

START TRACK: THE FOUNDATIONAL LESSONS

Think of each session as a foundational lesson that all believers need to know, implement and pass on to others. The Start Track is to be done with new believers, as well as people who are already Christians but have not been developed in the foundations. The implement portion is guided and pre-set for these lessons unlike a traditional Discovery Bible Study. Overview:

- I. GOD'S HEART
 - A. DBS Passage: Luke 15:11-32 or Luke 19:1-10
 - B. Big Idea: Jesus came to seek and save the lost
 - C. Implement: DBS & Prayer Map/Calendar
- II. GOSPEL
 - A. DBS Passage: 1 Corinthians 15:1-8, Ephesians 2:1-10, Romans 3:23, Romans 6:23
 - B. Big Idea: Understand the gospel and know whether or not you are trusting in it for salvation.
 - C. Implement: God's Story
- III. IDENTITY (Part 1)
 - A. DBS Passage: Ephesians 1:3-14
 - B. Big Idea: We are adopted into God's family
 - C. Implement: Baptism / Communion
- IV. IDENTITY (Part 2)
 - A. DBS Passage: Romans 6:6-14
 - B. Big Idea: We are free from sin.
 - C. Implement: Memorize Romans 6:11
- V. WORD
 - A. DBS Passage: 2 Timothy 3:14-17
 - B. Big Idea: God has given us the Bible to equip us for every good work
 - C. Implement: SOAPS and Journaling for DBS at home
- VI. SPIRIT & PRAYER
 - A. DBS Passage: John 15:1-11
 - B. Big Idea: Apart from God you can do nothing.
 - C. Implement: SWAP
- VII. SHARING
 - A. DBS Passage: Mark 1:16-20, Mark 5:1-20
 - B. Big Idea: God has given you a "Jesus story" to share
 - C. Implement: Pass on what you've received (your story, the gospel, the word, T-Chart)
- VIII. GATHER
 - A. DBS Passage: Hebrews 10:24-25, Acts 2:42-47
 - B. Big Idea: We gather together to love God and love one another.
 - C. Implement: Church Circle

GOD'S HEART

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: None this week
- VISION: We are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *Luke 19:1–10, [1] He entered Jericho and was passing through. [2] And behold, there was a man named Zacchaeus. He was a chief tax collector and was rich. [3] And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small in stature. [4] So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way. [5] And when Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down, for I must stay at your house today.” [6] So he hurried and came down and received him joyfully. [7] And when they saw it, they all grumbled, “He has gone in to be the guest of a man who is a sinner.” [8] And Zacchaeus stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold.” [9] And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. [10] For the Son of Man came to seek and to save the lost.”*
- SUMMARIZE the passage together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about Jesus and his heart?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: Jesus came to seek and to save the lost. This is God's heart!
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Write down the names of 5 to 7 friends who are far from God. God loves these people! Assign each name to a day of the week and then commit to praying for them on their corresponding day, that the Lord would begin drawing them to himself.
- HOMEWORK: Read Ephesians 2:1-10 using SOAPS

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

GOSPEL

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *1 Corinthians 15:1–8 [1] Now I would remind you, brothers, of the gospel I preached to you, which you received, in which you stand, [2] and by which you are being saved, if you hold fast to the word I preached to you—unless you believed in vain. [3] For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, [4] that he was buried, that he was raised on the third day in accordance with the Scriptures, [5] and that he appeared to Cephas, then to the twelve. [6] Then he appeared to more than five hundred brothers at one time, most of whom are still alive, though some have fallen asleep. [7] Then he appeared to James, then to all the apostles. [8] Last of all, as to one untimely born, he appeared also to me.*
- SCRIPTURE: *Romans 3:23, for all have sinned and fall short of the glory of God*
- SCRIPTURE: *Romans 6:23, For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.*
- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God? His Gospel?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: The gospel is that Jesus Christ came, died, and was raised again to save sinners like me and you!
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Open up your Bible to Ephesians 2:1-10 and practice sharing the gospel from it
- HOMEWORK: Read Galatians 4:1-7 using SOAPS.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

IDENTITY: ADOPTED

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *Ephesians 1:3–14, [3] Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, [4] even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love [5] he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, [6] to the praise of his glorious grace, with which he has blessed us in the Beloved. [7] In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, [8] which he lavished upon us, in all wisdom and insight [9] making known to us the mystery of his will, according to his purpose, which he set forth in Christ [10] as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth. [11] In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, [12] so that we who were the first to hope in Christ might be to the praise of his glory. [13] In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, [14] who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.*
- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God, Jesus, or the Holy Spirit?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: We are adopted into God's forever family.
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Baptism represents our 'new birth' and shows our new identity as God's family.
- HOMEWORK: Read Romans 6:1-4 using SOAPS.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

IDENTITY: DEAD TO SIN

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *Romans 6:5–14, [5] For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. [6] We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. [7] For one who has died has been set free from sin. [8] Now if we have died with Christ, we believe that we will also live with him. [9] We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. [10] For the death he died he died to sin, once for all, but the life he lives he lives to God. [11] So you also must consider yourselves dead to sin and alive to God in Christ Jesus. [12] Let not sin therefore reign in your mortal body, to make you obey its passions. [13] Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. [14] For sin will have no dominion over you, since you are not under law but under grace.*
- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God, Jesus, or the Holy Spirit?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: We are dead to sin and alive to God in Jesus!
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Memorize Romans 6:11
- HOMEWORK: Read Psalm 119:9-16 using SOAPS.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

WORD

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *2 Timothy 3:14–17, [14] But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it [15] and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. [16] All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, [17] that the man of God may be complete, equipped for every good work.*
- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God, Jesus, or the Holy Spirit? His Word?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: God has given us the Bible to equip us for every good work.
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Review how to do a Discovery Bible Study and SOAPS. Come up with a reading plan together.
- HOMEWORK: Read Luke 11:1-13 using SOAPS.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

PRAYER & SPIRIT

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *John 15:1–11, [1] “I am the true vine, and my Father is the vinedresser. [2] Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. [3] Already you are clean because of the word that I have spoken to you. [4] Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. [5] I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. [6] If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. [7] If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. [8] By this my Father is glorified, that you bear much fruit and so prove to be my disciples. [9] As the Father has loved me, so have I loved you. Abide in my love. [10] If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. [11] These things I have spoken to you, that my joy may be in you, and that your joy may be full.*
- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God, Jesus, or the Holy Spirit?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: Apart from Jesus you can do nothing! You need Jesus to work through you.
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: SWAP → *Surrender, Wait on God in Prayer, Avoid Sin, Obey the Spirit’s Prompts*
- HOMEWORK: Read Mark 1:16-20 using SOAPS.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

SHARE YOUR STORY

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *Mark 5:1–20, [1] They came to the other side of the sea, to the country of the Gerasenes. [2] And when Jesus had stepped out of the boat, immediately there met him out of the tombs a man with an unclean spirit. [3] He lived among the tombs. And no one could bind him anymore, not even with a chain, [4] for he had often been bound with shackles and chains, but he wrenched the chains apart, and he broke the shackles in pieces. No one had the strength to subdue him. [5] Night and day among the tombs and on the mountains he was always crying out and cutting himself with stones. [6] And when he saw Jesus from afar, he ran and fell down before him. [7] And crying out with a loud voice, he said, “What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.” [8] For he was saying to him, “Come out of the man, you unclean spirit!” [9] And Jesus asked him, “What is your name?” He replied, “My name is Legion, for we are many.” [10] And he begged him earnestly not to send them out of the country. [11] Now a great herd of pigs was feeding there on the hillside, [12] and they begged him, saying, “Send us to the pigs; let us enter them.” [13] So he gave them permission. And the unclean spirits came out and entered the pigs; and the herd, numbering about two thousand, rushed down the steep bank into the sea and drowned in the sea.*

[14] The herdsmen fled and told it in the city and in the country. And people came to see what it was that had happened. [15] And they came to Jesus and saw the demon-possessed man, the one who had had the legion, sitting there, clothed and in his right mind, and they were afraid. [16] And those who had seen it described to them what had happened to the demon-possessed man and to the pigs. [17] And they began to beg Jesus to depart from their region. [18] As he was getting into the boat, the man who had been possessed with demons begged him that he might be with him. [19] And he did not permit him but said to him, “Go home to your friends and tell them how much the Lord has done for you, and how he has had mercy on you.” [20] And he went away and began to proclaim in the Decapolis how much Jesus had done for him, and everyone marveled.

- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God, Jesus, or the Holy Spirit?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: Jesus did a work in your life and now you have a story to share.
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Learn to share your simple testimony.
- HOMEWORK: Read Hebrews 10:24-25 using SOAPS.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.

ASSEMBLE

Look Back:

- PRAYER: What are you thankful for today? Is anything stressing you out? Pray for these things together.
- ACCOUNTABILITY: Were you faithful to pray over your friends? What did Jesus show you in your time in the Word and how did you implement or share it?
- VISION: Remember, we are meeting to discover the basics of being a growing disciple who reads the Word, implements it, and shares it with others.

Look Up:

- SCRIPTURE: *Acts 2:42–47, [42] And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. [43] And awe came upon every soul, and many wonders and signs were being done through the apostles. [44] And all who believed were together and had all things in common. [45] And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. [46] And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, [47] praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.*
- SUMMARIZE the passages together in your own words without reading the text.
- ASK: What did you like? What was challenging? Was anything confusing?
- ASK: What does this passage teach about God, Jesus, or the Holy Spirit?
- ASK: What does this passage teach about mankind?

Look Ahead:

- BIG IDEA: We gather together to love God and love one another. You cannot follow Jesus alone!
- OBEY: What would it look like to implement the truths of this passage to your daily life?
- SHARE: With whom can you read this passage?
- TOOL: Demonstrate the Church Circle
- HOMEWORK: Come up with a plan for further discipleship and then come back together to discuss it.

SOAPS:

Scripture.

Rewrite the scripture in its entirety or a key verse if the passage is too long.

Observation.

What does this passage say? What does it teach about God, Jesus, or the Holy Spirit? What does it teach about mankind or the life God wants us to live?

Application.

How will you implement this passage into your life?

Prayer.

Write out a prayer thanking God for what you discovered and asking him to help you apply and share his truth.

Share.

Ask God to put someone's name on your heart that would benefit from reading these verses. If God gives you clear direction, call or text them immediately and share it.