



# **SATURATE: BEING DISCIPLES OF JESUS IN THE EVERYDAY STUFF OF LIFE**

By Jeff Vanderstelt

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## **Week 1**

### **Chapter 1: It began in a boat**

1. Talk about your experiences in church over the years—specifically how discipleship/making disciples was or was not a part of those experiences.

### **Chapter 2: Jesus goes to poker parties**

1. Talk about the idea of people as opposed to activities and events being Christian. How does this paradigm change your thoughts about church and life in general? For example, talk about how you see the difference between thinking about Christian music and Christian events versus a Christian person who enjoys specific types of music and attends particular events. How do you think that mindset affects talking to non-believers?
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## **Week 2**

### **Chapter 3: Jesus is better**

1. Talk about any previous experiences that caused you to feel the burden of saving someone yourself as opposed to relying on Christ to do that work.

### **Chapter 4: Jesus did it better: We have been saved**

1. In what ways are you striving to gain approval or acceptance or trying to cover your need for the Gospel?
  2. In what ways are you living with regret or self-hatred?
  3. Share with your group the part the Gospel plays (or does not play) in your life.
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## **Week 3**

### **Chapter 5: Jesus does it better: We are being saved**

1. Is there a place in your life where you know what is right but you refuse or are struggling to do the right thing? How does this behavior demonstrate trust in self over God?

### **Chapter 6: Jesus will make it better: We will be saved**

1. What are you afraid of and how is that fear keeping your life from being saturated in Jesus?
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## **Week 4**

### **Chapter 7: All-of-life discipleship**

1. Talk about what “all-of-life” discipleship is and what changes you can make in your life to have that kind of discipleship.
2. On pg. 91 Vanderstelt describes the three environments in which we must submit and obey (e.g. life on life, life in community, and life on mission). Talk about where you are in each environment.

### **Chapter 8: Life on life**

1. Share any examples of life-on-life discipleship you’ve experienced.
  2. In what areas of your life do you have covered up brokenness?
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## **Week 5**

### **Chapter 9: Life in community**

1. In what specific ways is your MC currently living in community and how can you grow the extent of that community?
2. Share a memory of a time you truly felt a close sense of community with your MC.

### **Chapter 10: Life on mission**

1. How is your MC on mission together?
  2. Brainstorm some ideas and make a plan for more ways your group can be on mission together.
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## **Week 6**

### **Chapter 11: You do who you are**

1. Who or what defines you? What are you trying to cover your life with?

### **Chapter 12: We are family: Baptized into the name of the Father**

1. Who in your life is God calling you to love like family? What would this look like?
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## **Week 7**

### **Chapter 13: We are servants: Baptized into the name of the Son**

1. What opportunities to serve are there in your life?

### **Chapter 14: We are missionaries: Baptized into the name of the Holy Spirit**

1. Share a time when you played Holy Spirit.
  2. Talk about your experiences sharing the Gospel and your hesitations in doing so.
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## **Week 8**

### **Chapter 15: Everyday rhythms**

1. Talk about ways and people you can engage through the six rhythms described in the chapter: eat, listen, story, bless, celebrate, recreate

### **Chapter 16: An everyday plan**

1. Talk about the people and places God might be collectively sending you.
2. Spend time developing a tangible plan for your group like the one outlined in this chapter.