



Groove: The Life Leader Guide

Michael Adkins

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The life of the Christian is marked by disciplines, practices, and commitments that help shape the foundation of our faith. So how do we help youth encounter and choose to embrace some of these practices as they move into a faith that they claim as their own?

The Life is a four-week study designed to help youth consider spiritual practices and what those practices can mean in their lives. Each week, they will consider the practices of being committed to a church family, of prayer, of giving, and of sharing their faith with others. The ideas and lessons are reinforced with exercises and daily devotions, found in the *Groove: The Life Student Journal*, designed to help them reflect and apply these disciplines in their own lives.

The Groove Bible study series invites teens to learn the essentials of their faith, own their story, and engage the world in serving Jesus. Each topical study consists of four weekly sessions that are easy to lead and relate to life issues teens face. With up to 48 weeks available, Groove is great for Sunday and mid-week gatherings for both large and small groups as well as retreats. The leader guide contains everything needed to lead teens through a Groove study, including teaching outlines, leader notes, Bible background, reflections, and parent communication.

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