

I AM SECOND™

Second Start





Second Start 2.0

Basics on how to grow as a Second

Welcome

You are a Second. You want to become a stronger Second. You want to better follow Jesus. But where do you start? What will God use to make you a stronger Second? *Second Start* walks you through the basic steps of becoming a stronger Second.

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Talk with God

Opener

Watch: one of the “What’s prayer all about?” videos

Question: What did you find helpful about this video?

Talk with God

Jesus taught his followers how to talk with God. He taught them by giving them a model for prayer. Each section of this model prayer illustrates an important principle meant to help you talk with God. Below is a tool to help you remember how to talk with God like Jesus. Use the different parts of your hand to remember the different parts of Jesus’ prayer.

Briefly discuss each section of Jesus’ prayer, then as a group or with partners talk with God following Jesus’ example.



Relationship “This is how you should pray, ‘Our Father, who is in heaven,’”
— Jesus (Matthew 6:9)

Jesus begins his prayer with a word about relationship, “Our Father.” How has God related to you lately? Take a moment to tell God how you appreciate your relationship with him. Thank him for being a good Father, friend or counselor.



Worship “May your name be honored as holy” — Jesus (Matthew 6:9)

Jesus recognizes God for his holiness. What is something you love or appreciate about God? Spend some time telling God what you love most about him.



Surrender “Have your kingdom come, have your will be done as it is in heaven so also on earth” — Jesus (Matthew 6:10)

Jesus does not ask for his own desires but for the will of God to be done. What is the biggest worry or problem you are dealing with right now? What in your life do you need to surrender? Tell God your commitment to trust him in these areas of your life.



Ask “Give us today our daily bread” — Jesus (Matthew 6:11)

Jesus asks God to supply his needs. What are your needs? Take turns sharing with the group about a big need that you have today. After each person shares his need, someone else in the group should ask God to help with that need. Take a minute right now to do this.



Forgive “Forgive us our debts, as we also forgive those indebted to us” — Jesus (Matthew 6:12)

This is both a request and a commitment. The request is for God to forgive you of your wrongs. The commitment is for you to forgive others for having wronged you. That means there are two steps for you take. First, you need to apologize to God for the things you have done wrong. Take some time to do this right now.

Second, consider how you can begin forgiving those who have wronged you. Is there someone in your I am Second Group that you need to forgive? Someone in your family? An old friend? What can you do to begin the process of forgiveness?



Protect “And do not lead us into temptation but deliver us from the evil one.” — Jesus (Matthew 6:13)

Jesus taught his followers to pray for protection from temptation and the evil one. Jesus taught that there are unseen spiritual forces at work in this world. Some of them are obviously good such as God himself and his angels. But others are evil, such as the demons and their ruler who has different names, such as Lucifer, Satan, the evil one, the ruler of the kingdom of the air, etc. Ask God to protect you and your group from temptation and the evil one.



Worship “For yours is the kingdom, and the power, and the glory, forever.”
— Jesus (Matthew 6:13)

You can end your talk with God the same way you began it, by telling God how much you appreciate who he is and what he has done. Take a minute or two to do this right now.



Live and Tell

1. What will you do now? Based on today's time in prayer, how will your life change, how specifically are you going to live out what you learned today?
2. Who will you tell? With whom could you have a spiritual conversation about what you learned today?

Hard Times

Opener

Watch: the Lee Lucas video

Question: What did you like about Lee's story?

Check-Up

Live and tell. You learned how to talk with God the last time you met. Did you practice using Jesus' model prayer since the last meeting? Did you share with anyone else about what you learned about talking with God? (If people did not do what they committed to do, consider going back and reviewing the last discussion topic again. It is important that people do what they say they will do before moving on.)

Talk with God



Worship. Take turns telling God how you appreciate him for who he is and for what he has done.



Ask. As a group ask God to teach you through the Bible and to help you learn through the good times and the hard times of life.

Hear the Bible *Read this as a Group*

Background. *Peter and John, two of Jesus' closest followers, heal a man in the name of Jesus who had been crippled since birth. They then go into the worship temple in Jerusalem to share with the people the message of Jesus. The religious leaders are really angry when they hear their message and have them arrested. As they are being questioned, Peter and John boldly respond to the religious leaders by again sharing the message of Jesus.*

When they [religious leaders] saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with

Jesus. But since they could see the man who had been healed standing there with them, there was nothing they could say. So they ordered them to withdraw from the Sanhedrin [important ruling



council] and then conferred together. “What are we going to do with these men?” they asked. “Everyone living in Jerusalem knows they have performed a notable sign, and we cannot deny it. But to stop this thing from spreading any further among the people, we must warn them to speak no longer to anyone in this name.”

Then they called them in again and commanded them not to speak or teach at all in the name of Jesus. But Peter and John replied, “Which is right in God’s eyes: to listen to you, or to him? You be the judges! As for us, we cannot help speaking about what we have seen and heard.”

After further threats they let them go. They could not decide how to punish them, because all the people were praising God for what had happened. For the man who was miraculously healed was over forty years old.

On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. When they heard this, they raised their voices together in prayer to God. “Sovereign Lord,” they said, “you

made the heaven and the earth and the sea, and everything in them. You spoke by the Holy Spirit through the mouth of your servant, our father David:

“ ‘Why do the nations rage and the peoples plot in vain?

The kings of the earth rise up and the rulers band together against the Lord and against his anointed one.’

Indeed Herod and Pontius Pilate met together with the Gentiles and the people of Israel in this city to conspire against your holy servant Jesus, whom you anointed. They did what your power and will had decided beforehand should happen. Now, Lord, consider their threats and enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.”

After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

Acts 4:13-31 (TNIV)

Talk about the Bible Reading

What it says

1. What did you like about this story?
2. What did you not like or find confusing about this story?

What it means

3. What does this story teach about people? What did these people ask God to do when they had this big problem?
4. What does this story teach about God? How did God answer their prayer?

Live and Tell

5. What will you do now? Based on today’s story, how will your life change, how specifically are you going to live out today’s discussion?
6. Who will you tell? With whom could you have a spiritual conversation about today’s story? In *What’s First* you made a list of 50 people that need to hear about Jesus. Who can you talk with next on your list?

Community

Opener

Watch: the “Where does church fit into all this” video

Question: What one word would you use to describe what church should be? Explain.

Check-Up

Live and tell. The last time you were together you talked about hard times. Share with the group how you lived out the things you learned and with whom you shared some of your insights from that discussion. (If people did not do what they committed to do, consider going back and reviewing the last discussion topic again. It is important that people do what they say they will do before moving on.)

Talk with God



Worship. Take turns telling God how you appreciate him for who he is and for what he has done.



Surrender. You may be really stressed out over some of these needs. Trust God to care of them. Surrender and tell God you trust him to take care of these needs. Stop the worry.



Ask. Take some time to pray for each other. Talk with God about each other's needs and ask him to provide. Also ask God to teach you as you hear and discuss the Bible.

Hear the Bible *Read this as a Group*

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together,

as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Letter to the Hebrews 10:23-25 (TNIV)



Then Peter stood up... raised his voice and addressed the crowd..." Jesus of Nazareth was a man accredited by God to you by miracles, wonders and signs, which God did among you through him, as you yourselves know. This man was handed over to you by God's deliberate plan and foreknowledge; and you, with the help of wicked men, put him to death by nailing him to the cross. But God raised him from the dead..."

Those who accepted his message were baptized, and about three thousand were added to their number that day.

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were

together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:14, 22-24, 41-47 (TNIV)

Talk about the Bible Reading

What it says

1. What did you like about these readings?
2. What did you not like or find confusing about these readings?

What it means

3. What do these readings teach about people? What do these readings teach about the spiritual community of those who follow Jesus?
4. What do these readings teach about God?

Live and Tell

5. What will you do now? Is your I am Second™ Group like the one you just read about? Why or why not? What needs to change?
6. Who will you tell? With whom could you have a spiritual conversation about today's story?

The Bible

Opener

Watch: one of the “What’s so great about the bible” videos

Question: What did you find helpful about the video?

Check-Up

Live and tell. How have you lived out what you learned last time regarding community? Who have you told about the things you have learned?

Talk with God



Worship. What is something you love about God? Share this with the group and then tell God.



Ask. Pray for your friends and family that have not put Jesus First. Ask God that he would use you to bring them to Jesus. Ask God to teach you as you learn from the Bible.

Hear the Bible *Read this as a Group*

Background. *David, an ancient king of Israel, famous for his military exploits and for his skill as king, also became famous for his musical talent. In this song David reflects on the Bible.*

The law¹ of the LORD is perfect,
refreshing the soul.

The statutes of the LORD are
trustworthy, making wise the simple.

The precepts of the LORD are right,
giving joy to the heart.

The commands of the LORD are brilliant,
giving light to the eyes.

The fear of the LORD is pure,
enduring forever.

The ordinances of the LORD are sure,
and all of them are righteous.

They are more precious than gold, than
much pure gold; they are sweeter than
honey, than honey from the honeycomb.



By them your servant is warned; in
keeping them there is great reward.

But who can discern their own errors?
Forgive my hidden faults.

Keep your servant also from willful sins;
may they not rule over me.

Then I will be blameless, innocent of
great transgression.

May these words of my mouth and
this meditation of my heart be pleasing
in your sight, LORD, my Rock and
my Redeemer.

Psalms 19:7-14 (TNIV)

Background

1. The words *law*, *statutes*, *precepts*, *commands*, and *ordinances* are synonyms commonly used to refer to the Bible.

Talk about the Bible Reading

What it says

1. What did you like about this song?
2. What did you not like or find confusing about this song?

What it means

3. What does this song teach about people?
4. What does this song teach about God and the Bible?

Live and Tell

5. What will you do now? How can you read and learn about the Bible between meetings? Ask your leader for a list of some suggested readings. For a free online Bible, a daily reading plan, or even an audio version of the Bible you can go to www.bible.org.
6. Who will you tell? With whom could you have a spiritual conversation about today's discussion?

How to lead your I am Second Group

This I am Second discussion guide is about much more than knowledge. It is about changed lives. It is about discovering truth. It is about people becoming free. It is about being Second. Keep in mind the following tips:

Talk with God. Leading this group is a big job, so ask God to help you. Talking to God is a simple step that often is overlooked. You are only on your own when you neglect to ask God for help.

Be Authentic. Do not be fake or shallow or use churchy words. Be yourself. Model to your group that an I am Second Group is a place where honesty and acceptance are normal and expected. Be transparent about your own pains and problems. Dare to be vulnerable. Ask tough questions that will encourage your group to do the same.

Keep it a Discussion. This is a place for people to discuss things, not a time for you to practice your public speaking skills. Allow people time to truly wrestle with what the Bible says without forcing an answer. Do not derail the discussion by supplying all the answers or providing your own commentary. People better understand, more readily accept, and more effectively apply God's Word when they discover the answers themselves.

OK Not to Know Answers. You are not expected to know all the answers. When you don't know something, admit it. Ask someone in the group to research the answer before the next meeting, or volunteer to find it yourself.

Keep Focused. Each lesson has a main idea. As the group discusses, ask yourself, "Have we talked about the main things?" If, during the discussions, the group misses the main idea, keep probing. Save your own comments for the end.

Don't Skip Parts. Every part is important, especially the "Live and Tell" and "Check-up" discussions. If people have not done what they committed to do at the previous meeting, consider going back and reviewing the previous discussion topic again. It is important that people do what they say they will do before moving on.

Meet often. Meeting weekly is good. Meeting more frequently is better. Just be sure to give everyone enough time between meetings people to do their "Live and Tell" commitments.

Follow Up. The previous packet was all about sharing your faith. It guided you and your group in how to tell the people in your life your story and the story of Jesus. Continue to follow-up with everyone each time you meet regarding your commitments to share your faith with 50 people. At the end of each meeting discuss with the group how many people they plan on talking with about Jesus before your next meeting.

What will you do now? This is where you take action and live out what you are learning. Living out the lessons will look different for each person. For some talking with God for 20 minutes a day is a good goal but for others this would be completely unattainable. Help each person make reasonable but challenging goals that accurately reflect the topic of that day's discussion.

Who will you tell? Jesus said that his followers are to make disciples of the whole world (Matt. 28:19-20), which means that you are called to pass on what you learn about God to others. That is the reason for the question "who will you tell?" Share with your group these tips on how to implement this question.

Find someone who is open; your child, wife, friend, or maybe someone with whom you have recently shared your faith.

Find conversational opportunities. When someone asks you about your week, tell them about your I am Second Group. When someone asks how you are doing, tell them about what you are learning in your group.

Start small. Share only as much as someone is interested in hearing. Summarize what you have learned in one or two sentences. If the person seems interested and wants to hear more then continue talking about what you are learning. If they still want to hear more consider starting a new I am Second Group with this person. Download the *How to Start an I am Second Group* discussion guide for guidance in how to do that.

Helps

Talk with God 2.1

Summary: Jesus teaches his followers how to talk with God. This is the first and most basic step to take to grow in your relationship with God. All relationships require communication and your relationship with God is no different. Jesus provides a model prayer to guide his followers in how to talk with God. Rather than doing the usual lesson outline, today you are going to pray through the passage of the Bible, following Jesus' model step-by-step.

Opener: Watch the "What's prayer all about?" video. To find this video, click on any video on the I am Second™ homepage. Then click the "More content" button. Click on "Learn more about being second." Find the question "What's prayer all about?" and watch one of these videos.

Check-up: Do not forget to follow up with the commitments your group made to share their faith in *What's First*.

Some Help with the Lesson

Talk with God: The structure for this lesson is significantly different than usual. Most of your group time will be focused on talking with God and not on discussing the passage.

Prayer is best taught through example. For this lesson, limit the amount of

teaching or discussion time you have and focus on just talking with God. After very briefly talking about each principle, model prayer for the group by actually talking with God. After you pray encourage everyone in your group to talk with God as well. If you have a small group you can do this all together. If you have a larger group, you can break everyone up into pairs.

Since there are so many principles in Jesus' prayer, a memory device is useful for learning this lesson. Below is a tool in remembering Jesus' prayer. Reference this as you talk about each principle in Jesus' prayer with your group.



Relationship Your fingers are held together by the palm. Likewise, your relationship with God is the basis on which all of your prayers are founded.



Worship The thumb represents praise. Tell God how much you love and appreciate him. God is not Santa. He wants to hear more from you than just your wish list.



Surrender This is where you tell God "I surrender." Note your hand is now in the shape of a gun. Give it up to God. Before diving into all of your wants, tell God that what you really want is what he wants.



Ask Your middle finger represents ask. God knows your needs but he wants you to talk with him about them. Tell him about your situation and your needs.



Forgive Confess and forgive. This is both a request and a commitment. It is a request that God will forgive you of your wrongs and a commitment that you will forgive others of the wrongs they have done against you. Take time to confess to specific sins that come to mind. Most of the time, it is appropriate and extremely beneficial to confess these sins to your group as well, as they are then able to help you overcome these weaknesses.



Protect The pinky is your weakest finger; let it remind you of your need for God's strength. Ask God to protect you as you try to live for him. Ask God to keep you from temptation and from the power of the Evil one.



Worship You can end your talk with God the same way you began it, by appreciating God for who he is and what he has done.

Hard Times 2.2

Summary: Peter and John are persecuted for healing a man. They are jailed, interrogated, and scolded for doing good. Sometimes, God allows his followers to suffer through hard times so that they can grow, better rely on God, and help others in similar situations. As difficult as it is to go through, God uses hard times to make his children stronger.

Some Help with the Lesson

Have you talked about the main things?

1. What did you like? Even during hard times, Peter and John were still faithful to follow God by sharing with the Sanhedrin the gospel of Jesus. When they got out of jail, they prayed together, asked for boldness to continue to be faithful, and remembered Jesus. They recognized that their suffering was like the suffering of Jesus. Though Jesus did no wrong he too was persecuted. There is encouragement in knowing that Jesus faced the same hard times that his followers continue to face today.

2. What did you not like or find confusing? Nobody likes hard times. But God allowed hard times to come to Jesus and to his closest followers, Peter and John. That means hard times can be expected by every Second.

Helps

3. What does this teach about people?

God does not promise the easy life. He allowed his Son, Jesus, to suffer and he allowed Peter and John to suffer. Hard times are a part of life. And this holds true even for followers of Jesus. These hard times are meant to make you stronger. Peter and John stayed faithful when they were tested by hard times, they prayed together, and remembered the suffering of Jesus. They even used hard times to tell more people about Jesus and how he had changed their lives. You can do the same when hard times come and become a stronger Second.

4. What does this teach about God?

Jesus suffered unjustly and his followers can expect the same. Life is not always fair. This does not mean that God wants you to look for or cause suffering, but it does mean that when it comes he understands. Jesus experienced the same hurts and pains that his followers experience and he promises never to leave you (Matt 28:19-20).

Community: 2.3

Summary: Seconds are to inspire each other on towards love and good deeds. To do this early believers met together to study the teachings of the apostles, fellowship (deep friendship and support), break bread, and pray. These believers became known for their generosity and love for each other as they sold whatever was necessary to meet the needs of the poor.

Opening: Watch the “How does church fit into all this” video. To find this video click on any video on the I am Second homepage. Then click the “more content” button. Click on “Learn more about being second.” Find the question “How does church fit into all this” and watch the video.

Talk with God: Seconds pray for each other. That is part of what it means to be an I am Second Group. So take some time to hear about each other's needs and situations. After each person shares his needs, talk with God about them and ask him to meet these needs.

Some Help with the Lesson

Have you talked about the main things?

1. What did you like? The early believers were not perfect some were in the habit of not meeting regularly but those that met inspired each other towards love and good deeds. They did this by learning the apostles' teachings, fellowshiping, breaking bread, and praying together. This dedication resulted in huge generosity. People were so serious about meeting the needs of the needy that they were selling property to provide the necessary funds.

2. What did you not like or find confusing? The meaning for 'fellowship' is sometimes missed. Fellowship means deep friendship and support. When a fellow Second is in need or is struggling or is weak, his fellow Seconds are there to pick him up. That is why the early believers sold their property to meet the needs of others. They were in fellowship and so when another Second was in need they would go to any length to help this brother even sell their property.

The phrase 'broke bread' is also sometimes misunderstood. The early believers made a habit of eating together and this usually included doing what is called communion (also called the Lord's supper, the Sacraments, or the

elements). Communion was when fellow believers shared a glass of wine and loaf of bread to symbolize and remember the blood and body of Jesus that was broken for the sins of the world. You will study this concept in more depth in a later discussion guide, but for now you can look at Matthew 26:17-30 and 1 Corinthians 11:17-34 for further clarification.

3. What does this teach about people? These readings talk all about community—about how people should live in close relationship with each other. The first reading talks about the need to inspire each other towards love and good works. The second reading gives an example of what that looks like. The believers met to study the Bible, develop deep meaningful relationships, remember Jesus through communion, and pray. Your I am Second Group can do the same.

4. What does this teach about God? God is concerned about what his followers do. He wants them to study the Bible, but he also wants them to go out and do something. That is why the early believers not only studied the apostles' teachings, but also went out and helped the poor.

Helps

The Bible: 2.4

Summary: David describes the Bible as perfect, refreshing, sure, and pure. It provides guidance, wisdom, and joy. Through his experience in life and his relationship with God, David finds the Bible more valuable than gold. That is why at the center of every I am Second Group meeting is the reading and discussion of the Bible.

Opener: To find the video go to iamsecond.com. Click on any video. At the bottom right of this video click on "More content." Then click on "Learn more about being second." Find the question "What's so great about the bible," and watch any of the videos under this question.

Talk with God: While it is important to pray for each other's needs, it is also important to look outside of your group. Ask God to use you and your group to reach your friends and family with Jesus.

Some Help with the Answers

Have you talked about the main things?

1. What did you like? Have you ever watched a movie that was a great "thinker?" It did more than entertain, it made you think about real life issues. Maybe it made you think about the tragedy of war or the nature of people. But whatever the case it made you think. The Bible is like that. It is full of stories, poems, sermons, and letters, but they are meant to do more than entertain or inform. They cause you to think about real life issues. The Bible warns you when you are about to make a mistake. It encourages you when you are down. It guides you when you are lost. The Bible is the ultimate "thinker."

If anyone in your group does not have a copy of the Bible, help them get a copy. For a free online copy of the Bible, reading plans, devotionals, and even an audio version of the Bible, go to www.bible.org.

2. What did you not like or find confusing? Many will find the phrase "fear of the Lord" confusing. Think of it like this. If you are like most people, you have a habit of driving over the speed

limit. But when you see a police officer you quickly get back under the speed limit. You do this because you fear the authority of the police officer to write you a ticket. God is not out there looking and waiting for you to mess up so he can write you a ticket. But he should be feared because he, like the police officer, has authority. In fact, he has the ultimate authority. He loves you and cares for you, but he is also King of the world and you would be wise to have a healthy respect for his authority.

3. What does this teach about people? The Bible provides warning and discernment to those that are erring. It reveals a person's sins. But it can also be a source of wisdom, joy, and refreshment. The Bible is not just rules, though it contains rules. It is not just doctrine, though it contains doctrine. It is not just a source book of encouragement, though it is indeed full of encouragement.

4. What does this teach about God and the Bible? God uses the Bible to instruct, encourage, guide and teach his followers about life and about himself. The Bible demonstrates that God wants people to know about him. He did not leave the world without a witness or a hope. God moved various people throughout history to speak for him and about him so that the world could learn about God.

Live and Tell

Make sure everyone in the group has a copy of the Bible. Encourage your group to begin reading their Bible between meetings. Perhaps, you can suggest a couple readings that the whole group can read outside of group or suggest everyone read through a book of the Bible, such as a gospel or the Psalms.



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Where next?

We recommend you try *Jesus Says* as your next discussion guide.

Questions? Do you need help or have questions?

Email us at coach@iamsecond.com.

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