

*Giving public speeches*  
*Going to a party/event where you don't know anyone*  
*Talking to someone whose name you can't remember*  
*Telling your parents that you lost or broke something valuable*  
*Asking someone on a date*

Discomfort. It's the opposite of being comfortable. And each of the things listed up above cause most of us a certain level of discomfort.

Let's add one more:

## **ENGAGING IN CONVERSATIONS ABOUT OUR FAITH.**

Why does talking about our faith with people make us so uncomfortable? Actually, that's not a great question, is it? Talking about issues as serious and meaningful as Jesus, our sin, and the sacrifice of His life to provide us the only way for probably should be a little uncomfortable, right?

Maybe the better question is why we let this discomfort keep us from doing it. Because if you're honest, feeling uncomfortable is what keeps you from having meaningful discussions about the Gospel with your family, friends, and other people you meet. The big problem with this is that you are God's plan to share Jesus' message of forgiveness, hope, wholeness, and eternal life. That's right—You!

**If you have been saved by exchanging death for life through placing your faith in Jesus, you are part of the Church (followers of Jesus). And the Church is God's Plan A to bring the Gospel to the entire world.**

Consider this your call. Jesus has called you to this mission because this is His expectation for all who follow Him. Don't believe it? Don't worry. We're about to clear all that up.

**But before you can respond to Jesus' command to go and make disciples, you have to be willing to *Exchange* your fear of embarrassment, your avoidance of self-sacrifice, and the urge to minimize your own discomfort for something much greater—Jesus' call to impact the world in His name.**

Get ready to uncover the final *Exchange* in this study. It's a good one . . .

Can anyone summarize what we discussed in Session 1?  
 Answer: We studied what it means to Exchange death for life.

Can someone else summarize what we discussed in Session 2?  
 Answer: We studied what it means to Exchange self for Jesus.

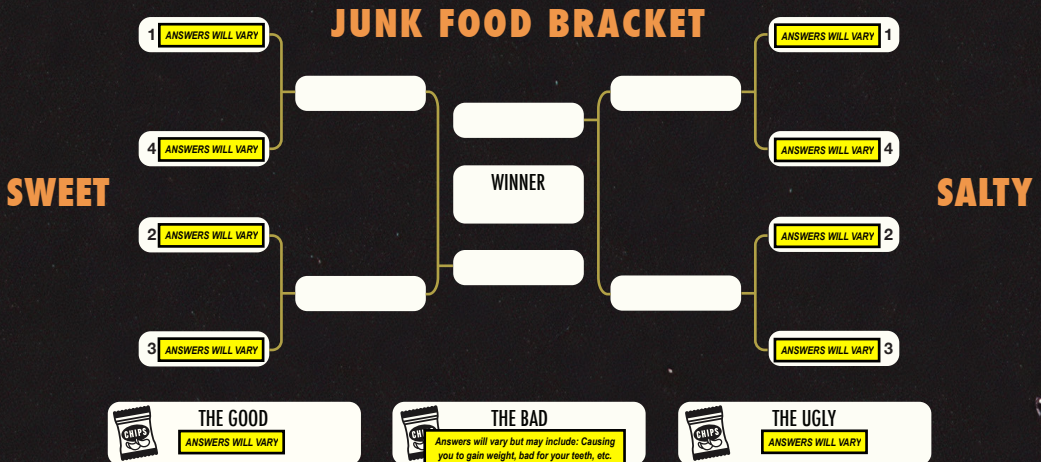
Can someone else summarize what we discussed in Session 3?  
 Answer: We studied what it means to Exchange hate for love.

# SESSION 4

# GETTING STARTED

*Can things that are good or comforting still be bad for you? Follow your leader's instructions and work together to uncover the good, the bad, and the ugly.*

## THE GOOD, THE BAD, AND THE UGLY



## ALIEN INVASION



## FAME



# SESSION 4 DIGGING IN

## WHY DO WE NEED THIS EXCHANGE?

**Why do you need to make the exchange of comfort for call? Work through the following passages of Scripture and diagram below with your group to find out.**

READ MATTHEW 28:16-20

Do you think that this call from Jesus to "Go and make disciples of all nations" was intended to be a call for His original disciples or a call for all who follow Him?

Why?

Answers will vary: Help guide your students to see that the answer is both. Jesus was very much speaking to the eleven disciples (followers) who were standing in front of Him. Making disciples was Jesus' goal from the first moment He invited Simon (Peter) and his brother Andrew to join Him by saying, "Follow me, and I will make you become fishers of men (Mark 1:17)." However, Jesus is also speaking to us because we are His followers (disciples) and therefore, we are given the same call.

**What are the two results of Jesus' call to make disciples?**

Answer: That they would be baptized. This is both a literal command to be physically baptized and a symbolic one representing someone truly coming to salvation through faith in Jesus, teaching them to know and follow Jesus.

Salvation Through Faith In Jesus And Baptism

**RESULT OF THE CALL**  
MATTHEW 28:19-20

Growing In Knowledge Of God

**RESULT OF THE CALL**  
MATTHEW 28:19-20

**How do you teach someone to follow Jesus? What does that look like?**

Answer: Help students see that you can't do this without having a relationship with someone and showing them over time what it looks like to live according to God's Word.

**What do you see in verse 19 that might represent the heart or the "do this" part of Jesus' imperative "Go!" call?**

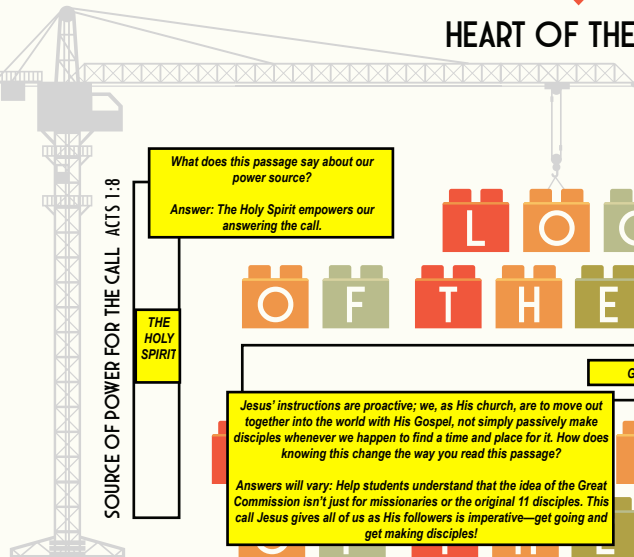
Answer: Make disciples!



The phrase "Make disciples" might be a little confusing as it could be defined in many ways. What do you think Jesus means when He commands us to go and make disciples?

Answers will vary: Guide your students to understand that making disciples absolutely involves talking to people about Jesus, but it's more.

## HEART OF THE CALL



LOOK  
OF THE CALL

MATTHEW 28:19

GO!

Jesus' instructions are proactive; we, as His church, are to move out together into the world with His Gospel, not simply passively make disciples whenever we happen to find a time and place for it. How does knowing this change the way you read this passage?

Answers will vary: Help students understand that the idea of the Great Commission isn't just for missionaries or the original 11 disciples. This call Jesus gives all of us as His followers is imperative—get going and get making disciples!

In verse 18, we see the foundation of this call from Jesus. Looking at this verse, what do you see that might serve as the foundation of Jesus' call to make disciples of all nations?

Answer: Jesus' authority. The call is legitimate because Jesus has the authority to command all who follow Him to share the Gospel message as they go throughout their lives.

A

C

CALL

MATTHEW 28:18

JESUS' AUTHORITY

In verse 18, we see the foundation of this call from Jesus. Looking at this verse, what do you see that might serve as the foundation of Jesus' call to make disciples of all nations?

Answer: Jesus' authority. The call is legitimate because Jesus has the authority to command all who follow Him to share the Gospel message as they go throughout their lives.

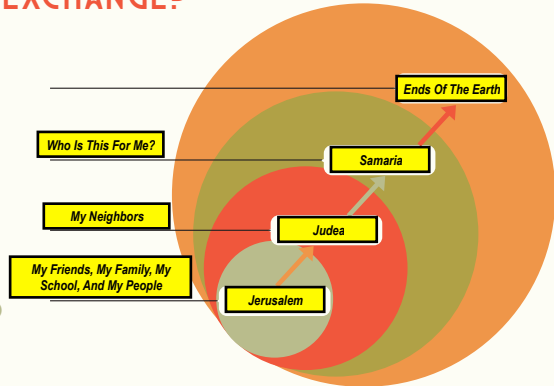
Why is it important that Jesus has the authority to give His followers this command?

Answer: If He didn't, we couldn't say that this call was reliable or that it was even the right or best way to make disciples. But it is reliable, and it reflects God's plan for us and for His Church.

# WHY DO WE NEED THIS EXCHANGE?

READ ACTS 1:8 AGAIN

**“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in **Jerusalem** and in all **Judea** and **Samaria**, and to the end of the earth.”**



## WHAT DOES THIS EXCHANGE LOOK LIKE?

READ 1 CORINTHIANS 9:19-23

- List all the different people Paul “became”.

*Became like a Jew; became like one under the law; became like one not having the law; became weak; became all things to all people.*

- Why did Paul “become” all these people?

*He did this so that “by all means,” he might lead some of them to a saving relationship with God. In Paul’s words, “I do it all for the sake of the Gospel.”*

- What does this look like in your context today? What is the message for you?

*Answers will vary. But help students contextualize it to their modern-day, real-world application. Help them think about those students who are disliked or just different from them, and so on.*

## HOW DOES THIS EXCHANGE IMPACT ME?

READ ROMANS 1:14-17

- Why do you think Paul says that he is both “obligated” and “eager” to preach the Gospel?

*Answers will vary. Paul was not one of the original disciples who heard Jesus’ call that day. However, as a follower of Jesus, he understood that he must live out Jesus’ call to “Go! Make disciples!” including sharing the Gospel with all to whom it was possible—come what may.*

- The Greek word Paul uses for ashamed means “to be disgraced, embarrassed, or personally humiliated.” Can you think of times or situations where you are tempted to be embarrassed because of your faith?

**ANSWERS WILL VARY**

- If you replace the words “your faith” in the previous question with the word “Jesus,” does it change things for you?

*Answers will vary. Help guide students to feel the weight of the difference.*

- Why do you think Paul wasn’t ashamed of the Gospel?

*Paul tips his hand. He believed the Gospel contained “the power of God for salvation for all who believe.” Paul saw the Gospel as bringing life (abundant life to the full), and he did not want anyone to miss out and experience eternal separation from God.*

**Agree or disagree with this statement, but support your answer: “If you really believed in heaven and hell, you’d fight through any potential embarrassment, humiliation, or discomfort to bring the Gospel to those who don’t know Jesus.”**

**ANSWERS WILL VARY**

READ ROMANS 10:13-15

- What is the driving force behind sharing the Gospel with all people?

- What is the bottom line, foundational action that has to happen for all things to be realized?

*Someone must be sent (Go) and must preach (share) the Gospel.*

- What is the first step in living out this call to “Go! Make Disciples!”?

*Preaching is not the first step in the chain of events that leads to someone placing their faith in Jesus (calling on His name). Instead, the first step is being sent. To be sent means to go. You have to accept the call to be on mission.*

- Who is doing the sending out?

*Jesus! It was Jesus who did the sending of His original 11 disciples. It was Jesus who did the sending of Paul. It is Jesus who is doing the sending today of all of us who claim to be His followers. It is Jesus who is still commanding us to “Go! Make disciples!”*

- What does it mean in your context to “go” and to “preach”?

- How does this make you feel? Uncomfortable? Excited? Why?

**ANSWERS WILL VARY**

*We don’t know who has and who hasn’t been told about Jesus and His Gospel. We don’t know if this time might be the one time they hear it and respond. What we do know is that “Everyone who calls on the name of the Lord will be saved.” Paul isn’t referring to anyone who says Jesus’ name out loud but to anyone who recognizes Jesus as Lord and places their faith in Him for their salvation.*

*Answers will vary. Remind students of what we have already discovered together in this lesson. Making disciples is telling people about their need for Jesus (evangelism). It’s leading them to salvation in Jesus. But it’s also more than that. Making disciples means doing life with people, teaching them with more than just your words, and modeling for them what it looks like to follow Master Jesus because you are walking with, learning from, and submitting to Him and inviting them to do the same.*



# WRAPPING UP

## SESSION 4

*What is keeping you too comfortable to answer Jesus' call? Work with your group to identify things that might be keeping you from living out the Lord's call on your life.*

**WHAT IS IT IN YOUR LIFE THAT MAKES IT TOO DIFFICULT TO EXCHANGE YOUR COMFORT FOR HIS CALL TO GO AND MAKE DISCIPLES?**

**WHAT ABOUT THIS PERSON, PLACE, OR THING MAKES FOLLOWING JESUS' CALL SO DIFFICULT FOR YOU?**

PERSON



PERSON

ACTION:

PLACE



PLACE

ACTION:

THING



THING

ACTION:

# AND SO YOUR IMMERSION IN EXCHANGE HAS COME TO AN CLOSE . . .

We started this journey together with a simple question that led us to what seemed like a simple definition—defining an *Exchange* as swapping “this” for “that.” We agreed that exchanging is all about trading up. It’s exploring a better fit. It’s searching for a better option. It’s discovering a better experience. It’s living a better life. Sounds easy enough, right?

**BUT REMEMBER, WE ALSO MADE IT CLEAR FROM THE START THAT EVERY EXCHANGE REQUIRES THAT SOMETHING MUST BE GIVEN UP IN ORDER FOR SOMETHING TO BE GAINED. AND THAT REQUIRES SOME FURTHER EXAMINATION.**

At first, this whole idea of *Exchange*, of gaining through giving up, may have seemed illogical, a little odd, or out of reach. But the invitation to explore it together came along with an unspoken promise that you’d gain a greater understanding of this concept by the time our journey was over. Well, it looks like you’ve reached the end.

## ...OR MAYBE NOT

Your engagement with the concept of *Exchange* may be over in this particular setting, but in many ways, your invitation to radically embrace the power of the exchanged life is just beginning.

**YOU KNOW MORE NOW ABOUT WHAT IT MEANS TO LIVE THE EXCHANGED LIFE THAN YOU DID WHEN YOU STARTED. YOU KNOW ABOUT JESUS’ ULTIMATE EXCHANGE OF DEATH FOR LIFE. YOU’VE STUDIED OTHER INCREDIBLE EXCHANGES JESUS MAKES POSSIBLE IN OUR LIVES AS THE RESULT OF THE ULTIMATE EXCHANGE HE MADE FOR US ON THE CROSS. YOU KNOW ABOUT THE BOLDNESS YOU HAVE THROUGH THE HOLY SPIRIT TO LIVE THE EXCHANGED LIFE TODAY AND THE AMAZING HOPE GOD HOLDS FOR THE FUTURE.**

**SO, ALTHOUGH IT MAY BE TRUE THAT YOUR INTRODUCTION TO EXCHANGE HAS ENDED, YOUR JOURNEY OF LIVING THE EXCHANGED LIFE HAS JUST BEGUN.**

Take what you’ve learned seriously. Embrace the exchanges Jesus has made possible for you. Show the world the difference He makes in your life.

# GO! LIVE THE EXCHANGED LIFE.