



JR. HIGH



nextgen

Follow

IMPACT THE CITY SEMESTER THREE

THIS BOOK BELONGS TO

Introduction



Our Jr. High Follow will focus on learning what it means to be a Christ follower and developing and establishing a firm foundation in their faith.

Throughout Follow, you will be placed in co-ed teams that collectively earn points toward an end-of-year trip to Wonderland!

Points towards the trip will be earned through participation in achievables, games, and attendance.

By the end of this program, you will build spiritual habits that support and strengthen your relationship with Jesus while being able to share your faith confidently with those around you.

ATTENDANCE REQUIREMENT

**2/4
WEEKS**

**SUNDAY
GATHERING**

**3/4
WEEKS**

YOUTHX



Spring Semester



As our Follow program comes to an end, this is the semester where we will be understanding the value of sharing their faith with others. In May, we will be helping you learn how to articulate who Jesus is in your lives and how He has the power to change the lives of those around you.

Throughout this month you will be practicing sharing who Jesus is to those you do life with. At the end of the month, you will participate in a series called "Youth Your Age Talking About Jesus." This video is made to share with your friends!

As you memorize your last scriptures, continue to practice the SOAP method.

Scripture Observation Application Prayer

Scripture

Highlight the Scripture in your Bible or Bible App

Observation

What do you notice about the verses?
What verses, words or ideas jump out to you?

Application

Ask God how he wants you to apply the verse to your own life.

Prayer

Respond to God's Word with Prayer.

ACHIEVABLE #1: WEEKLY JOURNAL ENTRIES

Complete your journal entries on how you shared who Jesus is to someone you're doing life with and gain up to **300 points!**

ACHIEVABLE #2: MEMORIZE THE GOSPLE IN 3 CIRCLES

Memorize The Gospel in 3 Circles method and present it to leader Melissa on a Sunday or Friday for **500 points!**

ACHIEVABLE #3: TESTIMONY VIDEO/SHARING

Participate in the 'Youth Your Age Talking About Jesus' online series happening the week of June 16th (more info closer to date) for **200 points!**

BONUS: Bible Plans

Join and complete one or both of these bible plans to receive bonus points! The link to join will be emailed out at the beginning of the semester.

If you have not received it, email: melissa@onechurch.to



PRAYER CARD 1

WHO IS SOMEONE IN YOUR LIFE THAT YOU
WOULD LOVE TO SEE COME TO KNOW JESUS?

WHY DO YOU WANT THEM TO KNOW JESUS?

THROUGHOUT THIS SEMESTER, TAKE TIME TO
PRAY OVER THIS PERSON. PRAY THAT GOD WILL:

- PLANT A SEED IN THEIR LIFE
- ALLOW THEM TO BE OPEN TO LISTENING
- SOFTEN THEIR HEART TOWARDS HIM

COMMIT TO CONTINUALLY PRAY FOR THIS PERSON

PRAYER CARD 2

WHO IS SOMEONE IN YOUR LIFE THAT YOU
WOULD LOVE TO SEE COME TO KNOW JESUS?

WHY DO YOU WANT THEM TO KNOW JESUS?

THROUGHOUT THIS SEMESTER, TAKE TIME TO
PRAY OVER THIS PERSON. PRAY THAT GOD WILL:

- PLANT A SEED IN THEIR LIFE
- ALLOW THEM TO BE OPEN TO LISTENING
- SOFTEN THEIR HEART TOWARDS HIM

COMMIT TO CONTINUALLY PRAY FOR THIS PERSON

PRAYER CARD 3

WHO IS SOMEONE IN YOUR LIFE THAT YOU
WOULD LOVE TO SEE COME TO KNOW JESUS?

WHY DO YOU WANT THEM TO KNOW JESUS?

THROUGHOUT THIS SEMESTER, TAKE TIME TO
PRAY OVER THIS PERSON. PRAY THAT GOD WILL:

- PLANT A SEED IN THEIR LIFE
- ALLOW THEM TO BE OPEN TO LISTENING
- SOFTEN THEIR HEART TOWARDS HIM

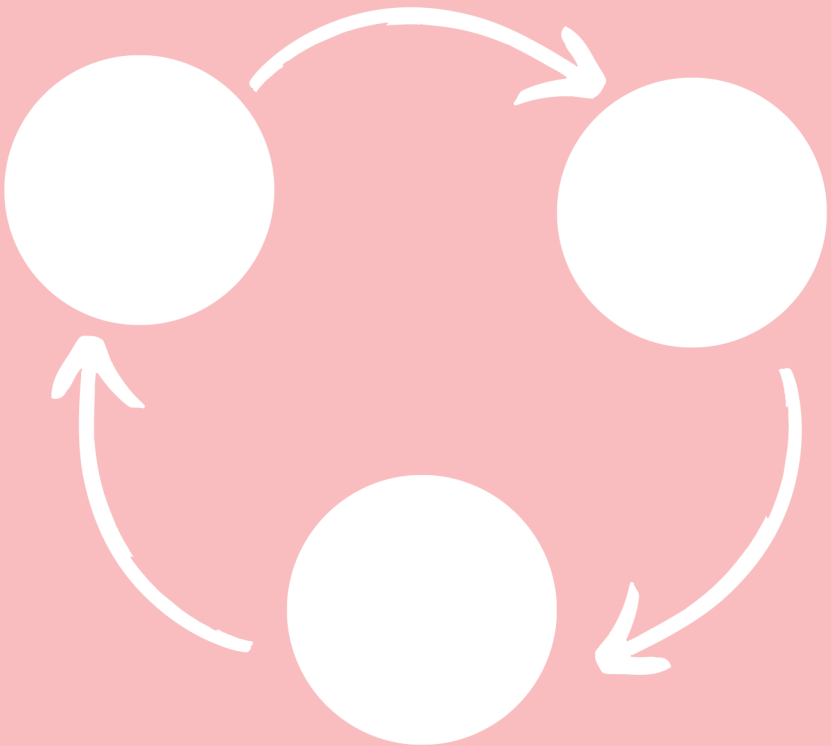
COMMIT TO CONTINUALLY PRAY FOR THIS PERSON

WAYS TO SHARE THE GOOD NEWS

USE ONE OF THESE 6 METHODS TO SHARE WHO
JESUS IS TO THE PEOPLE YOU DO LIFE WITH

#1: THE GOSPEL IN 3 CIRCLES

**+500 PTS
WHEN YOU
MEMORIZE**



WATCH HOW TO SHARE THE GOSPEL IN LESS THAN 2 MINUTES HERE:

youtube.com/watch?v=V7mURm-8cOI

HERE IS A STEP-BY-STEP GUIDE TO WALK YOU THROUGH
SHARING THE GOSPEL USING THREE CIRCLES. USE THIS TOOL
ALONGSIDE WATCHING THE VIDEO LINKED ON THE PAGE BEFORE.

START OFF THE CONVERSATION BY ASKING IF THIS PERSON WOULD
BE OPEN TO HEARING THE GOSPEL EXPLAINED IN THREE CIRCLES!

YOU GOT THIS!

1

BROKENNESS

WE LIVE IN A
WORLD THAT'S
BROKEN. IT'S NOT
HARD TO SEE THAT
WE LIVE IN A TIME
WHERE THERE IS
DISEASES, WARS,
AND PAIN.

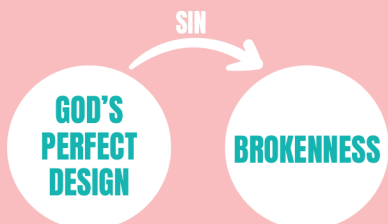
2

**GOD'S
PERFECT
DESIGN**

THIS WAS NOT GOD
ORIGINAL DESIGN, HIS
DESIGN WAS PERFECT.

3

THE WAY WE HAVE GOT OURSELVES
INTO BROKENNESS IS THROUGH
SOMETHING THE BIBLE CALLS SIN.
SIN IS TURNING AWAY FROM GOD'S
DESIGN AND GOING OUR OWN WAY.



4

WHICH LEADS US TO
BROKENNESS, AND
BROKENNESS LEADS
US TO DEATH. THIS
DEATH WILL
SEPARATE US FROM
GOD FOREVER.

BROKENNESS

5

JESUS

BUT GOD DOESN'T
WANT US TO STAY IN
BROKENNESS, SO HE
MADE A WAY OUT
THROUGH JESUS.

6

JESUS

JESUS COMES
AND ENTERS INTO
OUR BROKENNESS.

7

JESUS



THE DEATH THAT WE
DESERVED FOR
PURSUING BROKENNESS
WAS TAKEN BY JESUS.
HE TOOK OUR PLACE
WHEN HE DIED ON THE
CROSS. HIS BODY WAS
BROKEN FOR US.

8

JESUS



AND THREE DAYS
AFTER HE DIES,
HE ROSE FROM
THE DEAD.

9

JESUS MADE A
WAY OUT OF
BROKENNESS

BROKENNESS

JESUS



10

BROKENNESS

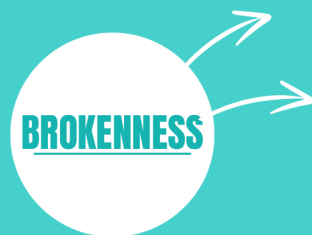
PEOPLE TRIED MANY THINGS TO
GET OUT OF BROKENNESS

11



THINGS LIKE RELIGION

12



GOOD WORKS

13



MONEY OR SUCCESS

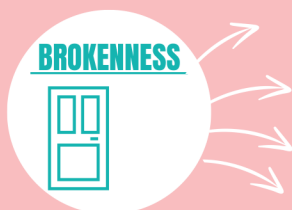
14



OR RELATIONSHIPS

15

BUT NONE OF
THESE THINGS
CAN GET US OUT
OF BROKENNESS.
THE ONLY WAY
OUT IS JESUS.



16

AND IF WE TURN FROM
OUR SINS AND BELIEVE
THAT JESUS DIED FOR
US AND ROSE FROM
THE DEAD



TURN
BELIEVE

17

WE CAN LEAVE
BROKENNESS AND
GROW IN A
RELATIONSHIP WITH
GOD AND PURSUE
HIS DESIGN.

**GOD'S
PERFECT
DESIGN**

GROW

JESUS



18

**GOD'S
PERFECT
DESIGN**

GO



AND WE HAVE THE OPPORTUNITY TO
GO, JUST LIKE JESUS, BACK INTO
BROKENNESS TO HELP OTHERS COME
TO HIM TO PURSUE GOD'S DESIGN

19

NOW, THERE ARE
TWO TYPES OF
PEOPLE IN THIS
WORLD, THOSE WHO
ARE GOING AFTER
GOD'S DESIGN

**GOD'S
PERFECT
DESIGN**



20

BROKENNESS



AND THOSE WHO
ARE GOING AFTER
BROKENNESS.
WHICH CIRCLE
WOULD YOU LIKE
TO BE IN?

IF THEY CHOOSE THE
GOD'S DESIGN CIRCLE:

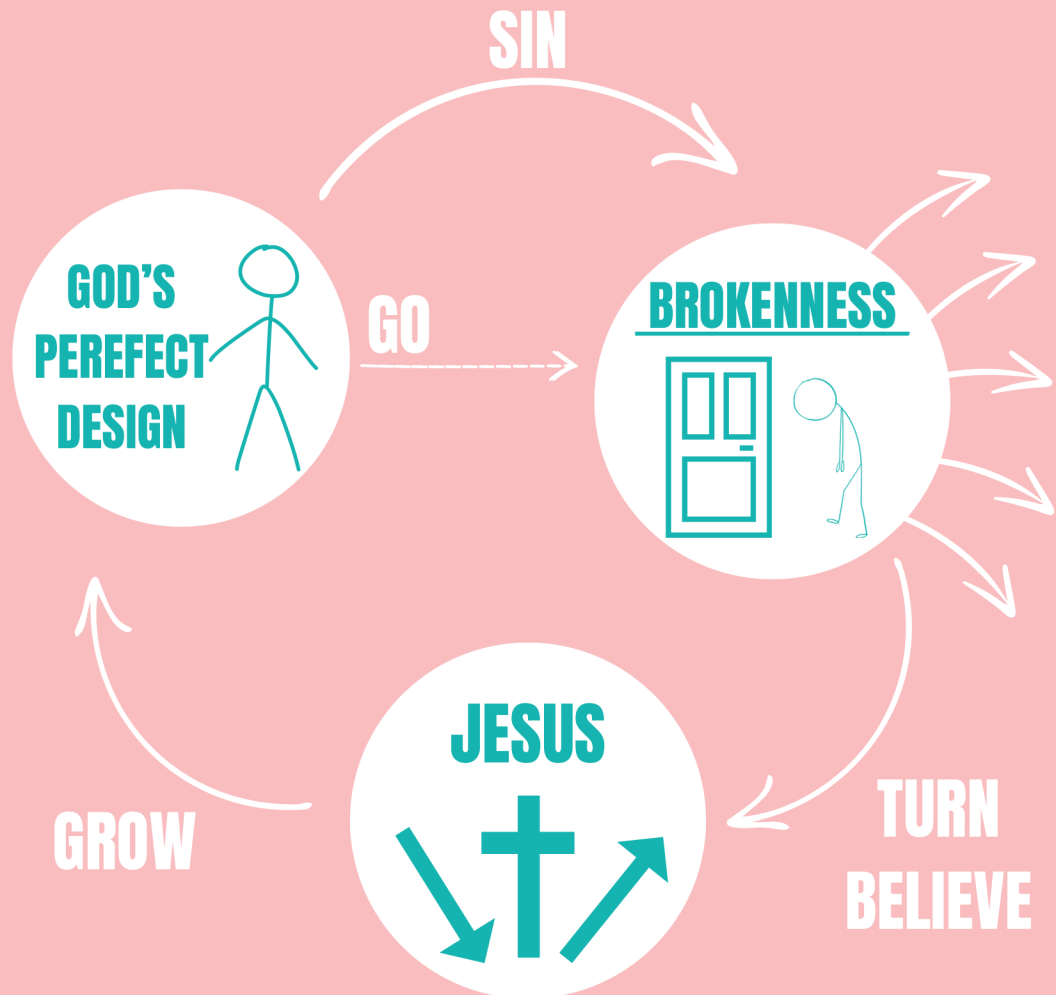
THANK THEM FOR TAKING THE TIME
TO LISTEN & ASK THEM TO REPEAT
THIS PRAYER AFTER YOU!

DEAR GOD, MY SIN SEPARATES ME FROM
YOU. TODAY I WANT TO MAKE YOU LORD OVER
MY LIFE. I BELIEVE IN YOU AND THAT YOU
DIED FOR ME AND MY SINS. I ACCEPT YOU
INTO MY HEART. IN JESUS NAME, AMEN.

IF THEY CHOOSE THE
BROKENNESS CIRCLE:

- THANK THEM FOR TAKING
THE TIME TO LISTEN
- LET THEM KNOW JESUS
LOVES THEM
- BE PRAYING FOR THEM

COMPLETED DIAGRAM SHOULD LOOK LIKE THIS



#2

SHARE

YOUR

STORY

#3:

**INVITE THEM
TO CHURCH**

WHAT'S COMING UP?

SUNDAY GATHERINGS

Sr. Highs will be coming in to share their story about how Jesus has impacted their lives.

FRIDAY GATHERINGS

We'll be journeying through a series called "The Harvest" where we'll learn the impact of sharing who Jesus is with other people & practice sharing our stories.

MAY SOCIAL

We're heading to Jump City on May 31st (\$10)

#4: SHARE A VERSE

DO YOU HAVE A FAVOURITE VERSE? IS THERE A BIBLE VERSE THAT YOU KNOW THAT CAN HELP A FRIEND WHO'S GOING THROUGH SOMETHING? SEND THAT VERSE TO A FRIEND TODAY!

#5: HAVE A CONVERSATION

ONE WAY WE CAN PLANT SEEDS IN PEOPLE'S LIVES IS BY GETTING A CONVERSATION ABOUT JESUS STARTED. HERE ARE SOME WAYS YOU CAN START THOSE CONVERSATIONS!

- **WHAT DOES LOVE LOOK LIKE TO YOU?**
- **IF GOD DID EXIST, WHAT WOULD YOU WANT TO ASK HIM?**
- **WHY DO YOU THINK YOU WERE CREATED?**
- **WHAT DO YOU THINK THE MEANING OF LIFE IS?**
- **HOW DO YOU THINK THE WORLD WAS CREATED?**

WE ALL HAVE THOSE POSTS THAT COME UP ON OUR TIKTOK OR INSTAGRAM FEED THAT TALK ABOUT JESUS. SHARE ONE OF THOSE POSTS TO A FRIEND TODAY!

**#6:
SHARE
A POST**

A PRAYER FOR YOU

**THIS SEMESTER IS FOCUSED AROUND
MATTHEW 9:37-38**

**LORD AS I ENTER THIS SEMESTER AND WORK
TOWARDS SHARING WHO YOU ARE TO THE
PEOPLE AROUND ME, GIVE ME CONFIDENCE,
BOLDNESS, AND PEACE. HELP ME TO BE OPEN
TO WHERE YOU ARE LEADING ME AND THE
PEOPLE YOU WANT ME TO REACH, AMEN!**

May 3-9

***50 PTS
PER ENTRY**

WHAT'S THEIR NAME? _____

WHAT METHOD DID YOU TRY?

☐ INVITE

☐ SHARE MY STORY

☐ GOSPEL CIRCLES

☐ CONVERSATION

☐ SHARE A VERSE

☐ SHARE A POST

HOW DID IT FEEL HAVING THAT CONVERSATION,
AND WHY?

May 10-16

**+50 PTS
PER ENTRY**

WHAT'S THEIR NAME? _____

WHAT METHOD DID YOU TRY?

☐ INVITE

☐ SHARE MY STORY

☐ GOSPEL CIRCLES

☐ CONVERSATION

☐ SHARE A VERSE

☐ SHARE A POST

HOW DID IT FEEL HAVING THAT CONVERSATION,
AND WHY?

May 17-23

**+50 PTS
PER ENTRY**

WHAT'S THEIR NAME? _____

WHAT METHOD DID YOU TRY?

☐ INVITE

☐ SHARE MY STORY

☐ GOSPEL CIRCLES

☐ CONVERSATION

☐ SHARE A VERSE

☐ SHARE A POST

HOW DID IT FEEL HAVING THAT CONVERSATION,
AND WHY?

May 24-31

**+50 PTS
PER ENTRY**

WHAT'S THEIR NAME? _____

WHAT METHOD DID YOU TRY?

☐ INVITE

☐ SHARE MY STORY

☐ GOSPEL CIRCLES

☐ CONVERSATION

☐ SHARE A VERSE

☐ SHARE A POST

HOW DID IT FEEL HAVING THAT CONVERSATION,
AND WHY?

MAY VERSES



John 3:16-18

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him. There is no judgment against anyone who believes in him. But anyone who does not believe in him has already been judged for not believing in God's one and only Son.

Matthew 28:19-20

Therefore go and make disciples of all nations baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

S.O.A.P

SCRIPTURE | OBSERVATION | APPLICATION | PRAYER

REFLECTION

At the end of May, write about what stood out to you/ what you feel God wanted to tell you in these verses.

John 3:16-18

Matthew 28:19-20

JUNE 1-6

**+50 PTS
PER ENTRY**

WHAT'S THEIR NAME? _____

WHAT METHOD DID YOU TRY?

☐ INVITE

☐ SHARE MY STORY

☐ GOSPEL CIRCLES

☐ CONVERSATION

☐ SHARE A VERSE

☐ SHARE A POST

HOW DID IT FEEL HAVING THAT CONVERSATION,
AND WHY?

JUNE 7-14

**+50 PTS
PER ENTRY**

WHAT'S THEIR NAME? _____

WHAT METHOD DID YOU TRY?

☐ INVITE

☐ SHARE MY STORY

☐ GOSPEL CIRCLES

☐ CONVERSATION

☐ SHARE A VERSE

☐ SHARE A POST

HOW DID IT FEEL HAVING THAT CONVERSATION,
AND WHY?

JUNE VERSES

Philippians 4:13

I can do all things through Christ who strengthens me.

Matthew 5:13-16

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, so that they may see your good deeds and glorify your Father in heaven.

Galatians 2:20

My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

S.O.A.P

SCRIPTURE | OBSERVATION | APPLICATION | PRAYER

REFLECTION

At the end of June, write about what stood out to you/
what you feel God wanted to tell you in these verses.

Philippians 4:13

Matthew 5:13-16

Galatians 2:20

YOUTH
YOUR
A GER
TALKING
ABOUT
JESUS

To help prepare you for the week of June 16th, use these questions to help guide your thoughts.

DO NOT FILL OUT THIS PAGE UNTIL JUNE

WHO IS JESUS TO YOU?

HOW HAS YOUR LIFE CHANGED SINCE KNOWING JESUS?

WHY DO YOU WANT OTHER PEOPLE TO EXPERIENCE JESUS?

TALK ABOUT HOW THIS FOLLOW SEMESTER WENT, ARE THERE ANY STORIES YOU'D LIKE TO HIGHLIGHT?

THE WONDERLAND TRIP GOES TO....

