



# THE UPRISING

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What You'll Find In This Sample:

- A Sample of a Small Group Lesson Plan
- A Sample of the Student Book
- The Uprising Small Group Overviews

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**What we want students to learn:** That because there is no one like our God, we raise up in worship.

**Main Scripture:** Psalm 95:1–9

**Supplemental Scripture:** Hebrews 12:28

**Session Snapshot:** If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God" (Colossians 3:1). This verse captures the heart of the Uprising. There is a difference in the "down here" and the "above." Scripture calls us to be people with our hearts and minds on the things of God. This is our response to who God is. The four sessions of the Uprising will all utilize the framework of a specific response to who God is. In this first session, we'll look at worship. Worship is the right response to a recognition of the person and character of God. When we encounter God, our hearts rise to meet Him in praise. This lesson will challenge your students to think about worship not in light of our needs, but in light of who God is.

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### BIBLE BACKGROUND

*The Bible Background is a focused, brief overview of some of the background info for the main passage you will be teaching.*

### TEACHER PREP VIDEO

Each Small Group Leader's Guide comes with a **Teacher Prep Video**. These are simply short videos designed to help you grasp the main point of the lesson as you prepare to teach.

To access your **Uprising** lesson 1 Teacher Prep Video, login to your account, navigate to your Small Group lesson 1, and click on the "Background" tab in your Lesson Manager. You'll notice the Teacher Prep Video at the top of the Lesson Manager window.

### THE DETAILS

#### Who wrote this book?

God inspired various authors to write a majority of the psalms in their era, including seventy-three by David, twelve by Asaph, eleven by the Korahites and two by Solomon. Heman, Ethan, and Moses each wrote one, while the authorship of fifty other psalms remains unknown.

#### When was it written?

The Psalms were written during different eras of Israel's history, spanning from 1100 BC (i.e., Psalm 29, 68) to 400 BC (i.e., Psalm 119).

#### What was the purpose for its writing?

The psalms are inspired by God to poetically reflect humanity's journey with Him. Each psalm serves a different purpose, such as a personal or communal lament, hymn, song, reflection or declaration. Many of these were set to music and intended to be shared publicly, even when sharing a revealing confession (i.e., Psalm 51).

### THE MAIN POINT

The main point of this session is to get a feel for how the psalmist describes worshipping God. The author of Psalm 95 could worship God because he knew God. He had encountered God, had experienced His goodness and His blessing, and responded with worship. Worship is our right response to an encounter with God. It's the focus of Psalm 95 and the focus on this lesson.

### THE TAKEAWAY

The takeaway here is that you want to lead students to encounter God (or more accurately to a greater awareness of the encounters they have with God) and to consider their response. Hebrews challenges us to worship with reverence and awe. You'll get a chance to practically work out what this looks like in their lives.

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### LESSON PLAN

The **Lesson Plan** contains three elements: an introductory activity called **Getting Started**; the Bible study section called **Digging In**; and an application-focused segment called **Wrapping Up**.

### GETTING STARTED

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- **Student Book Pages**
  - This lesson will utilize pages 14-18 in the *Uprising* Student Book.
  - This activity will use page 14-15.
- **Additional Instructions**
  - None

FIRST, welcome students. Explain that a great way to get to know each other, if they don't already, is by learning about their favorite places to visit. Have students go around and share their favorite place they've ever been. When you're done, explain that you're going to use their Student Book to facilitate these times of Bible study. Have them turn to page 14 in their Student Books. Have a student read the session intro on page 14.

THEN, direct students' attention to page 15. Point out the different scenarios on the page. Explain that for each scenario, your task is to determine how you would respond. Take turns having students read the scenario out loud and then read the options, A-C. Have students raise their hands for how they would be most likely to respond. Inform them that "D" is an option as well; if they have a different way of responding, they can choose "D" and provide their response. If this applies to them, allow them to share their response with the group. Do this for all five of the scenarios, having fun with the different responses.

FINALLY, when you've finished, say something like:

- **We spend much of our life responding to things around us. We respond to the weather by choosing specific clothes to wear. We respond to teachers and coaches and parents according to what they**

ask of us. We respond to friends through text message and social media. What we're going to be looking at over the next few days is how we respond to God to who God is. We're going to look at a few of these responses. In this session, we're going to look at how we respond in worship.

If there are no more comments or questions, transition to the *Digging In* section of your lesson.

### DIGGING IN

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- **Student Book Pages**
  - This activity will utilize pages 16-17 in the *Uprising* Student Book.
- **Additional Instructions**
  - You'll want to make sure students have something to write with, and a Bible or Bible app.

FIRST, instruct students to look at the prompt at the top of page 16. Instruct them to consider how they would answer the question, "How would you define worship?" If you want, allow them a moment to write their answer in the space provided. Then, have them share their answers with the group. As students share, don't worry about making sure they have a "right" answer. The goal of the question is to get students thinking about worship.

When students have had a chance to share, explain that you're going to look at a passage from Scripture that depicts expressions of worship to God. Explain that the goal is for you to discover what worship looks like and how it relates to who God is.

THEN, read or have students read aloud Psalm 95:1-9. When you've finished, lead students to go back through the passage and circle every mention to any description of God. Answers are below:

- **Answers: v. 1 "rock of our salvation"; vs. 3 "great God," "King above all kings"; vs. 4-5 various creative elements attributed to God; vs. 6 "our Maker"; vs. 7 "our God."**

When you've finished this, lead students in brief discussion. (You can allow students the chance to write down their answers and share them when they've finished, or you can simply allow the discussion to happen as you go.) Ask:

- **How could the author of Psalm 95 say these things about God?**
  - Answer: Because he and his people, the Israelites, had a long history of encounters with God. The author knew God as the "rock of [his] salvation" because he had experienced the salvation only God could bring. He could describe God because he knew Him.
- **Worship is defined as "a right response to an encounter with God." List a few examples of how a biblical character from the Old Testament would have "encountered" God.**
  - Answers will vary. You're looking for some examples from Scripture of people who had an encounter with God. This could be Old Testament characters such as Adam and Eve, Abraham, Moses, Isaiah, and so on, or New Testament characters who had encounters with Jesus.
- **Where do you encounter God?**
  - Answers will vary. The goal here is to help student become more aware of the times in their lives where they encounter God. Answers may include meeting God in the Bible, seeing His hand in creation, praying to God, and so on. You'll get a chance to revisit this more in-depth in the Wrapping

Up section. But work to help your students think about where they meet God.

Before moving on, help drive home the point of your discussion. Consider saying something like:

- **The psalmist knew God. He could describe God because he had a history of interacting with God. Many of us in this group can say the same thing. We can say that we have a history of encountering God as well. We meet God in Scripture. We have stories of Him answering prayers. We look around us and see the beauty of His work in creation. But the truth is this: if we are not in a practice of looking for God, it's easy to miss Him, not because He is easy to miss but because, as sinful people, our hearts aren't naturally bent on looking for Him. Before we can worship God, we have to become more aware of where we encounter Him.**

NEXT, instruct students to follow the prompts on page 17. Have them look back at Psalm 95 and underline any place that describes a reaction to God that they would consider worship. Answers are below.

- **Answers: vs. 1 "let us sing," "make a joyful noise"; vs. 2 "come into his presence with thanksgiving"; vs. 6 "let us worship and bow down," "let us kneel"; vs. 8 not hardening our hearts.**

When you've finished, lead students in brief discussion. Ask:

- **We may not "hear God's voice" audibly, but we can know what God is leading us to do. How is this possible?**
  - Answer: Through God's Word; through the Holy Spirit prompting us to act; through the counsel of other Christ-followers.
- **When we encounter God, we have a choice, don't we? Verse 8 gives us one possible response. What is it?**
  - Answer: Hardening our hearts.
- **What's the alternative of hardening our hearts? And what do you think that means?**
  - Answer: Softening our hearts. When we harden our hearts, we are closed off to God's leading. We don't allow Him to speak into our lives. When we soften our hearts, we take on a posture of obedience. We're saying to God, "My life is yours. Lead me where you will." We listen to God. We want to be moved by Him.

Wrap up this section by saying something like:

- **What we have seen in this psalm is someone reacting to an encounter with God by worshipping Him. The psalmist talks about singing to God, being thankful to God, bowing down in worship, and putting ourselves in the position to have God move and direct us. These are examples of worship. Each of these shows us being aware of who God is and responding to Him. We're going to begin to wrap up our time in Bible study by looking at one more verse that describes what a worshipful response to God looks like.**

THEN, have students read Hebrews 12:28. Explain that we don't know exactly who the author of Hebrews was, but that the book is an awesome look at what it means to live as a Christ-follower. Verse 28 is a short but focused encouragement of what worship should look like. Lead students in a brief discussion of the verse. Ask:

- **In your own words, what do you think it means that we inherit a Kingdom that "can't be shaken"?**
  - Answers will vary. Help students to see that this is referring to the present confidence we can have

that we're God's children and that He's present with us as we face our everyday life. But this is also pointing toward the hope we have that if we've come to saving faith in Jesus, we are chosen by God to spend eternity with Him.

- **What should our response be to this truth?**
  - Answer: Thankfulness.
- **Look at how the author described worship. What is the opposite of acceptable?**
  - Answers will vary, but lead students to see that if something is not acceptable, it's unacceptable. In other words, it won't work, or it's not the expected response.
- **What is the author of Hebrews trying to tell us about the kind of worship we bring before God?**
  - Answers will vary, but the point is to show students that it is possible to come to God with worship that isn't acceptable. We can come to God in worship that is more about us and less about a right response to who God is.

At this point, you'll want to make sure to note that the author of Hebrews talks about worship that is "reverent" and "with awe," but don't worry about explaining that too deeply. You'll focus on it in the *Wrapping Up* portion of your session.

FINALLY, wrap up your time of Bible study by saying something like:

- **Worship is a right response to God. When we worship God in a spirit of reverence (that is, knowing God and honoring Him for all that He is) and awe (understanding our relationship to God in proper perspective, knowing He is the Lord of lords and King of kings), we honor God with our worship. When we come to worship God half-heartedly, or without fully focusing on all that God is, we bring an offering to Him that may very well be unacceptable. Only God knows our hearts. Only He knows the spirit in which we bring Him our worship. But it's up to us to truly evaluate our response to encountering God. Are we bringing God worship that comes from a place of humility, love, and thanksgiving? It's a powerful question that is worth searching our hearts to consider where we stand.**

Ask if anyone has any thoughts or questions, then transition to the *Wrapping Up* portion of your lesson.

### WRAPPING UP

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- **Student Book Pages**
  - This activity will utilize page 18 in the *Uprising* Student Book.
- **Additional Instructions**
  - Make sure students have something to write with.

FIRST, instruct students to turn to page 18 in their books. Read the instructions and walk students through the first few examples that have been provided. Make sure they get the gist of where the activity is headed.

THEN, explain to students that the goal of the activity is to simply get them thinking a little outside of the box about what worship is that is acceptable to God. Remind them that worship goes way beyond simply singing praise music to God. It's any right response to our encounters with God. Once you feel like they have a grasp on what you want to ac-



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## SESSION 1: RISING UP IN WORSHIP

comply here, decide how you want to facilitate the activity. You can have them do this individually or in small groups and come back and share their responses, or you can do the activity as a large group processing responses together.

The goal is not to necessarily come up with exactly 20 responses. If you have more or less, that's fine. The goal is that your students spend time focusing on what it means to worship God. It's that simple.

FINALLY, wrap up your time together by having students circle a few of the actions they came up with to focus on practicing in their daily lives. Additionally, remind students that while they are here, they will get an opportunity to worship God as a group. Challenge them to allow this lesson and the truths contained in it to influence the way they worship God.

Ask students if they have any questions or additional comments. Inform students of the Encounters devotions located on pages 44-53 in their Student Books. Provide them with a schedule or some structure as to when you would like for them to work through them. (The first devotion is on page 46.)

If there are no more questions, close in prayer for your group.



# THE UPRISING

RISING UP TO FOLLOW GOD

FOLLOW UP  
DEVOTIONAL  
JOURNAL

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**COLOSSIANS 3:1**

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## GETTING STARTED

Hi. Welcome to *The Uprising Follow-Up Journal*. Fasten your seatbelts and make sure all your carry-on luggage is properly stowed. We're going on a trip.

If you're holding this book, it means that you (probably) recently spent a few days going through *The Uprising* Bible study with your youth group. Maybe you did this at camp or during a DiscipleNow, but however you came to start your journey with *The Uprising*, this book will help you continue.

This follow-up journal will walk you through four weeks of more in-depth study of the four aspects of *The Uprising*:

Because there is no one like our God, we raise up in worship.  
Because Jesus died for us, we are raised to new life.  
Because God loves greatly, we rise above the world and love at all costs.  
Because we have the Good News, we go and tell, raising the banner of the Gospel.

But we're not stopping there. We're going to dive into those statements in even more detail: learning more about God, Jesus, ourselves, and the world around us. This devotional may be different from anything you've ever attempted before. Right now, commit to finishing this book. God wants to have communion with you and time spent in His word is the best way to do that. It will only take a few minutes each day, and the rewards (a deeper relationship with God) are rich!

SO LET'S GET STARTED! LOOK AT THE NEXT PAGE TO LEARN HOW THIS BOOK WORKS.

## HOW THIS BOOK WORKS

### START WITH THIS ADVICE

Whether you're super-committed and read your Bible each day or struggle to read a few verses a couple of times a week, the key to sticking with this through four weeks is a routine. Try and work through this book at the same time each day, whether that's in the morning, after lunch, or before you go to bed. Block out a time each day to spend in this book, and then commit to sticking to it. **You'll find it's a lot easier to stay consistent that way.**

### HAVE YOUR BIBLE OPEN

Resist the urge to ignore the spots where this book will tell you to read a passage of Scripture. This book is only a guide for *the Book*. **The close relationship with God that you want only happens by reading and doing what's in the Bible.** Have it open as you go through this book.

### EACH WEEK IS STRUCTURED THE SAME, BUT IS REALLY DIFFERENT

Each week's content follows a pattern. **But, each day is different. And, there are a lot of different kinds of activities.** Some will take 3-5 minutes, some 10-15. Some will ask you to look at two or three passages of Scripture; some will ask you to think about a concept. The variety will make it easier to stick with and help you learn in different ways that are suited to you.

### WHAT IF I MISS A DAY OF READING? OR THREE?

Don't give up. Take this at your pace. The goal is for you to grow closer to God and to have a faith-life that's more "real". If you miss a day or two . . . or four . . . don't throw in the towel. Pick this book back up and start where you left off. **You can do this.** And by doing it, you'll show the world that God makes an incredible difference in the lives of His followers. So, hang in there! You've got this.

Well, that's what you need to know to get started! **Turn the page to read the introduction to Week 1.**



# INTRO

WEEK ONE

*Before starting Week 1, read this short introduction.*

Have you ever been in class and had the teacher announce that today's lesson would not be new material, but a review? This is usually the first indication that a test is coming up. Taking the time to review things that you've already learned can seem tedious or boring, but it's actually essential. It helps set the tone, flexes our muscles, so to speak.

This first week, Week 1, may feel kind of similar.

Maybe it's been a while since you went through The Uprising with your group. Or, maybe it wasn't that long ago, but you've still turned your mind toward other things. After all, life can take over sometimes: school, family, sports, extracurriculars can vie for your time and attention.

The point of Week 1 is to re-introduce you to some of the concepts you studied with your group while beginning to introduce you to some deeper aspects of The Uprising. So, there will be some old stuff and some new stuff.

Basically, if we're going to continue down this really cool journey of growing closer to God, we'll need to make sure that we start on the right track.

**So, let's get started!** Turn to page 10 for Week 1, Day 1.

# WEEK ONE

## DAY ONE

BECAUSE THERE IS NO ONE LIKE OUR GOD, WE RAISE UP IN WORSHIP.

*How do we respond to God's awe-inspiring holiness? Read on to learn more.*

The Eiffel Tower in Paris stands out as one of the most photographed landmarks in the entire world. Pictures of this beautiful structure end up on social media more than a million times every year! When someone visits Paris and sees the awe-inspiring architecture, the natural response is to take a picture. No one has to put up a sign saying, "Hey, take a picture!" Instead, the magnificence of the Eiffel Tower calls us to respond in this way.

For Christians, the holiness and magnificence of our God should also call us to respond in a certain way. Take a moment to read Psalm 95:1-5. What does this passage tell us about how we are to respond to God?

Verses 1 and 2 describe the actions of response. We are to sing to the Lord; to make a joyful noise to Him; to come into His presence with thanksgiving, and to make joyful noises yet again. In other words, we are called to worship Him! Then, the next three verses explain how great God is: no one in the world can rival Him as God, and He is in control of the entire earth ranging from the depths of the sea to the highest mountains.

We see through these five verses that the worship of God is connected to the character and attributes of God. He is our holy, gracious, wise, sovereign, all-powerful King of Kings and Lord of Lords who holds the world in His hands. Because of who He is and what He has done, we respond in worship.

Often when we reflect on worship, our minds immediately think about singing songs to God at church. While this is certainly one form of worship, it is only one of many ways that we can give glory to God. When we obey His commands, when we choose righteous living over sin, when we love the unloving, when we give sacrificially, when we proclaim His love to the world — these can also be acts of worship that bring glory to His name.

Like the magnificence of the Eiffel Tower that demands a picture, the character of our God requires a response — and the only appropriate response is worship. How will you rise up in worship today?

*Take what you studied in today's devotion and answer the questions below. Fill in your responses in the blank spaces provided.*

What is the first thing your mind goes to when you think of "worship"?

Whatever it is you thought about, do you think that is the only way God wants us to worship him? What are other acts of worship that would please God?

Are you more likely to worship God if you have a high view of him or a low view of him? How can you expand your view of God and His character?

It's impossible to take a picture of the Eiffel Tower without visiting it. It's also impossible to worship God without tuning your heart to Him, and that means spending time with Him. Make a plan for the next five days, mapping out time when you will be able to study God's Word and spend time in prayer, and pray that God would help you make this a priority in your life.

# WEEK ONE

## DAY TWO

BECAUSE JESUS DIED FOR US, WE ARE RAISED TO NEW LIFE.

*Read today's devotional and follow the instructions.*

Confidence is a powerful weapon. It helps us take action instead of being frozen in fear. When a daredevil tries to break a world record, or when a stunt double attempts to film a tricky scene, or when an athlete steps onto the field in front of millions of people — they have to have confidence in their abilities if they want to succeed. If we don't have confidence, we lack the faith to move forward in action.

This idea plays an important role in today's passage. Take a moment to read Hebrews 10:19-23. Over the course of these few verses, the writer uses terms of confidence three different times. These verses say we are to have "confidence," we are to have "full assurance," and we are to have "hope without wavering."

But what are we supposed to be so confident about? It's pretty simple. The author of Hebrews is writing to strengthen our faith that we have been raised to new life in Christ. Through His death on the cross, Christ opened the door for us to draw near to God. We have been cleansed from sin through faith in Christ. We are no longer dead. We are a new creation called to live a new life.

Do you believe this is true? If you don't, your life will never change. Without confidence that Jesus died for your sins and has raised you to new life, you will never live differently.

But as verse 23 says, we can hold fast to this truth, because our God who promised this new life to us is faithful. We can trust Him. We can be confident in His promises. When you genuinely believe the good news of the Gospel that you are a new creation, the Spirit of God will empower you to live differently.

Once, you were dead in your trespasses and sins. Your fleshly nature was destructive. You sought your own glory, your own pleasure, and you lacked genuine love. However, that is in the past. Christ laid down His life so that yours could be raised up, and this changes everything.

*Think about your old life of sin before you trusted in Christ for salvation. Then, think about what your new life is like now that you have been raised to life through the power of the Gospel. In the boxes below, spend a moment describing these two lives:*

OLD LIFE

NEW LIFE

After you have spent a moment describing the differences, continue to think about the difference in your new life by dwelling on the following questions. Use the space below each question to answer.

What are things from your old life that need to be cut from your new life?

Do you remember when you first tasted the goodness of this new life in Christ? Do you still think about new life in this way?

What is different right now about your new life?

Do you have a different attitude towards people? Towards life?

Do you view God differently now that He has delivered you from death and raised you to new life?

# WEEK ONE

## DAY THREE

BECAUSE GOD LOVES US GREATLY, WE RISE ABOVE THE WORLD AND LOVE AT GREAT COST.

*Read today's devotional and walk through the questions provided.*

Do you remember learning how to ride a bike? For many of us, this experience was marked by fear and frustration. We were tired of falling and tired of failing. Probably tired of scraped up knees, too. Then, in one moment — one instant — everything clicked. We learned to balance. We learned how to use our momentum properly. Suddenly, we mastered the bike.

Christ-followers can recall a similar moment when everything clicked together: the moment of our salvation. As we saw yesterday, at one time we were dead in our sin, and in the next moment, we were alive in Christ when we surrendered to His Lordship. At that moment, we experienced the fullness of God's love for the first time.

Once the love of God flows into our lives like that, it is also supposed to flow out from us. Read today's passage, John 13:34-35, and see what Jesus says about this.

He calls this a "commandment," but it is not burdensome like the commandments of the law. Instead, we should recognize this as joyful command—to love others as God has loved us. Experiencing the powerful love of God is one of the greatest joys in the world, and now we are called to take that love forward and treat others in the same way.

In fact, Jesus says that this love will be the mark of a true disciple. If we love as He has loved us, then we are proven to belong to Him. If we fail to live out that love, then we belong to the world and not to Christ.

This sounds simple enough, but it is challenging to throw off sinful desires and to live a life of love. We will be mocked for choosing the way of Christ. We will be rejected. We will be tempted to throw in the towel and live like the rest of the world.

But the good news is, we don't do this alone. When you are learning to ride a bike, there's someone behind you, holding on to the seat to steady you, to help you maintain your balance. In the same way, we have a loving Father guiding us on this journey. He teaches us through His Word. He empowers us through His Spirit. He fills us with His love. And He goes with us as we rise up and carry His love into the world.

*Take what you've learned in today's devotion and meditate on the questions below. If it's helpful, use the space provided to write your answers.*

Verse 34 says, "As I have loved you, so you must love one another." How has God modeled this love for us?

How does God's love for us change our capacity to love others?

Can you think of specific areas of your life that are not marked by love? Is there a person you are not loving toward, or someone you are harboring hateful thoughts toward?

Do you believe the love of God can change your heart toward this person or situation? Pray for God to empower you in love and write out a short plan for how you will approach this specific situation differently in the future. This may require an apology from you, or a conversation with someone, and possibly the confession of sin. But love is marked by action, so rise up and allow the love of God to flow into this situation.

The Large Group times in The Uprising work in perfect concert with the Small Group sessions. Each Large Group session supports what is discussed in small groups.

### SESSION 1: JESUS IS ALIVE

- Session Purpose: For students to understand the big picture of who Jesus is, and what His life and death mean for us today.
- Main Scripture: Luke 24:13-35
- Supplemental Scripture: 1 Corinthians 15:20-27
- Session Snapshot: In this first session, we'll unpack what it means that Jesus is the Messiah, both in the New Testament-era and for us today in the modern world. Students will understand that Jesus's death and resurrection contains the reason for our worship: because He is the only one worthy!

### SESSION 2: HOLD FAST

- Session Purpose: For students to understand that because Jesus has raised us to new life, we can hold fast to Him.
- Main Scripture: Colossians 2:4-15
- Supplemental Scripture: 1 Peter 3:15, 1 Timothy 1:19, Romans 8:9
- Session Snapshot: When we are believers, we belong to Jesus. With that new status comes all sorts of benefits. In this session, we'll look at why we can trust Jesus as we hold fast to Him, how He firmly holds us in His hands, and that these truths do not have an expiration date.

### SESSION 3: RISING ABOVE

- Session Purpose: For students to understand that when we rise above our struggles, we display God as present and powerful in our lives.
- Main Scripture: Jeremiah 29:1-14
- Supplemental Scripture: Psalm 51:1-7, Acts 17:24-28, Psalm 121:1-7, Colossians 3:1-11
- Session Snapshot: Life is full of struggles, but it's who we lean on and how we deal with them that sets us apart as believers. In the third session, students will hear how they can actively display the grace and truth of God in their lives when they face hardships in life.

### SESSION 4: TO THE ENDS OF THE EARTH...

- Session Purpose: For students to clearly understand the mission they are on as believers in Christ.
- Main Scripture: Luke 10:1-20
- Supplemental Scripture: John 20:21, Philemon 1:6, 1 Corinthians 9:16, John 14:6
- Session Snapshot: In the fourth and final session, we'll look at the mission of Christ: to share the Gospel to the world. Students will unpack the church's role in getting this critical message out there, and WHY we share our faith.