

Week 1

Returning to God

Return to me, and I will return to you. - Zechariah 1:3 (NLT)

Big idea

Returning is not shame. It is coming home. One honest step back beats perfect effort.

45–60 min flow

Welcome + vibe check (5)
Scripture read (5)
Micro-teach: 1 big idea (10)
Discussion (15-20)
Practice (7-10)
'I Will' + prayer (8)

Talk about

Students (15–16)

- 1) Where do you go when you feel stressed or guilty?
- 2) What would a small 'return step' look like this week?

Professionals (18–40)

- 1) What causes drift for you: busy, burnout, disappointment?
- 2) What is a realistic return step with your schedule?

Practice (7–10 mins)

Come Home Prayer: 60 sec stillness, then write:

- God, I've drifted in ____.
- This week I'm returning by ____.

(Optional share one line.)

Weekly challenge

1 minute daily: 'God, help me return.'

Plus: write 1 sentence each day: 'Today I took one step by ____.'

Copy/paste message (WhatsApp or platform)

Hey team - quick check-in.

What is one small return step you took this week?

Reply with one line (no pressure). #FindYourWayBack

Week 2

Jesus and His Way

Love each other. Just as I have loved you. - John 13:34 (NLT)

Big idea

Jesus is not just an idea. He shows us God and teaches a new way to live with purpose and love.

45–60 min flow

Welcome + vibe check (5)

Scripture read (5)

Micro-teach: Jesus + 1 takeaway (10)

Discussion (15-20)

Practice (7-10)

'I Will' + prayer (8)

Talk about

Students (15–16)

- 1) What have you heard about Jesus that feels confusing?
- 2) Which Beatitude do you need most right now (peace, mercy, courage)?

Professionals (18–40)

- 1) Where does Jesus' way challenge work culture or stress habits?
- 2) What would 'love people well' look like this week?

Practice (7–10 mins)

Jesus Snapshot: finish this sentence:

'Jesus, I need You as my _____ in this season.'

Then choose ONE Beatitude to practice this week.

Weekly challenge

Pick one Beatitude to practice daily.

Do one kindness act and tell your buddy what happened.

Copy/paste message (WhatsApp or platform)

Quick one.

What is ONE thing you learned about Jesus this week?

And your 'I Will' for the week: _____

#FindYourWayBack

Week 3

Prayer That Feels Real

Tell God what you need... and his peace will guard your hearts. - Philippians 4:6-7 (NLT)

Big idea

Prayer is connection, not performance. God welcomes honesty and meets us with peace.

45–60 min flow

Welcome + vibe check (5)

Scripture read (5)

Micro-teach: prayer made simple (8-10)

Discussion (15-18)

Practice (8-10)

'I Will' + prayer (8)

Talk about

Students (15–16)

- 1) What makes prayer feel awkward or hard?
- 2) What is one worry you wish would shrink this week?

Professionals (18–40)

- 1) What worry do you carry silently?
- 2) What would it look like to hand that over to God today?

Practice (7–10 mins)

ACTS mini-prayer (3-5 mins):

A - Adoration (who God is)

C - Confession (honest)

T - Thanks

S - Ask (help)

(Optional: share one sentence.)

Weekly challenge

5 minutes ACTS prayer for 5 days.

Write 1 line after: 'Today I gave God ____.'

Copy/paste message (WhatsApp or platform)

Midweek check-in.

1) How are you doing 1-10?

2) One worry you handed over:

3) Your 'I Will' for the rest of the week:

#FindYourWayBack

Buddy Check-In

Use this once a week (2-5 mins). Keep it short, keep it real.

The 3-line check-in

WIN: _____

STRUGGLE: _____

PRAYER: _____

Copy/paste message

Buddy check.

Send me:

- 1) WIN (1 line)
- 2) STRUGGLE (1 line)
- 3) PRAYER (1 line)

I'm with you.

If they do not reply

Hey - just checking you're okay. No pressure to share.

Reply with a 1-10 for how this week feels.

My 'I Will' Plan

Small and specific is better than big and vague.

My I Will (this week)

I will ____ (what)
for ____ minutes / times
on ____ days
at ____ time.

My encouragement share

I will share/encourage ____ (who)
by ____ (text, call, invite)
by ____ (when).

Copy/paste (group chat)

Drop your 'I Will' below.

Example: 'I will pray 2 mins after waking up, 5 days this week.'

And who you will encourage: _____