

LESSON 6 TEACHING OUTLINE
OCTOBER 11, 2026

FAMILY THEME

What Is Discipleship?

STUDY TEXT

MARK 1:14-20

Connect

REFLECTION ACTIVITY: Ask learners to think about a time they stepped into a new season of life, moved away from something familiar, or took an unfamiliar opportunity. Say: *Following Jesus required the disciples to leave behind security and routine in order to follow Him.*

GROUP DISCUSSION: Ask, *What does it take for you to truly follow someone?* Then ask, *What would make someone leave behind security, career plans, or comfort to follow another person?*

DISCUSSION STARTER: Begin by asking, *Who has had the greatest influence on your life or faith? What made that influence so meaningful?*

Teaching the Truth

BIG IDEA 1: Following Jesus Requires Surrender, Trust, and Daily Obedience (Mark 1:14-17a)

Live It Out: Identify an area of your life where following Jesus requires deeper trust or surrender. Ask God to help you follow Him more fully.

- *Why do you think Jesus called ordinary people to follow Him?*
- *What makes surrender difficult when following Christ?*

Live It Out: Follow Jesus more intentionally in everyday life this week through your words, attitudes, relationships, or decisions.

- *How would you explain the difference between believing in Jesus and truly following Him?*
- *What are some ways following Jesus should shape everyday decisions and relationships?*

Encourage your learners to memorize the Family Scripture of the Month (**Colossians 2:6-7**) along with family members.

Pass out copies of the AH 6-2 Adult Member Outline.

BIG IDEA 2: Spiritual Growth Happens Intentionally Through a Relationship With Christ (Mark 1:18–20)

Live It Out: Choose one intentional step that can help you grow spiritually this week. Spend additional time in Scripture, strengthen a prayer habit, connect with a mentor, or encourage another believer in his or her faith journey.

- *Why does spiritual growth require intentionality rather than passive belief?*
- *Which spiritual habits most help believers grow in their relationship with Christ?*
- *Why is spiritual community important for continued growth as a disciple?*
- *How can discipleship become more than a once-a-week activity?*

BIG IDEA 3: Healthy Disciples Help Others Follow Jesus and Grow in Their Faith (Mark 1:17b)

Live It Out: Identify one person God may be inviting you to influence spiritually. It could be a family member, coworker, classmate, neighbor, or fellow church member. Pray for that person this week and look for one practical opportunity to encourage, serve, or invest in that person’s faith journey.

- *Why do you think Jesus connected discipleship with influencing others?*
- *What differences do you see between the disciples’ commitment to Jesus and the way discipleship is often practiced today?*
- *How can believers influence others without pretending to be perfect?*
- *What are some practical ways believers can intentionally invest in others spiritually?*

Respond

FOLLOWING JESUS MORE DEEPLY: Encourage group members to identify one area of life that has not fully come under Christ’s leadership. Challenge them to spend time in prayer this week asking God to help them surrender that area to Him and trust Him more fully in daily life.

SPIRITUAL GROWTH: Encourage learners to choose and practice one intentional habit that can strengthen their walk with Christ this week.

INVESTING IN OTHERS: Ask group members to identify one person who may need encouragement, spiritual direction, or a deeper relationship with Christ. Challenge them to look for one practical opportunity this week to invest in that person through prayer, conversation, service, encouragement, or sharing what God is teaching them.

Distribute copies of AH 6-3 (Where Should I Start Reading the Bible?)

Distribute copies of As You Go (AYG-6) and encourage your learners to complete the daily devotions in their *D6 Discipleship Journals* this week.