



Young ONCE

Season 1 Study Guide



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Note: Be advised that this docuseries is intended for mature audiences only and not recommended for children.

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INTRODUCTION

WELCOME

Welcome to a deeper look into *Young Once* Season 1. There are so many critical and formative decisions and questions one must answer in their youth, and there is so much we can learn from one another. God calls us into unity through community, so let's prayerfully dig deeper in discussion; because you only live young once!

LEADING A SMALL GROUP

Thank you for facilitating a group discussion! As a small group leader, your main focus is to create a welcoming, non-threatening environment where those attending feel comfortable and ready to participate in the group discussion.

There are two approaches we recommend for small groups. One would be for members to watch the respective episode prior to meeting, the second option would be to watch the entire episode together as a group before discussing it. It is recommended that you encourage your participants to bring a Bible and notepad, as many of the discussion questions involve scripture references. Group leaders do not need to be experts on the Bible, but only to open to discussing its Truth and willing to help others along their journey.

EPISODE 1

To Good Works

KEY BIBLE VERSES

Hebrews 10:24 And let us consider how to stir up one another to love and good works

Philippians 2:4 Let each of you look not only to his own interests, but also to the interests of others.

Definitions:

Kalon: “The ideal of physical and moral beauty”

Ergon: “Function, Work, Task, Deed”

DISCUSSION

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1. Are you stirring people up to good works? If so, how or why?
2. Are you stirring people up to kalon and ergon for you or for them?
3. Hebrews 10:19-24 describes our good works flowing out of faith. What are the dangers of thinking too highly of our efforts?
4. Do you think Rob’s care packages were effective? What would you have done?
5. What do you think of the exchange between Cassie & Caelan? Is either of them right? If there a middle ground? How would you resolve this conflict?

TAKE AWAY

Let’s go out and inspire others to do good works!

You’re Young Once, so let’s take this deeper!

EPISODE 2

So Stumble Just Humble

KEY BIBLE VERSES

Ephesians 4:2-3 With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

1 Peter 5:6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you

Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

DISCUSSION

1. Are your expectations for your future husband or wife too high? Or are they the right expectations?
2. When people don't meet your expectations, what do you do?
3. What are your negotiables and non-negotiables?
4. Ephesians 5:22-33 shows God's pattern for Christian marriage as a reflection of Christ and the church. What does it mean to love the way Jesus does?
5. How can you grow humility in your life?

TAKE AWAY

When you're humble you can allow people to take your work and make it even better, if you give your life to Christ, he makes it better. Humility is the key!

You're Young Once, so let's take this deeper!

EPISODE 3

Goals and Feelings

KEY BIBLE VERSES

Philippians 1:9-10 And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ

Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life.

DISCUSSION

1. How do you deal with disagreements? Do you approach them with a solution-based mindset?
2. How do you use knowledge and wisdom in your life? Are they in balance?
3. What do you think about group dates versus going out one-on-one?
4. What does it mean to keep your heart with all vigilance?
5. What differences are there in being led by feelings, facts, and faith? Which is the most dangerous way to be led?

TAKE AWAY

We need love, knowledge and discernment to make wise decisions according to God's will.

You're Young Once, so let's take this deeper!

EPISODE 4

I Can Handle the Truth

KEY BIBLE VERSES

James 3:17 But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

Deuteronomy 31:6 “Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.”

DISCUSSION

1. Do you trust God with your future? Why or why not?
2. What do you think about this photo shoot?
3. What do you think about Cassie and Caelan’s argument? How far are you willing to compromise?
4. Do you think Rob practiced good leadership? What does good leadership look like?
5. How can you consistently grow as a responsible leader?

TAKE AWAY

Wisdom and knowledge must be used together to produce good things. Ask God to give you both so you can live your life without fear.

EPISODE 5

Hot Pepper Mentor

KEY BIBLE VERSES

Psalms 71:17-18 O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come.

Proverbs 1:5 Let the wise hear and increase in learning, and the one who understands obtain guidance

Proverbs 27:17 Iron sharpens iron, and one man sharpens another.

DISCUSSION

1. Are you setting up the next generation to see the wonders that you have witnessed?
2. What factors lead your heart to be less stubborn, and more teachable?
3. What people are you pouring into? Are you being poured into by others?
4. Is Garrett's advice good advice? Why or why not?
5. Why is it important to be open to learning while leading?

TAKE AWAY

Whether you're being mentored or being a mentor to others, remember to always be open to learn and be poured into by others.

You're Young Once, so let's take this deeper!

EPISODE 6

Making Better with a Burger

KEY BIBLE VERSES

Galatians 5:13 For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.

Matthew 23:11 The greatest among you shall be your servant.

Acts 20:35 “In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’”

DISCUSSION

1. Are you willing to serve someone, without getting anything in return?
2. Have you found yourself being a servant to your romantic interests?
3. How can you tell if someone has a servant’s heart?
4. When you serve someone right where they are, what happens to them? What happens to you?
5. How do you see the roles of men and women working in a healthy relationship?

TAKE AWAY

Let’s use our freedom to serve others today!

You’re Young Once, so let’s take this deeper!

EPISODE 7

Not too Furious, Just a little Fast

KEY BIBLE VERSES

Colossians 3:17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Proverbs 16:3 Commit your work to the LORD, and your plans will be established.

Proverbs 13:4 The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.

Philippians 4:13 I can do all things through him who strengthens me.

DISCUSSION

1. What do you think about the balance between God's sovereignty and your free will?
2. When someone is trying to do something to better themselves what do you do? Do you help or make it harder?
3. What is your heart's motivation when you try to make your life as easy as possible, or more meaningful?
4. What are some things in your life that you would fast from?
5. What do you think about Caelan's decision to jump out of the plane? What were his motivations?

TAKE AWAY

Work as if everything depended upon work, and pray as if everything depended upon prayer. ~ *William Booth*

You're Young Once, so let's take this deeper!

EPISODE 8

You Lead, I will Listen

KEY BIBLE VERSES

Galatians 5:25 If we live by the Spirit, let us also walk by the Spirit.

1 Corinthians 12:7 To each is given the manifestation of the Spirit for the common good.

Joshua 1:9 “Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

DISCUSSION

1. Are you open to God’s will, even if it doesn’t line up with what you think you want?
2. When your situation is greater than you, what do you do?
3. Was it right for Emily to do what she did? What does the Bible say? How far is too far?
4. What do you think about Caelan’s decision? Do you think it was lead by the Holy Spirit?
5. How can you practice hearing from the Holy Spirit?

TAKE AWAY

Being vulnerable and listening to the Holy Spirit’s leading is one of the most important skills you can develop. Pray that the Holy Spirit would guide and direct you.

You’re Young Once, so let’s take this deeper!

