

# Set Sail: Six-Week Group Study Plan

“From Drifting to Direction”

Overview:

- Ideal Group Size: 2-20
- Length: Six sessions of 30-60 minutes
- Frequency: Weekly
- Materials: Set Sail Book and/or Worksheet (worksheet available free at [Flamebright.com](http://Flamebright.com))
- Keep it simple – encourage discussion. No pressure, no lecture. Ask questions
- Structure: Simple flow each week
  - Welcome/Recap (2-5 min)
  - Today’s Topic and Scripture (2-5 min)
  - Opening Prayer (1-2 min)
  - Teaching (5-10 min)
  - Discussion (5-10 min)
  - Application (5-10 min)
  - Closing Prayer (1-2 min)

## **Week 1** – Introduction and Fearless Living (You Don’t Have to Drift)

- Welcome – Introduce yourself and ask about expectations for group
- Today’s Topic - moving from drifting to direction. How do we do that and where do we want to go?
- Scripture – Read Matthew 6:33 and Mark 12: 30-31
- Prayer – thanking and trusting God for guidance and presence
- Teaching –
  - Imagine 3 Ships (Shipwrecked – Drifting – Sailing)
  - Ask, what ship do you feel like today? What ship do you want to be like?
  - Explain that God can heal the shipwrecked, find direction for the drifting and help those already sailing to stay on track.
  - Ask, where do we want to go? Where does God want us to go? (review Scripture)
  - Share Gospel Message – John 3:16 - Ask/discuss why people don’t accept Christ as their Savior
  - How fear can keep us drifting and, on the sidelines

- Share about the Fearless Living Guide
- Application –
  - Break into groups of 2-4 to share examples of how fear shows up in our lives, and how it holds us back from following Jesus.
- Application - Share one fear you want to give to God this week and invite to pray
  - Invite feedback from groups on experience of turning fear over to God
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  - Give special thanks to those who share.
- Closing Prayer - focus on courage in the face of fear and trust in God

## **Week 2** – Define What Matters Most (Choose Your Islands)

- Welcome - Recap what we talked about last week - ask for testimonials about turning fear over to God
- Today's Topic – How to apply fearless living to what matters most in our lives
- Scripture – Read Psalm 37:4 and Romans 8:28 – we can trust Him
- Opening Prayer – Clarify what our priorities are and what is distracting us
- Teaching –
  - How a life without direction drifts – discuss what drifting looks like
  - Introduce example of 8 islands: Faith, Family, Friends, Fun, Fitness, Feelings, Finances and Future
  - Our collections make us unique. Yours might be totally different.
- Application –
  - Break into groups of 2-4 and talk about some of your most important islands
  - Discuss why it is so hard to focus on what's the most important
  - Write down 4 islands of importance
  - Ask for any questions
  - Invite feedback from groups – thanks for feedback
- Closing Prayer – Praise for Clarity and Ability to Surrender

### **Week 3** – Describe the Vision (Who are you becoming?)

- Welcome and Recap of last week
  - Ask for feedback on creating islands for your cruise
- Today's Topic - visualizing where God is leading on each island
- Scripture – Read Matthew 6:22-23 and Mark 12: 30-31
- Opening Prayer – Open our hearts to God's leading and clarity
  
- Teaching/Discussion –
  - How do athletes use visualization?
  - Share example of Blue Angels – “chair flying”
  - Power of thoughts > actions > habits > identity (it all starts with our thoughts)
  - We can use the same techniques for staying focused on God's path
- Application –
  - Break into groups of 2-4 to discuss what factors influence the person you are becoming?
  - Write 2-3 statements for at least one island.
  - Example – Friendship Island “I am a positive and encouraging friend.”
  - Invite feedback from groups on examples
- Closing Prayer – Identity and direction

### **Week 4** – Determine the Score (Building self-awareness without discouragement)

- Welcome – Recap of last week. Ask for examples of island descriptions.
- Today's Topic - We're cruising to each of our islands and rating how we're doing
- Scripture – Read 2 Cor 13:5 and Col 3:2
- Opening Prayer – courage and honesty in examining ourselves
- Teaching –
  - Using Islands and Descriptions we're going on a cruise, island hopping
  - Rating Scale: 5=true, 4=usually true, 3=sometimes true, 4=rarely true, 5=false
  - Teach and discuss why gaps are good - because it's room to grow and we can turn them over to Christ
- Application -
  - Score and average descriptions for 3-4 islands,
  - Place averages on your chart – notice any gaps
  - Reinforce that gaps are good because you're reaching and growing
  - Turn any gaps over to Christ.
- Closing Prayer – Honesty and Growth

## **Week 5** – Do and Become (Move from thinking to action – Small Steps make Big Changes)

- Welcome and Recap of last week - how scoring and discovering gaps is a good thing
- Today's Topic - Moving from thinking to action
- Scripture – Read James 1:22-25
- Opening Prayer – Thanks and ask for guidance on taking action
  
- Teaching -
  - How thinking leads to doing – how doing leads to change
  - How taking action can be uncomfortable – review fearless living guide, growing is changing – takes courage and action to change
- Application –
  - Break into groups of 2-4
  - What is one island and one action God is leading you to take this week?
  - Gather feedback from groups on actions they plan to take and why.
  - Thank them and encourage them on their new awareness and commitments
- Closing Prayer – Action, Fear and Following through

## **Week 6** – Live it Out (Keep Sailing)

- Welcome and Recap – How is taking action essential for growth?
  - Ask for examples/stories of taking action this last week
- Today's Topic - How to apply your cruise to impact your future
- Scripture – Read Revelation 3:20
- Opening Prayer – All praise and thanks to God for leading us now and in the future
- Teaching –
  - We're looking for growth and lasting change, not a one-time thing
  - Personal example of the importance of repetition – take your cruise regularly
  - Faith and French fries (pages 89-90 in book) – it's a relationship
- Application –
  - Break into groups to share about the power of repetition
  - Encourage commitments to Cruise regularly.
  - Thank them for being honest through the process
- Closing Prayer – Praise for everyone's cruise and blessings for their future - both in adulthood and eternity.