

Exchange: Gaining Through Giving Up

In every exchange, something must be given up in order for something to be gained. At the heart of the Gospel there is a *single, powerful exchange* that occurred when a flawless Savior took the flaws of humanity to the cross, exchanging His life for ours. But this one exchange actually empowers *countless exchanges* in the lives of those who will believe and follow . . .

Death for Life. Self for Christ. Hate for Love. Comfort for Calling.

Exchange will help your students to see the Gospel and its impact their lives through the lens of these exchanges. They'll understand how much they stand to gain by simply giving up. **Teach *Exchange* and challenge your students to radically embrace the power of the "exchanged life."**

Small Group Outlines

Small Group Session 1

- **Session Title:** Exchanging Death for Life
- **Session Purpose:** To help students grasp the death-to-life transformation Christ made possible, and to challenge them to respond to it based on where they are in their spiritual lives.
- **Main Scripture:** Romans 6:23, 1 Corinthians 15:20-22
- **Supplemental Scripture:** John 11:25, 2 Corinthians 5:17, John 10:10
- **Session Snapshot:** The exchange from death to life is at the heart of the Gospel. Your students will have a chance to see exactly why this exchange is necessary, what has to happen to see the exchange made in their lives, and how they, as individuals, should approach this exchange. Maybe some of your students will be led to enter into a saving relationship with Christ. Many of your students will be challenged to examine their lives and how effectively they're embracing the "life" Christ made possible for them.

Small Group Session 2

Session Title: Exchanging Self for Christ

- **Session Purpose:** To show students that following Christ means exchanging their ownership of their lives for Christ's ownership of their lives, and how this exchange looks in their lives.
- **Main Scripture:** Matthew 16:24-25
- **Supplemental Scripture:** Galatians 2:20, Romans 14:7-8, Philippians 1:21, Philippians 3:7
- **Session Snapshot:** Surrendering control of our identity may very well be the most challenging aspect of following Christ. This is especially so in students because they're in such a strong stage of identity formation. So much of their lives are tied up in expressing their identity, whether that is through their clothes, their music, or their ideas. *However, when we've entered into a saving relationship with Christ, we exchange our identities for His.* When Jesus defined what it looked like to follow Him, the exchange of "self" for "Christ" was the primary one He mentioned! This lesson will help your students realize why this exchange is necessary, and how awesome their lives can be once they learn to replace themselves with Jesus as the director of their lives path.

Small Group Session 3

Session Title: Exchanging Hate For Love

- **Session Purpose:** To help students understand how they are defined as Christ-followers by the exchange of hatred toward others for love for all people, and to identify some practical ways this fleshes out in their lives.
- **Main Scripture:** Romans 1:18-32
- **Supplemental Scripture:** 1 John 4:9-12, John 13:34-35, Luke 6:27-31
- **Session Snapshot:** When we are transformed through saving faith in Christ, one of the exchanges that takes place is how we see others. This transformation affects how we look at both those people we know and love, and those people we don't know and (maybe most importantly) who are hard for us to love. Unequivocally, the New Testament says that if we're living the "exchanged life," we're too view all people through the lens of God's love. Jesus went as far as saying this love is how the world would recognize us as followers of Christ. In other words, it's "first impression" type stuff! In this lesson, your students will see why we're in need of such an exchange, how John described this exchange, and what Jesus said about how this exchange will impact our lives.

Small Group Session 4

- **Session Title:** Exchanging Comfort for Calling
- **Session Purpose:** To end the small group sessions with a challenge to students to boldly live out the exchanging of their comfort for God's call to be on mission, both today and in the future.
- **Main Scripture:** Matthew 28:16-20
- **Supplemental Scripture:** Acts 1:8, 1 Corinthians 19-23, Romans 1:16, Romans 10:14-15
- **Session Snapshot:** When left to our own, we will almost always seek to minimize our discomfort. (Don't believe it? Remember this next time you skip your workout to sit on the couch and watch *Glee* reruns). This goes for our students and us. Not only does this apply to physical discomfort, but social and spiritual, as well. We shy away from certain people because they make us uncomfortable. And we shy away from embracing Jesus' call to make disciples for the same reason: it makes us uncomfortable. But in failing to pick-up Jesus' call to carry the Gospel to our world, we rob ourselves of a depth of faith and a closeness with Christ. And ultimately, we're rebelling from one of the essential aspects of following Jesus. This lesson will challenge your students to embrace the exchange of their comfort to pick up God's call to tell others about the difference Jesus has made in their lives.

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