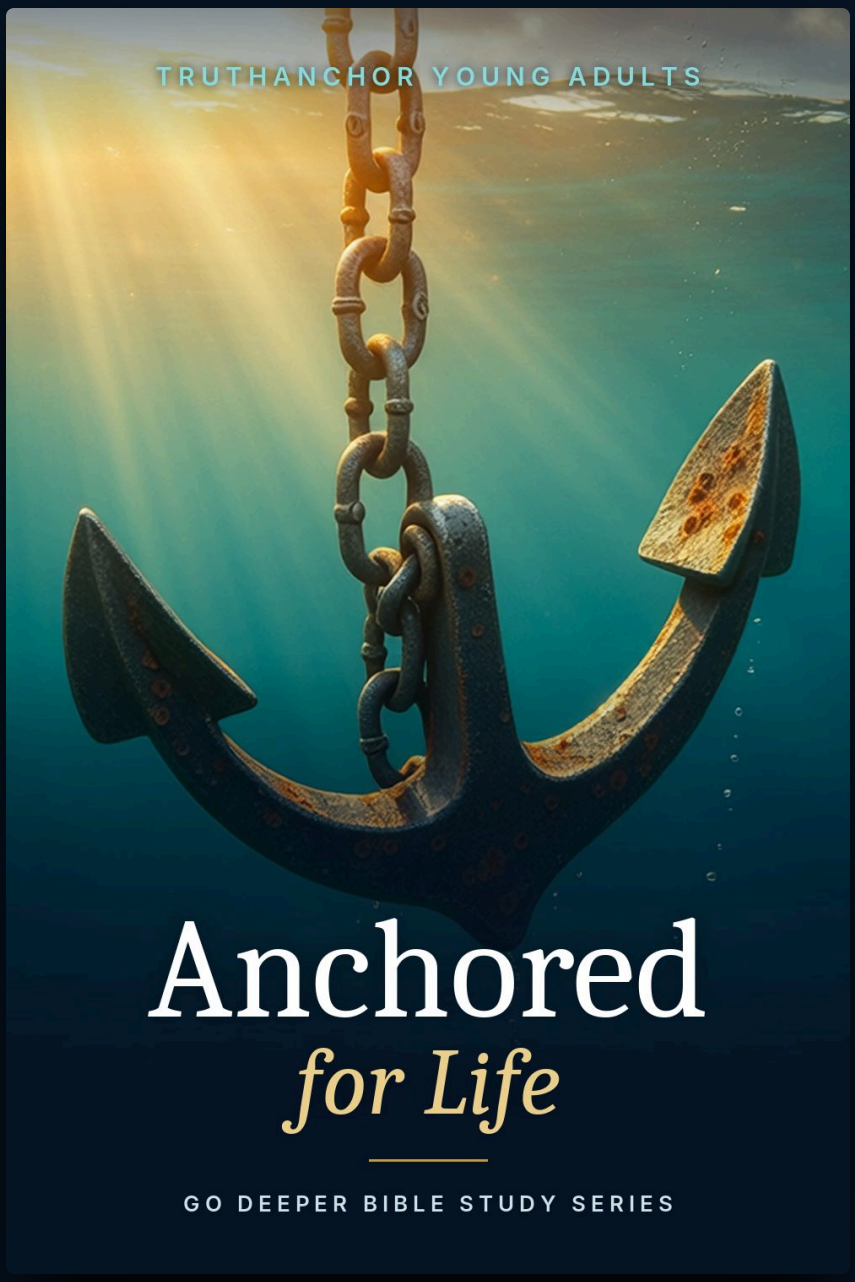


SMALL-GROUP LEADER'S GUIDE

Eight sessions for college fellowships and young adult groups

TRUTHANCHOR YOUNG ADULTS · GO DEEPER BIBLE STUDY SERIES

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Use this guide alongside the Anchored for Life workbook. Group members can use the free interactive version at truthanchoryoungadults.com/anchored-for-life, which saves answers as they type, or print the PDF workbook. Workbook question numbers in this guide match both.

BEGIN HERE

Welcome, Leader

Thank you for saying yes. Leading a group of young adults through God's Word is one of the most fruitful things you can do with eight weeks.

Your twenties are a building season. The convictions, habits, friendships, and priorities people set now often become the shape of the rest of their lives. *Anchored for Life* helps young adults build on Jesus Christ, moving from the foundation of the gospel outward into identity, spiritual habits, purpose, relationships, work, money, and perseverance.

Many young adults face these questions alone for the first time. A small group gives them something a workbook cannot: real people who listen, pray, tell the truth in love, and keep showing up.

You do not need to be an expert

You do not need a theology degree, all the answers, or a perfectly put-together life. Your job is simpler and more important:

- **Point people to Scripture.** Keep coming back to "What does the passage say?"
- **Ask good questions** and let the group do most of the talking.
- **Make the room safe** for honest answers, doubts, and struggles.
- **Pray** for each person by name during the week.
- **Follow up** with anyone who seems to be carrying something heavy.

THE AIM OF THE GROUP

Not to finish the material, but to help each person build their life on Jesus. If one honest conversation takes the whole night, that may be the best session you have.

How this guide is organized

- **Begin here** covers preparation, session plans, discussion skills, group agreements, and guidance for sensitive conversations. Read it once before the first meeting.
- **The eight sessions** give you a ready-to-use plan for each week: the big idea, your preparation, an opener, four discussion questions with follow-ups, case study guidance, what to listen for, what to watch for, and how to close.
- **Finishing well** includes ideas for the last night, next steps, and reproducible sign-in and prayer sheets.

BEGIN HERE

Before You Begin

Gathering a group

- **Size:** 4–12 people is ideal. Above 12, split into two discussion circles for the main conversation.
- **Place:** a living room, dorm lounge, coffee shop back room, or church space. Comfortable, quiet, and easy to find.
- **Time:** the same day and time each week. Young adult schedules are full; consistency helps.
- **Food:** optional but powerful. Simple snacks lower the barrier for newcomers.
- **Cost:** the study is free. Members can use the interactive workbook on their phones or print the PDF.

Choosing a pace

FORMAT	HOW IT WORKS	BEST FOR
Standard	One chapter per week for eight weeks. Members work through the chapter at home; the group discusses together.	Most groups
Light prep	No homework expected. Read the passage and case study aloud together and use the discussion questions.	Campus groups, newcomers, busy seasons
Extended	Sixteen weeks: two sessions per chapter. The first covers the passage and teaching; the second covers the case study, application, and challenge.	Groups who want to go slowly

Preparing each week (about 20–30 minutes)

1. Pray for the group and for each person by name.
2. Read the primary passage at least twice.
3. Work through the chapter yourself — at least the questions you plan to discuss.
4. Read the session page in this guide, especially *Watch for*.
5. Decide which session plan fits your time, and set a timer on your phone if that helps you.
6. Think about one honest, brief example from your own life you could share.

> **A TIP FOR LEADERS**
>
> Go first, but go short. When you answer a hard question honestly in 30 seconds, you give the group permission to be honest too. When you talk for five minutes, you teach them to listen instead.

Recruit a co-leader

If possible, lead with someone else. A co-leader can follow up with members, lead the group if you are away, step out with someone who needs private care, and help you notice who is quiet or struggling. For mixed groups, a male and female co-leader pair is wise, especially for Week 5.

BEGIN HERE

Session Plans

Every session follows the same rhythm. Pick the length that fits your group.

Standard session · 75 minutes

TIME	SEGMENT	WHAT HAPPENS
10 min	**Welcome**	Food, catch-up, and the opener question. Everyone answers; keep it light.
5 min	**Look back**	Say last week's memory verse together. Ask: "How did the challenge go?" Celebrate attempts, not just success.
10 min	**Read the Word**	Read the primary passage aloud. Ask: "What stood out to you? What did you notice for the first time?"
35 min	**Discuss**	The four discussion questions for the week, using the follow-ups to go deeper.
10 min	**Case study**	Read the case study aloud and work through it together.
5 min	**Pray & send**	Share requests, pray, and introduce the weekly challenge.

Shorter session · 60 minutes

TIME	SEGMENT	ADJUSTMENTS
5 min	**Welcome**	Opener question only.
10 min	**Read the Word**	Read the passage; skip the look back or fold it into prayer.
30 min	**Discuss**	Choose three of the four questions.
10 min	**Case study**	Use only the first "Dig deeper" question.
5 min	**Pray & send**	One person prays for the group; members text requests to each other.

Lunch-hour or campus session · 45 minutes

TIME	SEGMENT	ADJUSTMENTS
5 min	**Read the Word**	Read the passage while people eat.
30 min	**Discuss**	Two discussion questions, then the case study.
10 min	**Pray & send**	Name the challenge and pray. Encourage members to do the rest of the chapter on their own.

WHEN THE CONVERSATION RUNS LONG

If a question opens up something real, let it run. Cut the case study or a later question instead. Protect the last five minutes for prayer — it is often where the most important things are said.

BEGIN HERE

Leading Good Discussion

Ask, then wait

After you ask a question, count silently to ten before you say anything. Silence feels long to the leader but normal to the group; people are thinking. If no one answers, rephrase the question rather than answering it yourself.

Follow-up questions do the real work

- “Say more about that.”
- “What makes that hard?”
- “Where do you see that in the passage?”
- “Has anyone experienced something different?”
- “What would that look like this week, specifically?”

Common situations

SITUATION	WHAT TO TRY
One person dominates	Thank them, then redirect: “Great thought — let’s hear from someone who hasn’t had a chance yet.” If it continues, talk with them privately and ask for their help drawing others in.
Someone never speaks	Use pair-share: two minutes with a neighbor before group discussion. Never put a quiet person on the spot with a personal question; ask an easier observation question by name instead.
The discussion goes off track	“That’s an important question. Can we come back to it at the end, or talk afterward?” Write it down so you remember.
Someone didn’t do the reading	No shame. Read the key parts aloud. Every question in this guide can be answered without having done the homework.
You don’t know the answer	“I don’t know. Let’s look into it this week.” Then follow through. Honesty builds trust.
Someone says something unbiblical	Don’t embarrass them. Ask the group: “What does the passage say about that?” If needed, gently offer the biblical view and follow up privately.
A debate heats up	Slow things down. Name what you agree on. Remind the group of the agreement to listen first. Offer to continue the conversation one-on-one.
A newcomer joins mid-series	Welcome them warmly, give a 30-second summary of the series so far, and point them to Chapter 1 and the “Not sure you know Jesus yet?” box.
Someone becomes emotional	Pause. Thank them for trusting the group. Offer tissues and a moment. Ask if they would like the group to pray now. Follow up privately within a day or two.

BEGIN HERE

Group Agreements

Read these together on the first night and ask everyone to agree. Revisit them before Weeks 5 and 8.

1. **Confidentiality.** What is shared here stays here. We don't repeat personal stories, even as prayer requests, without permission. *(The one exception is safety — see below.)*
2. **Listen first.** We listen to understand before we respond.
3. **No fixing.** We don't rush to give advice unless someone asks for it.
4. **It's okay to pass.** No one has to answer any question.
5. **Honest questions are welcome.** Doubts and struggles are safe here.
6. **Scripture is our guide.** When we disagree, we go back to the text.
7. **Show up.** We make this group a priority and let someone know if we can't come.
8. **Pray for each other** during the week.

> **THE LIMITS OF CONFIDENTIALITY**
> Say this plainly on the first night: "If anyone shares that they are in danger, that someone else is in danger, or that a child or vulnerable adult is being harmed, I will need to involve others who can help." Saying this upfront protects trust when you need to act.

A printable copy of these agreements is included in Reproducible Pages.

BEGIN HERE

Welcoming Doubters and Seekers

College fellowships and young adult groups often include people who are not sure what they believe — friends brought along, people deconstructing faith they grew up with, or people exploring Jesus for the first time.

- **Welcome them genuinely.** Say aloud that questions and doubts are welcome here.
- **Don't assume.** Avoid phrases like "as Christians, we all..." that leave seekers on the outside.
- **Point to the gospel naturally.** Chapter 1 includes a short box, "Not sure you know Jesus yet?", with key Scriptures. Mention it on the first night so anyone can read it privately.
- **Take questions seriously.** A question asked honestly deserves an honest answer, even if that is "I don't know; let's find out."
- **Follow up personally.** Offer coffee to talk one-on-one. Many people decide to follow Jesus in a conversation, not in a group.
- **Point to more.** TruthAnchor Young Adults has a Know Jesus page and topic pages on doubt and hard questions at truthanchoryoungadults.com.

> **IF SOMEONE WANTS TO FOLLOW JESUS**
>
> Celebrate! Walk them through the Scriptures in the Chapter 1 box, pray with them, connect them with a local church and pastor, and encourage them to tell someone. Let TruthAnchor Young Adults know at funinfaithnetwork@gmail.com so we can pray for them too.

BEGIN HERE

Sensitive Conversations

Because this study is about real life, real pain will sometimes come up. You are not expected to be a counselor. You are expected to listen, care, and help people find the right help.

General principles

- **Listen more than you speak.** Thank people for their honesty.
- **Don't press for details,** especially about sexual history, abuse, or trauma.
- **Avoid clichés** such as "everything happens for a reason," "just pray more," or "God won't give you more than you can handle."
- **Follow up privately.** Some things should be continued one-on-one rather than in the group.
- **Know your limits.** Refer to pastors and qualified professionals when needed. That is wisdom, not failure.
- **Know your church or campus policies** for reporting abuse and responding to crises before the study begins.

Shame and identity (Week 2)

Some members believe they are beyond forgiveness or worthless. Respond with grace first. Point to Ephesians 1:7 and Romans 8:1. Never ask anyone to name their "worst mistake" aloud. If shame seems deep or long-lasting, encourage pastoral care or counseling.

Sex, purity, and dating (Week 5)

Assume some members carry sexual regret, and some may have been harmed. Speak of God's design with conviction and of His forgiveness with equal warmth. Do not ask anyone to share sexual history. Consider breaking into same-gender groups for part of the discussion.

Singleness (Week 5)

Many young adults are single, some by choice and some in painful waiting. Avoid treating marriage as the goal of the Christian life or singleness as a problem to fix. Affirm 1 Corinthians 7: singleness is a gift and a full way to follow Christ.

Unhealthy or abusive relationships (any week, especially 5)

If someone describes control, threats, physical harm, or sexual coercion, take it seriously. Thank them for telling you, affirm it is not their fault, and help them connect with a pastor and appropriate help. In the U.S., the National Domestic Violence Hotline is available at 1-800-799-7233 or by texting

START to 88788. If anyone is in immediate danger, call 911. Do not encourage reconciliation or confrontation without trained help.

Money and debt (Week 7)

Never ask anyone to share amounts. Members may have very different incomes and family responsibilities. Watch for shame. Have practical resources ready — your church's benevolence ministry or a nonprofit credit counselor — and offer them privately.

Grief, suffering, and doubt (Week 8)

Let people lament. Psalm 13 gives permission to ask "How long?" Resist the urge to explain suffering. Sit with people, pray with them, and point to Christ's presence rather than to quick answers.

Anxiety, depression, and mental health

Affirm that seeking counseling or medical care is wise and consistent with faith. Avoid implying that struggle means weak faith. Encourage members to talk with a doctor or licensed counselor, and help them find one if needed.

> **IF SOMEONE MENTIONS SUICIDE OR SELF-HARM**
>
> 1. Take it seriously, every time. Stay calm and kind.
> 2. Ask directly: "Are you thinking about ending your life?" Asking does not put the idea in their head.
> 3. Do not leave them alone if they are at risk. Step aside privately with your co-leader.
> 4. Connect them with help now: in the U.S., call or text **988** (Suicide and Crisis Lifeline). If there is immediate danger, call **911**.
> 5. Involve your pastor or campus ministry leader, and follow up the next day.

When to refer

Refer to a pastor, counselor, or other professional when someone describes abuse, self-harm, suicidal thoughts, addiction, an eating disorder, severe anxiety or depression, or anything that puts them or others at risk — or whenever you feel out of your depth.

This guide offers pastoral suggestions, not professional, medical, or legal advice. Resource numbers are for the U.S.; outside the U.S., contact local emergency and crisis services.

BEGIN HERE

Launching the Group: Your First Night

The first meeting sets the tone for the whole series. If possible, plan a slightly longer first night or hold a short launch gathering the week before Session 1.

Suggested plan

TIME	SEGMENT	WHAT HAPPENS
15 min	**Introductions**	Name, what you do (school, work, or both), and one thing most people don't know about you.
10 min	**Why this study**	Share the vision: building our lives on Jesus during a building season. Read Matthew 7:24–27 aloud.
10 min	**Agreements**	Read the Group Agreements together, including the limits of confidentiality.
10 min	**The workbook**	Show the interactive workbook on a phone: how answers save, how to mark chapters complete, and where to find the PDF. Point out the "Not sure you know Jesus yet?" box.
10 min	**Pray**	Share one hope for the next eight weeks, and pray together.

If you are starting Session 1 on the first night, shorten each of these and use the 60-minute plan for the session itself.

> START A GROUP TEXT
>
> Set up a group chat for reminders, prayer requests, and encouragement during the week. Post the memory verse each Monday.

SESSION 1 OF 8

The Anchor of Our Faith

Building Your Life on Jesus Christ · Primary passage: Hebrews 6:13–20 · Memory verse: Hebrews 6:19–20

Our security rests on who God is and what Christ has done, not on how settled our lives feel.

> **SESSION GOAL**
> Group members can name what they actually lean on under pressure and begin to see the difference between feeling certain and being secure in Christ.

Prepare

- Read Hebrews 6:13–20 twice, once in a different translation.
- Work through the chapter yourself, especially questions 1, 4, and 10.
- Think of one time your own plans fell through. Be ready to share it briefly; it gives others permission to be honest.
- Pray for each person by name.

Welcome · opener

What is one plan you had at 16 that turned out completely differently than you expected?

Read the Word

Read Hebrews 6:13–20 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **What gives you the greatest sense of security right now?** (workbook question 1)
   - Is that a good thing to lean on, or just a fragile one?
   - What would happen to your peace if that changed?
2. **When life goes wrong, what do you usually reach for first?** (workbook question 4)
   - Why do you think you reach for that first?
   - What would it look like to run to God first, even for five minutes?
3. **Where are you comparing your timeline with someone else's?** (workbook question 6)
   - Where does that comparison usually happen — online, at family events, at work?
   - What does Hebrews 6 say that comparison cannot?

4. **If your current plans changed tomorrow, what would still be true about you in Christ?** (workbook question 10)
   - Which of those truths is hardest to believe on a bad day?
   - How could the group remind each other of them this week?

> **LISTEN FOR**
>
> Listen for people equating faith with feeling sure. Gently draw out the difference: Abraham waited years without certainty about the timeline, yet his hope was anchored in God's promise. Correct, kindly, any suggestion that disappointment means God has abandoned someone.

Case study · The Plan That Didn't Happen

Read Ethan's story aloud. Ask the group to answer the "Dig deeper" questions together. Push toward practical answers: what could Ethan actually do this week while he waits?

> **WATCH FOR**
>
> Some members may be living Ethan's story right now — unemployed, back at home, or watching plans collapse. Don't make them the case study. If someone shares something raw, thank them, and check in privately afterward.

Pray & send

Pray that each person's hope would rest in Jesus rather than in outcomes. Remind the group of the challenge: write "My hope rests in Jesus Christ because…" and read it aloud each morning.

> **THIS WEEK'S CHALLENGE**
>
> Write a personal statement that begins, "My hope rests in Jesus Christ because…" and support it with two Scriptures. Read it aloud each morning this week.

SESSION 2 OF 8

Who Am I in Christ?

Finding Identity Beyond Approval and Comparison · Primary passage: Ephesians 1:3–14 · Memory verse: 2 Corinthians 5:17

For those who belong to Jesus, identity is received from God's grace before it is expressed in anything we do.

> **SESSION GOAL**
> Members can name at least one false label they carry and replace it with a specific truth from Ephesians 1.

Prepare

- Read Ephesians 1:3–14 and list every "in Him" phrase.
- Think about how social media and comparison affect your own sense of worth.
- Have a few index cards and pens ready for the closing activity.

Welcome · opener

If someone who only knew you from your phone's screen time report described you, what would they say?

Read the Word

Read Ephesians 1:3–14 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **Which labels or comparisons shape how you see yourself?** (workbook question 1)
   - Where did you first pick up that label?
   - Does it feel true, or just familiar?
2. **Which identity statement in Ephesians 1 is hardest for you to believe?** (workbook question 4)
   - What makes it hard to believe?
   - What would change this week if it were completely true of you?
3. **How do you tend to respond to criticism, and what does it reveal?** (workbook question 7)
   - When criticism lands, do you tend to fight back, shut down, or agree with it entirely?
   - How could a secure identity change that reaction?

4. **How might a secure identity help you celebrate other people's good news?** (workbook question 10)
   - Whose good news is hardest for you to celebrate right now?
   - What would it look like to celebrate it anyway this week?

> **LISTEN FOR**
> Listen for two opposite errors: pride ("I'm fine, I don't care what people think") and self-contempt ("I'm worthless"). Ephesians 1 answers both — we are sinners redeemed by grace, and we are deeply loved. Humility is thinking of yourself rightly, not poorly.

Case study · The Highlight Reel

Read Alyssa's story. Ask: Which line of her story sounds most like you? Then ask what a realistic nightly routine change might be. Keep it concrete — phone in another room, a verse on the lock screen.

> **WATCH FOR**
> Shame can surface strongly this week. Some members may carry past sin, family rejection, or deep insecurity. Never press anyone to name a "worst mistake" aloud. If someone shares, respond with grace first, not advice.

Pray & send

Have each person write one identity truth from Ephesians 1 on a card to keep in their wallet or on their phone case. Pray Ephesians 1 over the group. Remind them of the challenge: five truths, each with a Scripture.

> **THIS WEEK'S CHALLENGE**
> Write five truths about your identity in Christ, each supported by a Scripture reference. Review them throughout the week, especially after time on social media.

SESSION 3 OF 8

Growing Deep Roots

Spiritual Habits That Last · Primary passage: John 15:1–11 · Memory verse: John 15:4–5

Spiritual maturity grows through dependence on Jesus, nourished by Scripture, prayer, obedience, and fellowship.

> **SESSION GOAL**
> Each person leaves with one realistic, specific spiritual rhythm they will try this week.

Prepare

- Read John 15:1–11 slowly. Notice how often “abide” or “remain” appears.
- Be honest with yourself about your own habits — the group will sense whether you are performing or real.
- Print or text the seven-day reading plan from the challenge.

Welcome · opener

What is a habit — good or bad — you picked up after high school that you never expected to have?

Read the Word

Read John 15:1–11 aloud. Ask: “What stood out to you? What does this passage show us about God?”

Discuss

1. **What distracts you most from prayer and Scripture?** (workbook question 1)
   - Is that distraction a want, a need, or just a default?
   - What one change would make the biggest difference?
2. **What does “abiding” look like in your actual daily schedule?** (workbook question 4)
   - What does your typical weekday actually look like hour by hour?
   - Where is there a realistic 10 minutes?
3. **How do you respond when you miss several days?** (workbook question 8)
   - When have you tried a plan that was too ambitious?
   - What made the ones that lasted different?

4. **Who could you invite to read or pray alongside you?** (workbook question 9)
   - What would make it easier for you to say yes to that?
   - Could two people in this group be reading partners this week?

> **LISTEN FOR**
> Watch for guilt-driven answers ("I'm terrible at this"). Redirect: disciplines are meals, not exams. Also gently challenge the idea that faith can thrive without a church; Hebrews 10 assumes we need each other.

Case study · The Crowded Calendar

Read Marcus's story. Brainstorm as a group: list every realistic option for Marcus on a whiteboard or phone note — audio Bible on his commute, a Wednesday night service, a lunch-break prayer. Celebrate creativity.

> **WATCH FOR**
> Some members may have been hurt by a church, or grown up with legalistic expectations about devotions. Avoid shaming language about missed days or church attendance. Ask questions before giving answers.

Pray & send

Pair people up as reading partners for the seven-day plan. Pray that each person would abide, not strive. Remind them to record one observation and one application each day.

> **THIS WEEK'S CHALLENGE**
> Follow the seven-day plan: John 15; Psalm 1; Matthew 6; James 1; Galatians 5; Hebrews 10; Psalm 103. Record one observation and one application each day.

SESSION 4 OF 8

Created for a Purpose

Calling, Gifts, and God's Direction · Primary passage: Ephesians 2:1–10 · Memory verse: Ephesians 2:10

God saves us by grace and then calls us into a life of good works, serving others with the gifts and opportunities He gives.

> **SESSION GOAL**
> Members feel less paralyzed about "God's will" and can name one good work already in front of them.

Prepare

- Read Ephesians 2:1–10 and Micah 6:8.
- Reflect on a big decision you made in your twenties and what actually guided it.
- Know a few local serving opportunities your church or campus offers.

Welcome · opener

When you were a kid, what did you want to be when you grew up — and how close are you now?

Read the Word

Read Ephesians 2:1–10 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **What is the difference between God's commands and personal preferences?** (workbook question 1)
   - What are some things Scripture commands clearly?
   - What are things where God gives us freedom to choose?
2. **Where are you waiting for certainty before you obey what you already know?** (workbook question 4)
   - What are you waiting to be sure about?
   - What is already clear that you could obey now?
3. **What decision are you facing that Scripture does not settle directly?** (workbook question 8)
   - Who could you ask for wise counsel about it?
   - What would honoring God look like in either choice?

4. **What would change if you believed your ordinary work could honor God?** (workbook question 10)
   - Which part of your work or school feels least spiritual?
   - How might God be using even that?

> **LISTEN FOR**
> Listen for the "tightrope" view of God's will — fear that one wrong choice ruins everything. Gently replace it with the picture of a wise Father who guides. Also watch for people defining purpose only in career terms.

Case study · Two Offers

Read Priya's story. Divide the group in two: one side argues for each job using biblical principles. Then come back together and notice that both can honor God. Ask what Priya should do with her frustration about not getting a sign.

> **WATCH FOR**
> Some members may be unemployed, underemployed, or feel like failures compared with peers. Others may carry family pressure about career choices. Keep the focus on faithfulness, not achievement.

Pray & send

Ask each person to name one specific way to serve someone this week. Pray for wisdom for anyone facing a decision. Remind them of the purpose inventory challenge.

> **THIS WEEK'S CHALLENGE**
> Complete a purpose inventory: strengths, present responsibilities, opportunities to serve, and growth areas. Act on one opportunity to serve this week.

SESSION 5 OF 8

Relationships That Honor God

Friendship, Dating, and Boundaries · Primary passage: Colossians 3:1–17 · Memory verse: Colossians 3:12–14

Relationships shaped by Christ reflect compassion, honesty, humility, purity, forgiveness, and wise boundaries.

> **SESSION GOAL**
> Members can tell the difference between biblical love and people-pleasing, and identify one relationship that needs a wise next step.

Prepare

- Read Colossians 3:1–17 and 1 Corinthians 7:7, 32–35.
- Read the Sensitive Conversations section of this guide before this session.
- Know your church's policy and local resources if someone discloses abuse.
- If your group is mixed, consider whether part of the discussion would go better in smaller same-gender groups.

Welcome · opener

What is one quality that makes a friend easy to be around?

Read the Word

Read Colossians 3:1–17 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **How is biblical love different from people-pleasing?** (workbook question 2)
   - When have you said yes to keep the peace and regretted it?
   - What would an honest, loving answer have sounded like?
2. **How do forgiveness, reconciliation, and rebuilding trust differ?** (workbook question 3)
   - Why do we often treat these as the same thing?
   - What does rebuilding trust actually involve?
3. **Is there a relationship where you need a healthier boundary?** (workbook question 5)
   - What would a healthy boundary sound like in words?
   - What fear makes boundaries hard for you?

4. **Whether you are single or dating, what qualities matter most to you in a close friend or a future spouse?** (workbook question 7)
   - How does that list compare with what our culture says matters?
   - What does singleness offer that the church needs?

> **LISTEN FOR**
>
> Listen for two extremes: “love means never saying no” and “boundaries mean cutting everyone off.” Scripture holds truth and love together. Make sure single members hear that their season is not second-best.

Case study · The Pressure to Compromise

Read Sam’s story. Ask the group to write out the actual words Sam could say to Riley. Then ask what Sam should do if Riley refuses to respect the boundary.

> **WATCH FOR**
>
> This is the most sensitive week. Members may carry sexual regret, be in unhealthy relationships, be grieving a breakup, or have experienced abuse. Do not ask anyone to share sexual history. Emphasize grace for the past. If anyone discloses abuse or current danger, follow the guidance in Sensitive Conversations.

Pray & send

Pray for each person’s relationships — friendships, families, singleness, dating, marriages. Remind them of the challenge: one wise action in one relationship this week.

> **THIS WEEK’S CHALLENGE**
>
> List relationships to encourage, repair, or set healthier boundaries in. Take one wise, appropriate action this week.

SESSION 6 OF 8

Faith in the Workplace

Work, Integrity, and Ambition · Primary passage: Colossians 3:22–4:1 · Memory verse: Colossians 3:23–24

Honoring Christ through work involves integrity, diligence, humility, and service — and it does not make a career our identity.

> **SESSION GOAL**
> Members see their ordinary work as a place to serve Christ and can name one concrete practice to change this week.

Prepare

- Read Colossians 3:22–4:1 and Genesis 2:15.
- Be ready to explain briefly why Paul's words to bondservants need careful application today.
- Think about your own relationship with work, ambition, and rest.

Welcome · opener

What was the worst job you ever had, and what did it teach you?

Read the Word

Read Colossians 3:22–4:1 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **What does working for Christ mean in practice?** (workbook question 1)
   - What would change on a Monday morning if you really believed it?
   - Where is that hardest to remember?
2. **Where have you felt pressure to compromise your integrity?** (workbook question 5)
   - What made it hard to say no?
   - What help or support would have made it easier?
3. **What would a healthier boundary between work and rest look like for you?** (workbook question 7)
   - Why are those people hard to like?
   - What would working "as for the Lord" look like with them?

4. **In what ways could your work serve others?** (workbook question 9)
   - Who benefits from what you do, even if they never see you?
   - How could you serve them better?

> **LISTEN FOR**
> Listen for both idolizing work ("my career is everything") and despising it ("it's just a paycheck"). Both miss the biblical picture. Make sure no one leaves thinking Colossians 3 endorses exploitation — Paul immediately addresses masters too.

Case study · The Request to Fudge the Numbers

Read Diego's story. Ask the group to list Diego's actual options, from easiest to hardest. Discuss what wise, honest support he could seek. Acknowledge that integrity can cost something real.

> **WATCH FOR**
> Some members may be in exploitative jobs, unemployed, or facing real ethical pressure at work. Avoid easy answers like "just quit." If someone describes illegal or unsafe conditions, encourage them to seek appropriate help and protections.

Pray & send

Pray for each person's workplace or school by name. Remind them of the challenge: one concrete practice this week.

> **THIS WEEK'S CHALLENGE**
> Choose one concrete practice this week: avoid a shortcut, prepare well for a task, encourage a colleague, or set a better boundary between work and rest.

SESSION 7 OF 8

Faithful With What God Provides

Money, Debt, Generosity, and Contentment · Primary passage: Matthew 6:19–34 · Memory verse: Matthew 6:19–21

Jesus calls His followers to treasure God's kingdom above possessions while practicing stewardship, generosity, and contentment.

> **SESSION GOAL**
> Members can talk honestly about money without shame and commit to one practical step — a budget, a giving step, or facing debt.

Prepare

- Read Matthew 6:19–34.
- Read the Sensitive Conversations section about money before this session.
- Remember that members may have very different incomes, debts, and family situations.

Welcome · opener

What is the best thing you ever bought for under $20?

Read the Word

Read Matthew 6:19–34 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **What does your spending reveal about your priorities?** (workbook question 1)
   - Without sharing numbers, which category surprises you most?
   - What would you want it to reveal?
2. **What financial worry takes up the most space in your mind?** (workbook question 4)
   - What makes that worry so loud?
   - Which words of Jesus in Matthew 6 speak to it?
3. **Where are you tempted to spend to keep up with others?** (workbook question 5)
   - What do you think you are really buying in those moments?
   - What is one way to say no gracefully?

4. **What is one way you could give generously this month, even in a small way?** (workbook question 8)
   - What could generosity look like with very little money?
   - Why does Jesus connect giving with the heart?

> **LISTEN FOR**
> Never ask anyone to share amounts — income, debt, or giving. Listen for shame about debt and for pride about money management. Both need grace. Correct any suggestion that financial hardship proves weak faith.

Case study · The First Paycheck

Read Taylor's story. As a group, sketch what a simple spending plan for Taylor might include. Then ask how Taylor could stay connected to friends without overspending.

> **WATCH FOR**
> Money is often more private than sex for young adults. Some may be in serious debt, supporting family, or struggling to afford food. Keep discussion general. Have a few practical resources ready — your church's benevolence ministry or a nonprofit credit counselor — and offer them privately.

Pray & send

Pray for contentment, wisdom, and generosity. Remind the group of the challenge: a simple monthly spending plan. Offer to meet with anyone who wants help making one.

> **THIS WEEK'S CHALLENGE**
> Create a simple monthly spending plan covering income, essential needs, obligations, savings, generosity, and discretionary spending.

SESSION 8 OF 8

Anchored Through Every Storm

Perseverance and Enduring Hope · Primary passage: James 1:2–12 · Memory verse: James 1:2–5

Perseverance does not mean denying suffering; it means trusting Christ and seeking God's wisdom through trials.

> **SESSION GOAL**
> Members feel free to be honest about pain, know where to find help, and leave with a written Anchored for Life commitment.

Prepare

- Read James 1:2–12 and Psalm 13.
- Read the Sensitive Conversations section on grief, doubt, and mental health.
- Have the 988 Suicide and Crisis Lifeline and local counseling resources ready to share.
- Plan the celebration for this final session (see Celebrating the End).

Welcome · opener

What is one hard season you are now thankful you came through?

Read the Word

Read James 1:2–12 aloud. Ask: "What stood out to you? What does this passage show us about God?"

Discuss

1. **How does biblical perseverance differ from pretending to be fine?** (workbook question 1)
   - Why do Christians sometimes feel pressure to look fine?
   - What does Psalm 13 give us permission to say?
2. **How can Christian community support someone who is suffering?** (workbook question 3)
   - What has actually helped you most when you were struggling?
   - What was well-meant but unhelpful?
3. **How do you usually respond when prayers seem unanswered?** (workbook question 5)
   - Is it okay to be angry or confused with God?
   - How does lament differ from giving up on God?

4. **How has this series changed what you anchor your life to?** (workbook question 10)
   - What is one thing you want to remember from these eight weeks?
   - What is one thing you want to keep doing?

> **LISTEN FOR**
> Listen for clichés like “everything happens for a reason” or “just have more faith.” Gently point to James and the Psalms, which make room for honest grief. Affirm that seeking counseling, medical care, or help is wise, not faithless.

Case study · Prayers That Seem Unanswered

Read Jamie’s story. Ask what the group would actually say to Jamie, and what they would avoid saying. Practice: have two people role-play a supportive conversation.

> **WATCH FOR**
> Grief, illness, depression, or suicidal thoughts may surface. Take any mention of self-harm seriously and follow the steps in Sensitive Conversations immediately. Do not end the session with someone in distress alone.

Pray & send

Invite people to share their Anchored for Life commitment (or part of it) with the group. Pray Hebrews 6:19–20 over the group. Celebrate what God has done in eight weeks and talk about what is next.

> **THIS WEEK’S CHALLENGE**
> Complete the Anchored for Life commitment at the end of this workbook, summarizing your foundation, identity, spiritual habits, priorities, and hope. Share it with a trusted mentor.

FINISHING WELL

Celebrating the End and What's Next

Make the last night special

- Share a meal together — a potluck, pizza, or a cookout.
- Invite each person to share their Anchored for Life commitment, or one sentence from it.
- Go around the circle and have each person say one way they have seen God at work in someone else in the group.
- Pray Hebrews 6:19–20 over the group, then pray for each person by name.
- Consider a simple gift: a card with each person's memory verse, or a small anchor keychain.

Next steps for the group

- **Keep meeting.** Choose another study, such as *Owning Your Faith*, *A Bible Habit That Sticks*, or a book of the Bible in *Book by Book* — all on TruthAnchor Young Adults.
- **Serve together.** Pick one way to serve your church, campus, or city in the next month.
- **Have fun together.** Host a Kingdom Quest Games night for friends who might not come to a Bible study.
- **Multiply.** Ask who might co-lead the next group, and start praying for them.

Follow up individually

Within two weeks, reach out to each member. Ask how their commitment is going, what they want to do next, and how you can pray. For anyone who came to faith or came back to faith during the study, make sure they are connected to a local church.

> **WE WOULD LOVE TO HEAR FROM YOU**
> How did the study go? What worked, and what could be better? Write to funinfaithnetwork@gmail.com. Your feedback helps us serve other groups.

FINISHING WELL · REPRODUCIBLE PAGES

Group Contact Sheet

Pass this around on the first night. Share it only with group leaders unless everyone agrees.

NAME	PHONE	EMAIL	BEST WAY TO REACH ME

REPRODUCIBLE PAGES

Prayer Requests

Week: _____ Date: _____

NAME	REQUEST	ANSWER / UPDATE

REPRODUCIBLE PAGES

Group Agreement Cards

Print, cut along the dashed lines, and give one to each member.

ANCHORED FOR LIFE · OUR GROUP AGREEMENTS

1. What is shared here stays here — except when someone's safety is at risk.
2. We listen first.
3. We don't fix unless asked.
4. It's okay to pass.
5. Honest questions are welcome.
6. Scripture is our guide.
7. We show up.
8. We pray for each other.

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FINISHING WELL

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