2 Timothy 3:16-17](#)).
2. The Holy Spirit in our hearts assuring us that we are God's children ([Romans 8:15-17](#)).
3. Over time we see evidence of change in our lives ([Galatians 5:22-23](#)).



## FEEDBACK

- What was the action point from the last session? How did you get on with it?
- How are you doing in your personal evangelism? Who are the people you live amongst?

## INTRO

- When you became aware that you've done something wrong, how do you deal with it?

We all make mistakes in our friendships. We need to face our mistakes and put things right to keep our relationships healthy. If we want to enjoy God's friendship, we need to know how to sort things out when they go wrong.

## READ 1 John 1:5-2:2

- What do you think this metaphor of walking in darkness and light means?
- How is our relationship with God affected by how we 'walk'?
- What different 'claims' are addressed here? What are the results of these claims?
- What's the right response to sin? What's the result of this?

Note: 'Confess' literally means 'to agree with'.

- What's the basis for our forgiveness (2:1-2)? How can we be sure it has happened?
- What do we learn about what Jesus is doing right now (2:1)? How do you feel about this?
- Do you think that walking in the light means never sinning? Why?
- How often does it make sense for us to confess our sins to God?

## TRUE OR FALSE

If you don't confess it, then it's not forgiven.

## PRAY

Take some time now to ask the Holy Spirit to remind you of any sin He wants you to deal with. Remember, Satan's general accusations bring guilt, whilst the Spirit's challenge is to deal with specific sin. (We confess a selfish attitude, but we reject the vague label of 'selfish'.) As a symbol, write **1 John 1:9** over your list and then destroy it, thanking God for His forgiveness. When we trusted in Jesus, all our sins were forgiven: past, present and future (**1 Peter 3:18**), because Jesus paid for them all on the cross. Our eternal relationship with God is secure. However, sin messes up our daily friendship with God. By confessing our sin as soon as we become aware of it, we can live in friendship with God and experience His love and forgiveness continually.

## ACTION POINT

Memorise **1 John 1:9** for next week.

## DIGGING DEEPER

Read **Hebrews 9-10**:

- What do you learn about the work of Jesus?
- What do you learn about God's forgiveness?

**FEEDBACK**

- What was the action point from the last session? How did you get on with it?
- How are you doing in your personal evangelism?
- What are the most common questions people ask you about your faith?

**INTRO**

- What's been your understanding or experience of the Holy Spirit?

**READ 1 John 14:15-21**

Note: Jesus is meeting His disciples for the last time before He dies.

- What does Jesus teach about the identity and character of the Spirit?

The original Greek wording for 'another Counsellor' literally means 'another Counsellor of exactly the same kind' (verse 16). In other words, the Holy Spirit perfectly represents Jesus and is fully God just as Jesus is.

- What does Jesus promise the Spirit will do?
- What did Jesus mean when He said: 'I won't leave you as orphans' (verse 18)?
- How might the disciples have felt after hearing this? Why?
- What are the implications of the Holy Spirit's presence in us:
  - i. in our attempts to obey God?
  - ii. as we share our faith?
  - iii. when we face difficulties?

Living the Christian life in our own strength is impossible. The only way to live as a Christian is for Jesus to change us, directing and empowering every aspect of our lives. He does this through the Holy Spirit.

**TRUE OR FALSE**

We can't do a single thing of worth without the Holy Spirit.

**PRAY**

Thank God that He's given us the Holy Spirit. Ask Him to help you grow in your understanding of the person and work of the Holy Spirit in your life. Pray in twos.

**ACTION POINT**

Read 'The Life' booklet.

**DIGGING DEEPER**

Read **John 14-16**:

- What else does Jesus teach us about the Holy Spirit?

**FEEDBACK**

- What was the action point from the last session? How did you get on with it?
- How are you doing in your personal evangelism?

**INTRO**

- What's been your experience of trying to live out of the Christian life?

As Christians, we know that living God's way simply by our own efforts doesn't work. We need God's help and His Holy Spirit transforming us from the inside out. Although all Christians have the Holy Spirit, not all Christians rely on the Holy Spirit to change them.

**READ Ephesians 5:8-21**

In his letter to the Ephesians, Paul reminded them of the wonderful new life that they have because of Jesus. He then gets practical about how to live in response to His grace.

- What kind of lifestyle does Paul encourage the Ephesians to live in verses 8-17?
- Why does Paul bring the Holy Spirit into this?
- Why is the comparison made between drunkenness and being filled with the Holy Spirit?
- What effect does being filled with the Holy Spirit have? What verbs are used?
- What can we conclude from these verbs?
- What does this passage teach us about being filled with the Spirit?

**AN ILLUSTRATION: SPIRITUAL BREATHING**

**EXHALE:** we 'breath out' by confessing our sin to God as soon as we become aware of it.

**INHALE:** we 'breath in' by surrendering our lives to Jesus again, trusting the Holy Spirit to fill us with His presence and power.

Spiritual breathing is something we can do any time. However, we may not always feel different. Although experiences are great, they don't always define what's true. We're wise to trust God's promises whatever happens.

**TRUE OF FALSE**

The Christian life *is* the Spirit-filled life.

**PRAY**

Take some personal time now to think seriously about some of these questions:

- Do I want to give myself wholeheartedly to God?
- Am I willing to admit where I've sinned against God and turn away from such attitudes, thoughts and actions?
- Am I willing to be directed and empowered by the Holy Spirit?
- Do I trust God to fill me when I ask Him to according to His promise in the Bible (**1 John 5:14-15**)?

If these things are true of you, ask God now to fill you with His Spirit and He will.

**ACTION POINT**

Aim to practise spiritual breathing regularly over the next week. Observe how you're changed as you honestly submit yourself to God.

**DIGGING DEEPER**

Read **Ezekiel 47:1-12** and **John 7:37-39**:

- What's the connection between these two passages?
- What do we learn about the Spirit-filled life?

**FEEDBACK**

- What was the action point from the last session? How did you get on with it?
- How are you doing in your personal evangelism?
- What's been going well? What's been difficult?

**INTRO**

- What does it mean to be filled with the Holy Spirit?
- What's the difference between having the Holy Spirit and being filled with the Holy Spirit?

**READ Galatians 5:16-26**

- What does Paul urge these believers to do (verse 16)? What do you think he means?

Note: In verse 16 the word sometimes translated 'live' is the Greek word *peripateo* which literally means 'walk'. Walking is one of the most common pictures for the Christian life in the New Testament.

- What does it mean to 'gratify' desires?
- How would you describe the relationship between the Spirit and the sinful nature?
- How have you experienced this in your life?
- How do the Spirit and the sinful nature impact our lives and our relationship with God and others?
- How does the metaphor of 'fruit' help us understand how the Spirit works?
- What do you think it means to 'keep in step' with the Spirit?
- How would you summarise what we've learned about the Holy Spirit?

**TRUE OR FALSE**

Producing fruit is hard work.

**PRAY**

In pairs, look at the fruit listed in **Galatians 5**:

- Which fruit is in short supply in your life?

Ask God, through the Holy Spirit, to help you to see more fruit (godly character) in your life.

**ACTION POINT**

Think about areas in your life where you're most tempted to gratify the desires of the sinful nature. Get together with a friend you trust to pray together for the Holy Spirit to help you overcome these temptations and produce fruit of the Spirit instead.

**DIGGING DEEPER**

The Bible describes three main enemies to living the Christian life: our 'old', or 'sinful', nature (**Galatians 5:17**); 'the world' (**John 16:33** and **1 John 2:15-15**); and Satan (**James 4:7**). We can overcome this opposition by being filled with the Holy Spirit and following His leading.

## FEEDBACK

- What was the action point from the last session? How did you get on with it?
- How are you doing in your personal evangelism?
- What do you feel you've learnt through **SEED** Group so far?

## INTRO

- Why do you think God doesn't take us straight to heaven when we become Christians?
- What do you think that God wants us to be doing in His world?

The last words of anyone are important especially when they know they're about to leave. Jesus gave some important 'last orders' to His disciples. We call this the Great Commission.

## READ **Matthew 28:16-20**

- What's the setting of this commission? (When? Where? Who's there?)
- Why does Jesus start His commission with the issue of 'authority'?
- What's significant about the word 'go'?
- What does 'make' disciples mean in practice? What clues do we get in verses 18-20?

Note: The word disciple in Greek is *mathetes*, which literally means 'learner'. A true disciple doesn't just gain head-knowledge but puts what they know into practice.

- What's the geographical scope of these last orders?
- Have you ever taken the good news about Jesus beyond your circle of friends or hometown?
- What excites/scares you about taking part in the Great Commission?
- What does Jesus promise His disciples? How can this encourage us?

## TRUE OR FALSE

If you're not making disciples, then you're not helping to fulfil the Great Commission.

## PRAY

In pairs, discuss your level of engagement with the Great Commission. Then honestly pray for each other.

## ACTION POINT

Get more intentional (without being pushy!) by actively encouraging some students that are younger in their faith than yourself.

## DIGGING DEEPER

Read the other accounts of Jesus' last orders in the other Gospels and Acts (**Mark 16:15**, **Luke 24:44-49**, **John 20:19-23** and **Acts 1:6-8**):

- What's emphasised in each one?



## FEEDBACK

- How did you get on with the last session's action point?
- How are you doing in your personal evangelism and discipleship?
- Have you had any encouragements? Any challenges?

## INTRO

- How do you think God sees you right now? Why do you think that?

## READ 2 Corinthians 5:16-21

- What changed in the way Paul viewed other people (verse 16)? What do you think this means?
- Have you thought about people from a 'worldly point of view'?
- Before you met Jesus, what did you think of Him?
- What does Paul declare about all Christians? What does this mean?
- Can you identify with this? What are some of the 'old' and 'new' things in your life?

Note: 'In Christ' is a common way that Paul refers to the Christians he writes to. When we trust Christ, we become united with Him and experience His presence (Holy Spirit) working in and through us.

- How would you describe our identity in light of this? What makes this change possible?
- What does verse 21 say about our new identity? How does it relate to the work of Christ?

## THE GREAT EXCHANGE

Jesus was the only righteous person who ever lived. He had no sin of His own, but on the cross He took our sins. (He became sin for us.) As a result, our sins have been taken away; we've been given Jesus' own righteousness and we've become new people.

- What's the 'ministry of reconciliation' that Paul talks about in this passage?
- How do you serve as 'Christ's ambassador' on your campus?

## TRUE OR FALSE

God not only loves me, but He actually likes me.

## PRAY

Thank God for your new ID in Christ. Ask Him for grace to live out this new life. Pray that you hear His voice over the loud and persistent noise of our culture that often drowns God out.

## ACTION POINT

Memorise **2 Corinthians 5:17**.

## DIGGING DEEPER

Read and meditate on **Zephaniah 3:7**, **Romans 8:12-17** and **John 15:15**:

- What is emphasised in each one?



## FEEDBACK

- How did you get on with the last session's action point, memorising **2 Corinthians 5:17**?
- How are you doing in your personal evangelism and discipleship?
- Who can we be praying for?

## INTRO

- How long have you been reading the Bible, and what' been your experience so far?

## READ 2 Timothy 2:15-4:5

As an older man, the Apostle Paul (who penned a significant portion of the New Testament) is writing some last words from prison to a young leader called Timothy. Amongst many issues, Paul stresses the importance of the Bible.

- Make a list of all the things that Paul teaches Timothy about the Bible in 3:14-17.
- What does 'God-breathed' mean?
- How has the Bible been 'teaching, rebuking, correcting and training' you? Can you give some recent examples?
- Do you feel the Bible gets you 'equipped for every good work'? How?
- What is Timothy instructed to do in 4:2? Why will this be so important (verses 3-4)?
- How are we sometimes selective in listening to 'the truth'?
- How should Timothy respond? How should we respond in our day? How do you feel about doing this?

## TRUE OR FALSE

It's wrong to listen to entertaining Bible teachers.

## PRAY

As a group, pray for the daily reading and application of the Bible in your life.

The Bible is absolutely essential for our walk with God. It's the Creator's book to His creatures about His creation. We can't grow in our faith without growing in our understanding of the Bible and basing our life on what it teaches.

## ACTION POINT

Read the Bible for 15 minutes every day this week. Start with **2 Timothy**.

## DIGGING DEEPER

Study the following passages in the Bible and find out more about what the Bible says about itself: **James 1:19-27**, **Hebrews 4:12-13** and **John 5:39-40**.

**FEEDBACK**

- How did you get on with last session's action point?
- How are you doing in your personal evangelism and discipleship?

**INTRO**

- What's been your experience of prayer? Do you find it easy or difficult?

Jesus was once asked for some teaching about how we should pray. His response was not so much a formula but some great advice about how to relate to God. We call this the 'Lord's Prayer'.

**READ Luke 11:1-13**

Note: 'Hallowed' means 'to be kept holy'.

- How should God be addressed? What does this say about our relationship with Him?
- As a group, take each line of the prayer and discuss its meaning.
- Do you think the order of the prayer is significant? Why?
- Is there anything you need to pray about more in light of Jesus' teaching?
- What's the simple message of the parable (verses 5-8)?
- What do we learn about God's character?
- What's the application of this parable (verses 9-13)? What's promised?

**TRUE OR FALSE**

God will answer every prayer regardless of what we ask for.

**PRAY**

As a group, use the 'Lord's Prayer' as a pattern for praying together:

<b>Hallowed be your name</b>	Pray that God will be praised and honoured in your life and at your university.
<b>Your kingdom come</b>	Pray for God's rule and reign to be established in the world (in particular in the hearts of people you know).
<b>Give us each day our daily bread</b>	Ask God to provide for any needs you have at the moment.
<b>Forgive us our sins</b>	Confess any known sins to God and continue to experience His love and forgiveness.
<b>For we also forgive everyone who sins against us</b>	Ask God to remind you of anyone you need to forgive. Then trust God to help you do it!
<b>And lead us not into temptation</b>	Pray for God's protection and help to overcome the temptations you will face.

**ACTION POINT**

Begin to keep a prayer diary – a record of things that you pray about on a daily or weekly basis. This will help you to better notice how God answers your prayers.

**DIGGING DEEPER**

See how Jesus prays in [John 17](#) and how Paul prays for others in [Ephesians 3:14-21](#).



## FEEDBACK

- How did you get on with the last session's action point?
- Do you have any recent stories from your personal evangelism or discipleship?

## INTRO

Word association:

- What comes into your mind when you hear the word 'church'?

## READ 1 Corinthians 12:12-31

- What does the metaphor of a body say about church?
- What false things might people believe about their rôle in the body (verses 15 and 21)? What's Paul's response to this?
- What examples are given of different people's contributions to the body?
- How have you benefited from others in the body?
- What do you think your contribution to the body is (or can be)?
- Which do you find easier: giving to or receiving from others in the church?

## TRUE OR FALSE

The primary rôle of church is the corporate worship of God.

## PRAY

Pray that you will be able to contribute to and receive from your local church. Ask God to show you ways you can serve others and build them up in their faith.

## ACTION POINT

- Who could you invite to your church?

Ask them this week.

## DIGGING DEEPER

Read the following Bible passages about some of the first churches, and consider what church should be like in light of this: **Acts 2:42-47**, **Acts 4:32-35** and **1 Thessalonians 1-2**.

## FEEDBACK

- How did you get on with the last session's action point?
- How are you doing in your personal evangelism and discipleship?

## INTRO

'Everyone is doing it!' Therefore, how can I as a Christian student not join in?

- Does God really expect me to be pure in this sex-mad world?

## READ 1 Thessalonians 4:1-8

Paul helped plant the church in Thessaloniki, which was the capital city of the province of Macedonia. In this letter, he reminds them of some important instructions he had given them.

- How are the Thessalonians doing? What does Paul encourage them to do? Make a list.

Sexual immorality is sex outside the context for which it was created. God designed sex to be between a man and woman committed to each other for life (ie in marriage).

- How can we avoid sexual immorality?
- How does someone 'learn to control [their] own body'? Is this really possible?
- What's the difference between Christian and non-Christian lifestyles? Where do they ultimately lead?
- What do we learn about these instructions (verse 8)?
- Do we believe God's way is really best? What motivates us to live God's way?

## TRUE OR FALSE

In Christ we have everything we need to resist temptation.

## PRAY

In pairs pray honestly for each other regarding sexual purity.

## ACTION POINT

This week, hold each other accountable by asking direct questions relating to sexual purity. Some questions you could start with are:

- What are some of the temptations we're encountering at the moment? Are we experiencing God's love and forgiveness when we sin?
- Are we depending on the Holy Spirit to help us change?
- Remember, if we've trusted Christ, our eternal relationship with God is secure. There's no condemnation (**Romans 8:1**). However, we need to confess any known sin to maintain our daily friendship with God.

## DIGGING DEEPER

Use an online Bible concordance (eg biblegateway.com), or Study Bible, to reflect more about what the New Testament says about sexual immorality. Warning: there's lots to read!