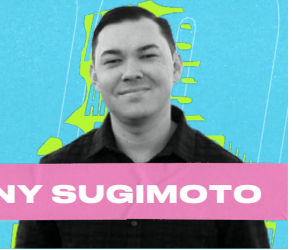


**GROW**  
2024

## **20 IDEAS FOR DISCIPLING TEENAGERS**

FEATURING

**DANNY SUGIMOTO**



### NOTES

**1. HELP THEM *DEVELOP* SPIRITUAL HABITS**

**2. LET THEM *PERSONALIZE* THEIR TIME WITH GOD**

**3. INSPIRE THEM *INVEST* IN THEIR RELATIONSHIPS**

**4. LEAD THEM TOWARD *THEIR GIFTS***

**5. GIVE THEM *SIMPLE WAYS* TO SHARE THEIR FAITH STORIES**

If you're looking for ways to take advantage of the twenty ideas presented in this talk, this exercise is sure to help. With your team, you'll start by brainstorming activities inspired by our list of twenty discipleship ideas. Then, your team will get to share their ideas and let others offer new insight and direction. Here's how it works...

## INSTRUCTIONS

### STEP 1: COLLECT

As a team, collect your ideas for how teenagers can practice all four spiritual habits on sticky notes. (Or, if you want to do this part in advance, you could have everyone add to a collaborative note online.) Use our list of ideas or brainstorm your own!

#### SPEND TIME WITH GOD

- Set a regular time to read the Bible each day.
- Take a walk and pray or take in nature and your community.
- Write or journal through prompts, a passage of Scripture, or as a way to process your faith and questions.
- Disconnect from an app, phone, TV, video games, whatever.
- Schedule silence throughout the week so you can be still and listen or reflect.

#### SPEND TIME WITH OTHERS

- Organize a hang-out or group activity.
- Call a family member or friend to talk.
- Organize a study group to provide friends with time to get support.
- Send a card in the mail.
- Ask for help with a problem or a task.

#### USE YOUR GIFTS

- Take a personality assessment.
- Serve in youth group.
- Be an advocate for a cause or person.
- Share something you have.
- Help someone with homework or studying.

#### SHARE YOUR STORY

- Share part of your story on social media.
- Start a conversation with a friend about spiritual practices.
- Talk about a struggle you're having, how you're growing, or a big question you're processing.
- Ask someone you respect to share their story with you.
- Create something that represents your story.

### STEP 2: MIND MAP

Once your team has shared your big list of ideas, it's time to think even more deeply and get even more specific.

1. **PREPARE:** Give each person in your group a piece of paper and a pen.
2. **DIVIDE:** Split your group into four teams and have each team focus on only one of the four spiritual habits — Spend Time with God, Spend Time with Others, Use Your Gifts, and Share Your Story. (Give each group the five ideas from one of the spiritual habits so they have a starting point.)
3. **MAP:** Set a ten-minute timer for the group to write down everything that comes to mind related to their spiritual habit, or anything new that the starting ideas inspire.

### STEP 3: ROUND ROBIN

At the end of the ten minutes, it's time to build on each other's ideas.

1. **SHARE:** Have each person share a favorite idea with the large group. While everyone shares, choose one person to write down any new ideas that are created during the discussion.
2. **ADD:** Give the group two to three minutes to add their own ideas and perspectives to what has been shared before moving on to the next person. When giving feedback, ask each person to start their thoughts with, "What if...?"
3. **DO:** After everyone has shared, decide on one or two ideas from each spiritual habit to pursue.