



spiritual adult

# DISCIPLE ME

**TRACK 2: DEVELOPING OTHERS**

**EQUIPPING THE SAINTS**

## **ICEBREAKER: MINI-ME**

Imagine someone younger than you is assigned to follow you around for an entire week - copying your attitude, habits, reactions, conversations, priorities... everything.

- **What are five things you would actually want them to copy about your life?**
- **What's one thing you would not want them to copy?**

## **STUDY: WHO'S NEXT?**

Whether we realize it or not, other people are watching us. Little brothers. Teammates. Coworkers. Students. Friends. Someone is always watching how you respond, how you handle stress, how you treat people, how seriously you take your faith. The truth is - influence isn't optional. It's happening.

In the Spiritual Adult phase, we realize our life isn't just about our own growth anymore. Yes, we're still learning. But a significant shift begins to take place, and we start caring about who's coming behind us. Faith was never designed to be private. It was designed to be multiplied. In today's passage, we will discover what kind of influence God actually intends for us to have.

## **READ Ephesians 4:11-13**

- According to this passage, why did Christ give leaders to the church?
- What does it mean to be equipped? What do these verses say we are being equipped for?
- How does Paul define maturity in this text?

As we look at this passage, a few truths rise to the surface. The role of spiritual leadership is not to impress people or carry all the weight, but to prepare others to step into their calling. The goal is not admiration - it's multiplication. Healthy ministry is measured not by how many people are watching, but by how many people are growing and building.

Maturity is defined by contribution, not consumption. Spiritual growth isn't proven by how much we know, but by how much we give, serve, and invest in others. And the end goal is unity, knowledge, and full maturity - a body of believers growing together into Christlikeness.

Spiritual Adults understand something crucial: Faith is not a private possession to protect. It is a stewardship to invest. We don't own it. We've been entrusted with it - for the sake of others.

- Where in your life are you still primarily consuming - and where is God inviting you to start contributing?
- Who has intentionally equipped you in your faith, and what did they do that you could begin doing for someone else?
- What insecurity or fear keeps you from stepping into spiritual influence? Is it a lack of knowledge, confidence, time, or something else?

### ACTIVITY: GOD NEVER SAID

It's easy to treat faith as something personal and private - mainly about our own comfort or growth. But many passages in Scripture remind us that we are called to influence, equip, and strengthen others for the Kingdom. For this activity, read each verse listed on the left and draw a line to the statement that describes what the verse **does NOT say**. Sometimes the clearest way to understand what God intends is by recognizing what He never intended in the first place.

Timothy 2:2	"Everyone should carry their burdens alone."
Matthew 5:14-15	"Your faith is strictly personal and doesn't affect others."
Hebrews 10:24-25	"Look out for your own interests first."
1 <sup>st</sup> Corinthians 12:7	"Listening to the Word is enough."
Galatians 6:2	"Keep what you've learned to yourself."
Philippians 2:3-4	"Bearing fruit is optional for followers of Jesus."
Colossians 1:28	"You don't need other people to grow."
Romans 12:4-6	"Hide your faith so you don't stand out."
James 1:22	"Spiritual maturity is optional."
John 15:8	"Spiritual gifts are for your own personal benefit."

### CHALLENGE: PASS THE BATON

This week, choose **one person** you can intentionally influence. Reach out, share something God has been teaching you, ask how you can pray for them, and follow up later in the week. Keep it simple. Take the first step. Next time we gather, come ready to share not how it felt - but how it helped. Because Spiritual Adults don't just grow. They build.