



A 4-WEEK
STUDY FROM
HEBREWS ON

SPIRITUAL GROWTH

FROM OUR ANNUAL *TEACHING STRATEGY*



CATALYST



WRITTEN AND DEVELOPED WITH . . .

**MUNYOKI MULWA, CAITLYN SMELSER &
JOSH SAMARCO**

Sometimes the idea of "faith" can feel a little mysterious and hard to grasp. After all, what is it? And how do you get it – or get more of it? Well, just like science can explain so many of the mysterious and hard-to-grasp things in the world around us, there are answers for many of the mysterious and hard-to-grasp things about faith, too. You'll learn in science class that "catalysts" are interactions that create big changes and transformations. In the same way, Scripture shows us certain change-making "catalysts" are necessary for the transformation of our faith and the faith of others. In this four-week series from Hebrews, we'll discover that **faith is a catalyst for action, the faith of others can be a catalyst on our journey, Jesus is the catalyst for a new relationship with God, and we can be a catalyst for change.**

WEEK 1

This week, we'll combine the definition of "faith" from the book of Hebrews with James' reminder that faith requires actions and not just belief.

- **BIG IDEA:** Faith is a catalyst for action.
- **BIBLE:** Hebrews 11:1-22; James 1:22; 2 Corinthians 5:7

WEEK 2

This week, we'll see what the book of Hebrews says about how we can help each other grow in faith, using the story of Moses leading Israel out of Egypt as an example.

- **BIG IDEA:** The faith of others can be a catalyst on our journey.
- **BIBLE:** Exodus 3:10-12; Hebrews 10:24, 11:29-40, 12:1-2

WEEK 3

This week, we'll explore what the books of Hebrews and Matthew reveal about Jesus' role as our "great high priest."

- **BIG IDEA:** Jesus is the catalyst for a new relationship with God.
- **BIBLE:** Hebrews 4:14-16; Matthew 27:51; John 3:16-17

WEEK 4

This week, we'll be challenged by the author of Hebrews to put our faith into action by practicing compassion for others.

- **BIG IDEA:** We can be a catalyst for change.
- **BIBLE:** Hebrews 10:19-25, 12:1, 13:1-3; James 2:26

MEMORY VERSE: "Now faith is confidence in what we hope for and assurance about what we do not see."
– Hebrews 11:1 (NIV)

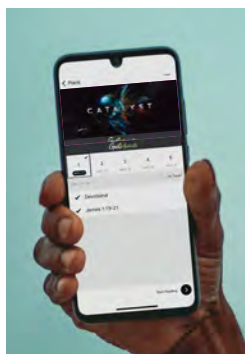
HOW TO DISCIPLE DURING THIS SERIES

We all know teenagers don't get disciplined just by sitting through a message every week. So here's what else we've provided to **help your students develop more consistent spiritual habits.**

THE 4 SPIRITUAL HABITS

We feature one of Grow's 4 Spiritual Habits every month with a unique activity or experience. But the 4 Spiritual Habits show up year-round! **Here are a few of the places you can spot them in this series:**

- **SPEND TIME WITH GOD:** While this entire series is focused on a student's personal relationship with God, in Week 3, they'll specifically be challenged to evaluate their relationship with God, make a decision to follow Jesus, or recommit to following Jesus.
- **SPEND TIME WITH OTHERS:** Week 2 is all about how others can help us grow, so students will be encouraged to learn from others' faith and maybe even invite someone to mentor them.
- **USE YOUR GIFTS:** Weeks 1 and 4 are all about turning our faith into action, and those actions include using our gifts to give back to God and serve others.
- **SHARE YOUR STORY:** Throughout this series, students will be encouraged to have conversations about how their faith stories are developing so far. In Week 4, they'll be challenged to share their faith by loving others well.

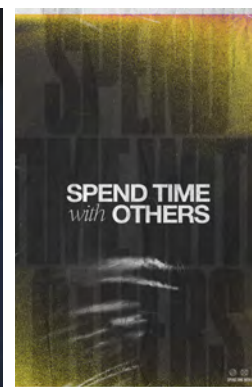


DEVOTIONALS

To help students regularly **spend time with God**, every series comes with daily readings and devotionals through The Bible App. You can access them on your browser or app [right here](#). And don't forget about your [Volunteer Devotional!](#)

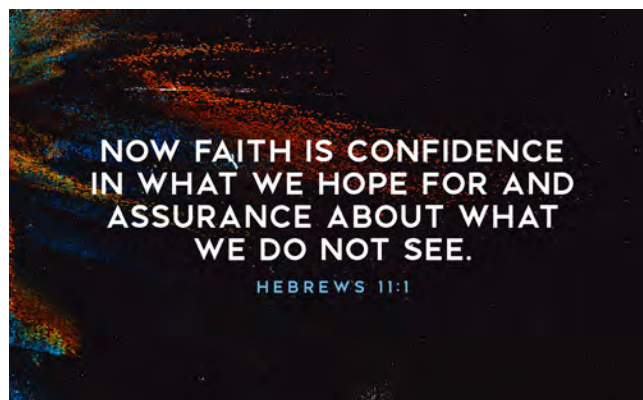
DISCIPLESHIP ACTIVITY

If you're following along with our scope and sequence, our discipleship activity this quarter is **Spiritual Habit Tracker App**, an activity to help students **spend time with others**. We also made you some [posters and graphics](#) for this quarter's habit you can print, display, or share online.



MEMORY VERSE

Try challenging students to memorize a verse that corresponds with the Big Ideas or themes of this series. Here's the verse we chose — and [we made graphics](#) you can post, print, or show on screen too!



HACKS FOR HIGH SCHOOLERS

REVISE

To make this series more accessible for high schoolers, here's what to adjust . . .

In all four weeks, let high schoolers participate or compete in the opening science experiment activities. Because your high schoolers have more maturity than your middle schoolers (and may have even done some of these science experiments in school), try turning these experiments into small group competitions by having students compete to either complete the experiment the fastest or create the most impressive effect.

In Week 2, make the Newton's cradle object lesson life-sized – and get students involved.

While a normal-sized Newton's cradle will work great, if you have the space and the means, make a life-sized Newton's Cradle out of rope and exercise balls, and ask a few students to come to the front and demonstrate how it works. Depending on your available time and the size of your group, you might even build the Newton's cradle with your students, either in advance or on the spot. Since you're working with high schoolers, the extra responsibility and creativity might be welcome!

In Week 3, look for students who seem to resonate with not feeling close to God. When you share your story about not feeling close with God, remember the high school years are often the first time students begin to push back and ask hard questions about their faith. If this story seems to resonate with your students, be open to where the conversation might lead.

REPLACE

And here are the Building Blocks you may want to swap for something else . . .

In all four weeks, consider swapping the science experiments for videos. If your high school ministry is on the larger size, or your high schoolers aren't typically interested in hands-on activities, try opting for a video or upfront demonstration of each experiment instead. If you'd like to add a little extra fun or humor, try having a high schooler demonstrate or film the experiment so students get a break from hearing you talk!

REMEMBER

Remember that, for many high school students, their relationships with God and others might be complicated or come with a lot of hurt. Especially in Weeks 2 and 4, as you talk about our relationships with God and others, keep some of those students' specific stories in mind to make sure what you're teaching will still resonate with those students specifically.

HACKS FOR STUDENTS WITH SPECIAL NEEDS

REVISE

To make this series more accessible for students with special needs, here's what to adjust . . .

Give extra examples and visuals to explain the concept of a catalyst. For some students with learning disabilities or cognitive impairments, they may need additional help understanding what a catalyst is or does. You might say, "If you were sledding and someone pushed you down the hill to get you started, they would be a catalyst. Or if you were already on the way down the hill and someone pushed you again to help you go faster, they would be a catalyst too." For even more concrete examples, check out some science textbooks or educational videos for kids about catalysts!

In Week 2, add a special role to Copy-Catalysts if you have a student who would not otherwise be able to participate. If one of your students might feel left out of this game because of their disabilities, give them a special role to help facilitate the game, like keeping track of the timer during each round.

REPLACE

And here are the Building Blocks you may want to swap for something else . . .

Throughout the series, occasionally replace "catalyst" with other more concrete terms. While many students will be comfortable with these terms (especially once you define them), some students with learning disabilities or cognitive delays may need alternative explanations, terms, or examples to stay engaged. For example, instead of saying the word "catalyst" quite so often, you might try replacing it for the idea that term represents, like "a person who influences you" or "a person who changes the world."

REMEMBER

Whenever you provide handouts that require writing or reflection, remember that pairing an adult or buddy with some of your students can make a huge difference. That helper can help the student participate by writing for them, helping them draw pictures instead of writing, or encouraging them to engage using tools and methods that are more familiar to them.

VOLUNTEER DEVOTIONAL

CATALYST

STUDY

You love to see change happening. It's probably one of the things you like most about being a youth leader — you get to see teenagers grow! Still, there are days when you feel like you aren't growing, or at least you aren't growing as much as you'd like to be. This month, you'll be guiding students through the faith stories found in the book of Hebrews. As you prepare, think about how effective faith was in the lives of the people you are learning about. Then, wonder about the areas where your faith or the faith of others could become a catalyst of change for you.

To get ready for this series, **spend a few minutes reading the stories we'll be teaching students this month.** As you do, think about what God has taught you (and is still teaching you) about worship through these passages, and how these Big Ideas have been true in your life.

WEEK 1: Faith is a catalyst for action.

Hebrews 11:1-22; James 1:22; 2 Corinthians 5:7

WEEK 2: The faith of others can be a catalyst on our journey. Exodus 3:10-12; Hebrews 10:24, 11:29-40, 12:1-2

WEEK 3: Jesus is the catalyst for a new relationship with God. Hebrews 4:14-16; Matthew 27:51; John 3:16-17

WEEK 4: We can be a catalyst for change. Hebrews 10:19-25, 12:1, 13:1-3; James 2:26

PRAY

What inspires you to live by faith? Gas prices might be a reminder to cling to God. But what else? What is it that inspires or fuels your faith? Is it something God is doing in your life? Or, is it something you've noticed happening in someone's life around you? Whatever your inspiration is, think about the catalyst for the relationship you have with God currently.

No matter where your faith began, Jesus was the one who made it possible. And now that you have a relationship with God, faith becomes the catalyst for change every time you use it. Think back to where your relationship with God began and spend some time thanking Jesus for being the one who activated faith in your life.

Which passage of Scripture or Big Idea from this month is most relevant to you right now? Spend a few minutes asking God to show you how you've already grown in this area, plus the next step you need to take in order to keep growing.

GROW

So what's your next step? Do you need to activate faith in an area of your life? Is there a way you could be growing more if you had the support of someone else who is living with faith? Is there someone who needs to hear about Jesus' ability to help them have a relationship with God? Is there something going on around you that could benefit from you exercising your faith?

Whatever your next step is right now, take it. Then help students do the same.

WEEK 1

DISCUSSION GUIDE

CATALYST

Sometimes the idea of "faith" can feel a little mysterious and hard to grasp. After all, what is it? And how do you get it – or get more of it? Well, just like science can explain so many of the mysterious and hard-to-grasp things in the world around us, there are answers for many of the mysterious and hard-to-grasp things about faith, too. You'll learn in science class that "catalysts" are interactions that create big changes and transformations. In the same way, Scripture shows us certain change-making "catalysts" are necessary for the transformation of our faith and the faith of others. In this four-week series from Hebrews, we'll discover that **faith is a catalyst for action, the faith of others can be a catalyst on our journey, Jesus is the catalyst for a new relationship with God, and we can be a catalyst for change.**

THIS WEEK

BIG IDEA

Faith is a catalyst for action.

BIBLE

Hebrews 11:1-22: James 1:22: 2 Corinthians 5:7

- **What's a catalyst that changed your day today (for better or worse)?**
- **What are some examples of catalysts that could change someone's faith (for better or worse)?**
- **How would you define "faith?"**
- **Do you ever wish you had more evidence that God exists and can be trusted? If so, what evidence do you wish you had?**
- **What evidence do you think we already have that God exists and can be trusted?**
- **Why do you think the authors of Hebrews and James put so much emphasis on turning our beliefs into actions?**
- **If we never act on what we say we believe, what do you think would happen to our faith?**
- **Read 2 Corinthians 5:7. Have you ever struggled to trust God when it was difficult? If so, tell us about it.**
- **What's something you know God wants you to do, but you haven't done it yet? What's holding you back?**
- **This week, what's one thing you're going to do in order to turn your beliefs into actions?**

ACTIVITY

Reflection Card - Today, my faith will be a Catalyst for Action.

- James 1:22 is our reminder that FAITH requires action.
- Write on card: What action are you going to take to help you grown in your faith?
- Share with the Group.
- Action: Set alarm for 1:22pm every day this week & turn faith into action

WHO IS YOUR ONE?

**TODAY,
MY FAITH
WILL BE A
CATALYST
FOR ACTION.**

1

22

**TODAY,
MY FAITH
WILL BE A
CATALYST
FOR ACTION.**

1

22

**TODAY,
MY FAITH
WILL BE A
CATALYST
FOR ACTION.**

1

22

**TODAY,
MY FAITH
WILL BE A
CATALYST
FOR ACTION.**

1

22

WEEK 2

DISCUSSION GUIDE

CATALYST

Sometimes the idea of "faith" can feel a little mysterious and hard to grasp. After all, what *is* it? And how do you get it – or get more of it? Well, just like science can explain so many of the mysterious and hard-to-grasp things in the world around us, there are answers for many of the mysterious and hard-to-grasp things about faith, too. You'll learn in science class that "catalysts" are interactions that create big changes and transformations. In the same way, Scripture shows us certain change-making "catalysts" are necessary for the transformation of our faith and the faith of others. In this four-week series from Hebrews, we'll discover that **faith is a catalyst for action, the faith of others can be a catalyst on our journey, Jesus is the catalyst for a new relationship with God, and we can be a catalyst for change.**

THIS WEEK

BIG IDEA

The faith of others can be a catalyst on our journey.

BIBLE

Hebrews 11: 29-40, 12:1-2; Exodus 3:10-12; Hebrews 10:24

- **What's a word or phrase you recently started saying? Where do you first hear it?**
- **Name three people who influence you on a daily basis and tell us how.**
- **Who are a few people you really respect? Why do you look up to them?**
- **Who is one person who was a significant catalyst for your faith, and how?**
- **Who are some more people who have been catalysts for your faith? How have they helped you grow in smaller (but still important) ways?**
- **Can you think of a time when a hurtful or negative experience with another person helped you grow in your faith? If so, tell us how.**
- **Read Hebrews 10:24. What are some specific ways the catalysts in your life spur you on like this?**
- **When do you most need other people to step in and spur you on in your faith?**
- **What are some ways our faith can grow from people:**
 - **Whose faith journey is new?**
 - **Whose faith journey is like ours?**
 - **Who are further ahead of us on our faith journeys?**
- **This week, what are you going to do to make sure you're surrounded by the kind of catalysts who can help your faith grow?**

ACTIVITY

Reflection Card – The faith of OTHERS can be a catalyst on your journey.

- Write on card: Write down names of your Catalysts in the boxes.
- Share with the Group.
- Action: Select one name and reach out to them this week to encourage and pray for.
- Action: Pick of Devotional with a friend and decide to READ it together this week.

WHO IS YOUR ONE?

CATALYSTS ON MY JOURNEY.

1

THEIR FAITH
JOURNEY IS NEW.

2

THEIR FAITH
JOURNEY IS LIKE MINE.

4

THEIR FAITH
JOURNEY IS LIKE MINE.

3

THEY'RE AHEAD OF ME
ON THEIR FAITH JOURNEY.

5

THEY'RE AHEAD OF ME
ON THEIR FAITH JOURNEY.

CATALYST

CATALYSTS ON MY JOURNEY.

1

THEIR FAITH
JOURNEY IS NEW.

2

THEIR FAITH
JOURNEY IS LIKE MINE.

4

THEIR FAITH
JOURNEY IS LIKE MINE.

3

THEY'RE AHEAD OF ME
ON THEIR FAITH JOURNEY.

5

THEY'RE AHEAD OF ME
ON THEIR FAITH JOURNEY.

CATALYST

WEEK 3

DISCUSSION GUIDE

CATALYST

Sometimes the idea of "faith" can feel a little mysterious and hard to grasp. After all, what is it? And how do you get it – or get more of it? Well, just like science can explain so many of the mysterious and hard-to-grasp things in the world around us, there are answers for many of the mysterious and hard-to-grasp things about faith, too. You'll learn in science class that "catalysts" are interactions that create big changes and transformations. In the same way, Scripture shows us certain change-making "catalysts" are necessary for the transformation of our faith and the faith of others. In this four-week series from Hebrews, we'll discover that **faith is a catalyst for action, the faith of others can be a catalyst on our journey, Jesus is the catalyst for a new relationship with God, and we can be a catalyst for change.**

THIS WEEK

BIG IDEA

Jesus is the catalyst for a new relationship with God.

BIBLE

Hebrews 4:14-16;
Matthew 27:51: John 3:16-17

- **Who's one of your favorite fictional characters who experienced a dramatic transformation?**
- **What's an example of a dramatic transformation someone might experience in real life?**
- **Have you ever heard a story where someone's life was immediately and dramatically changed by Jesus? How did that story impact you?**
- **If you know Jesus, have you ever worried your story of faith isn't dramatic enough? If so, why?**
- **If someone decides to follow Jesus but their life doesn't immediately change that dramatically, what are some possible reasons for that?**
- **Have you ever felt really close to God? What was that experience like and why do you think God felt so close?**
- **Read John 3:16-17. When God doesn't feel close, what can this passage teach us about what God is like?**
- **When God doesn't feel close, what do you think we should do?**
- **If you know Jesus, when did you first believe God loved you and wanted to be close to you?**
- **This week, what's one step you want to take to get closer to God through Jesus?**

ACTIVITY

Reflection Card – Jesus is the catalyst for a new relationship with God.

- Write on card: Fill out the reflection card.
- Share with the Group.
- Action: Practice spiritual habits: A. Spend time with God and/or other believers. B. Use your gifts & Serve God. C. Share your story with others about who Jesus is to you.

WHO IS YOUR ONE?

**BECAUSE JESUS IS MY CATALYST FOR
A NEW RELATIONSHIP WITH GOD . . .**

- I WANT TO FOLLOW HIM FOR THE FIRST TIME.
- I NEED HIS HELP MAKING A CHANGE.
- I NEED HIS HELP GETTING CLOSE TO GOD AGAIN.

CATALYST

**BECAUSE JESUS IS MY CATALYST FOR
A NEW RELATIONSHIP WITH GOD . . .**

- I WANT TO FOLLOW HIM FOR THE FIRST TIME.
- I NEED HIS HELP MAKING A CHANGE.
- I NEED HIS HELP GETTING CLOSE TO GOD AGAIN.

CATALYST

**BECAUSE JESUS IS MY CATALYST FOR
A NEW RELATIONSHIP WITH GOD . . .**

- I WANT TO FOLLOW HIM FOR THE FIRST TIME.
- I NEED HIS HELP MAKING A CHANGE.
- I NEED HIS HELP GETTING CLOSE TO GOD AGAIN.

CATALYST

**BECAUSE JESUS IS MY CATALYST FOR
A NEW RELATIONSHIP WITH GOD . . .**

- I WANT TO FOLLOW HIM FOR THE FIRST TIME.
- I NEED HIS HELP MAKING A CHANGE.
- I NEED HIS HELP GETTING CLOSE TO GOD AGAIN.

CATALYST

WEEK 4

DISCUSSION GUIDE

CATALYST

Sometimes the idea of "faith" can feel a little mysterious and hard to grasp. After all, what is it? And how do you get it – or get more of it? Well, just like science can explain so many of the mysterious and hard-to-grasp things in the world around us, there are answers for many of the mysterious and hard-to-grasp things about faith, too. You'll learn in science class that "catalysts" are interactions that create big changes and transformations. In the same way, Scripture shows us certain change-making "catalysts" are necessary for the transformation of our faith and the faith of others. In this four-week series from Hebrews, we'll discover that **faith is a catalyst for action, the faith of others can be a catalyst on our journey, Jesus is the catalyst for a new relationship with God, and we can be a catalyst for change.**

THIS WEEK

BIG IDEA

We can be a catalyst for change.

BIBLE

Hebrews 13:1-3; Hebrews 10:19-25, 12:1;
James 2:26

- **Have you ever started a trend (or totally failed at starting a trend)? Tell us about it!**
- **On a scale of 1-5, how much influence do you think you have on other people?**
- **What are some small but important ways we can help each other's faith grow?**
- **Why do you think the author of Hebrews put so much emphasis on Jesus-followers encouraging each other?**
- **How easy or challenging is it for you to build strong relationships at church? Why do you think that is?**
- **Have you ever had the chance to help or stand up for someone who was in need? What was that experience like?**
- **If you could do anything to change the world through your faith, what kind of an impact would you want to make?**
- **Do you think it's okay that we all have different ideas about how we might want to change the world? What was different (and what was similar) about our responses?**
- **Read James 2:26. What do you think are some of the risks of never turning our faith into action?**
- **This week, what's one step you're going to take to be a catalyst for change?**

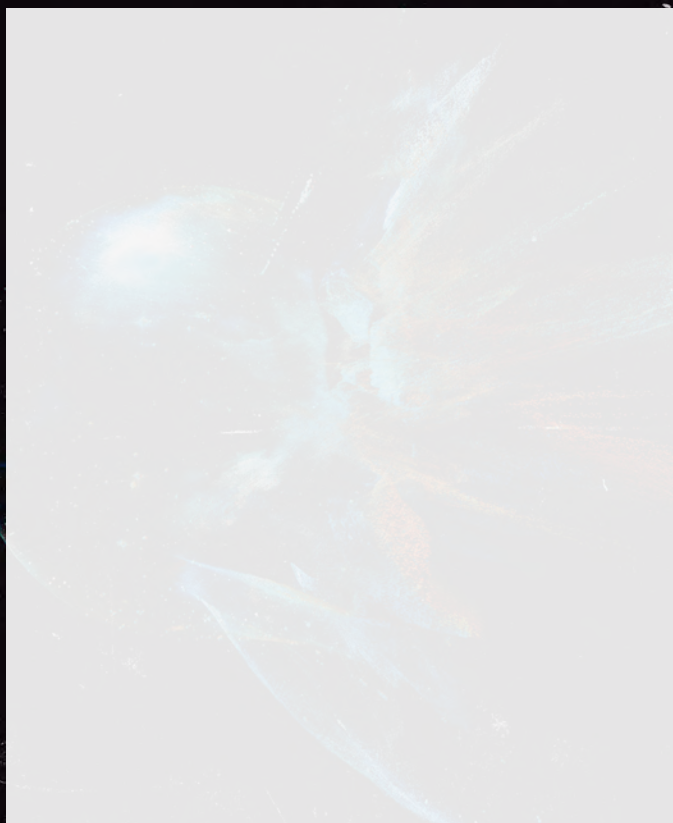
ACTIVITY

Reflection Card – We can be a Catalyst for change.

- Write on card: Complete the thought, I can be a catalyst for change...
- Help Students think: Catalyst in their family, in their community, and/or in their world.
- Share with the Group.
- Action: What is your step this week to be a catalyst?

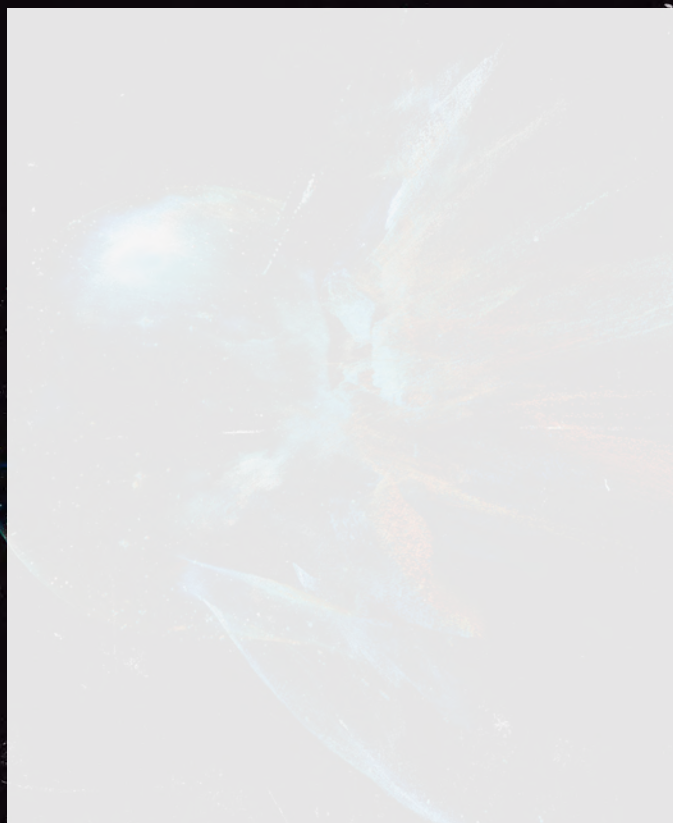
WHO IS YOUR ONE?

I CAN BE A CATALYST FOR CHANGE.



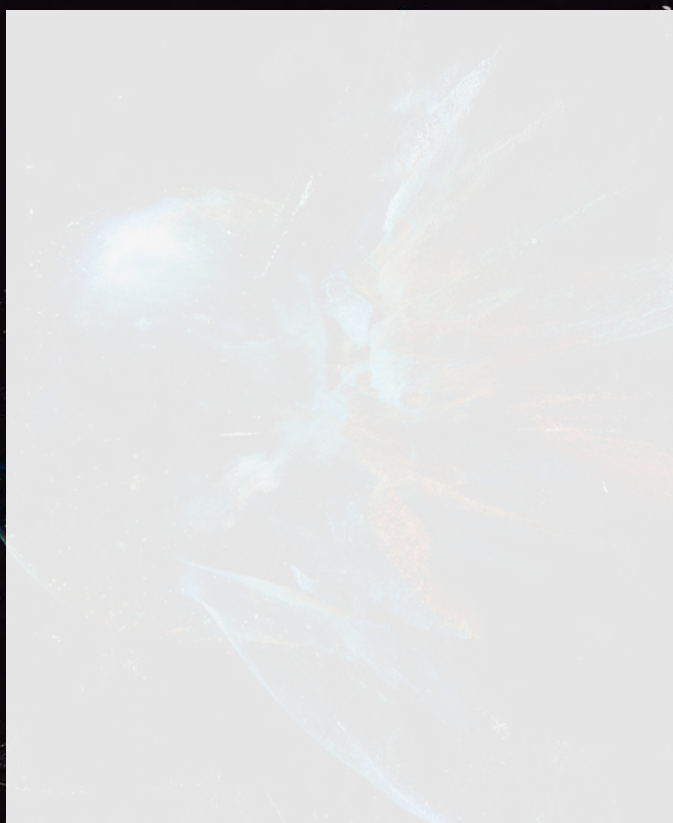
CATALYST

I CAN BE A CATALYST FOR CHANGE.



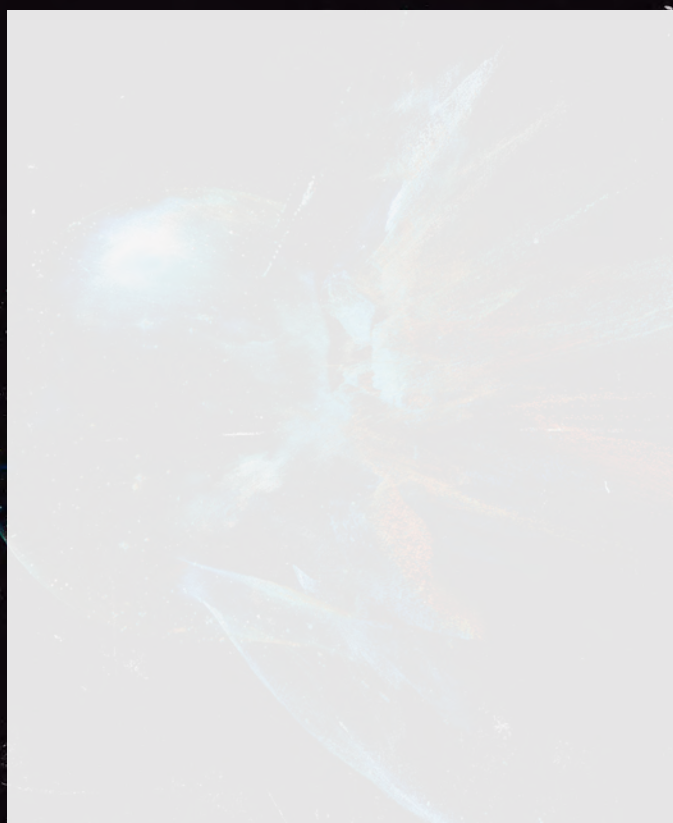
CATALYST

I CAN BE A CATALYST FOR CHANGE.



CATALYST

I CAN BE A CATALYST FOR CHANGE.



CATALYST

Grow students

IS ON THE BIBLE APP!

TO GET A DAILY DEVOTIONAL AND READING PLAN FOR EVERY SERIES, HEAD TO BIBLE.COM, DOWNLOAD THE BIBLE APP, OR . . .

just click here!

