



In-N-Out

Week 2: You First

What we want students to learn: Jesus has called me to live a “you first” life.

What we want students to do with what they’ve learned: Put those around them first.

Scripture Focus: Luke 9:23 and Matthew 22:36-40

The Main Point

The reality is, we love being put first. We like being the first person someone thinks about. We love being the first person brought food at a restaurant. We love being the first person picked on a team in gym. But, no matter how much we love being put first, Jesus has called us to live a life that puts others first. In fact, if we want to be successful in inviting people to FPS, we must make a decision to put other people before ourselves.

INTRODUCTION

- **If you had this week to do over again, what would you do differently?**

When summer comes, time can quickly become a student’s best friend. While students may still have jobs, practice, or other commitments, there is still nothing quite like the freedom of being a teenager and waking up to a day of endless summer possibilities. Maybe some of your students regret what they did with their week and maybe some wish they could live this past week over and over again.

As we unpack a few verses tonight, your students will discover that the best thing we can do with our time, as Jesus would say, isn’t actually spent on ourselves, but it is spent on other people.

PRAY that your students would recognize the power tonight of denying themselves.

LESSON

Have your students read Luke 9:23.

Luke 9:23 - Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”

- **What do you think Jesus meant when he said “take up your cross?”**
 - *Did Jesus mean we were to carry a physical cross? Most likely not. When Jesus carried his literal cross, He was denying himself. Taking up our cross means to deny ourselves. One commentator said that to take up our cross means to identify with Jesus. So, to deny ourselves is one way we can externally identify with Jesus.*
- **What does it mean to deny yourself?**
 - *To deny yourself means to put someone else’s needs before your own.*

- **Who/What do you usually put first in your life?**
 - *Encourage your students to be honest as they answer this question, knowing that while we all may want to put God first, we still struggle to do it.*
- **Why do you think God doesn't want us to put ourselves first?**

Have your students read Matthew 22:36-40.

Matthew 22: 36-40 - Teacher, which is the greatest commandment in the Law?" ³⁷ Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.'" ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.' ⁴⁰ All the Law and the Prophets hang on these two commandments."

- **Who is your neighbor?**
 - *Your neighbor isn't just your physical neighbor next door. Rather, your neighbors include the friends you have, the people at your school, your family, etc.*
 - **Do you love your neighbor as yourself? How can you know this?**
 - **How does loving God help us love others?**
 - *God is the perfect example of putting someone before Himself. God didn't have to, but he chose to put His Son on the cross so that we can experience eternal life.*
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LIFE APPLICATION

Struggling to put others first is a natural reaction for all of us. But, it doesn't have to stay this way. Using the questions below, help your students make an action plan to live a "you first" life.

- **What is one step you can take this week put someone before yourself?**
 - Encourage your students to be as specific as possible with this.
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TAKE IT OUT

Close small group out with prayer requests. Pray specifically that your group would put others before themselves this week.

MVMT CONFERENCE

After concluding your lesson for the night, take a few minutes to talk to your students about MVMT Conference.

- **What are you most excited about for MVMT Conference?**
- **What questions do you have about MVMT Conference?**

Check out **movementconf.com** for specific details. Here you can find an "FAQ" section as well as a schedule.