

## LEADERS' GUIDE

**As adults who follow Jesus and disciple young people, we want them to learn how to trust Christ in their own everyday lives, but also to understand the biblical truth that directs the Christian life. Sometimes Bible teaching can feel a little disconnected from daily life, but that is not the way discipleship is meant to be.**

**Bite-size** is a flexible discipleship tool which can be used in any congregation to help young people aged 11-18 learn God's Word in a way that connects to their lives.

The aim of each session is to teach a core biblical truth in a way that can be understood, starting from their lived experience, and ending in their real lives.

**Bite-size** can be used in any size of group, or even one to one, and can be easily adapted to suit your time and circumstances.

Youth theologian Andrew Root says, *"Faith is passed on, not through doctrine, but through stories framed in doctrine."* In other words, we do not teach truth well if it is not taught by our lives in community. A good chemistry teacher does not simply teach a chemical equation, but allows students to do the experiment together, and to understand where the reaction works out in real life.

So, **Bite-size** is designed to teach core biblical truth well, help young people to understand it, but also demonstrate how that truth is lived out in our lives, and in theirs.

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### STRUCTURE OF EACH SESSION

Sessions do not need too much preparation, but please take time to read and plan the whole module in advance.

Every session has **five sections**, each of which has core and optional content depending on your context and available time and these are identified as follows:

- **Core content in bold**
- *Optional content in italic green*

## The five sections are:

### 1. **Starter** – *an introduction to whet their appetite (asking “what do I think about this now?”)*

This is a way into the topic which starts where the young people are, helping them to begin to identify why this topic is important from their own perspective.

### 2. **Main course** – *a simple truth to get their teeth into (asking “what do we need to understand?”)*

Simply teach a key biblical truth or doctrine, centering on a Bible verse (supported by catechism as appropriate if you wish). This is the core, God-focused truth to be applied to our lives.

### 3. **Chew it over** – *savour it slowly ‘til it makes sense (asking “what does it mean?”)*

Discuss what this truth means broadly and why it matters in the context of the world in which we live, helping the young people quickly move from an abstract to a concrete truth. The purpose is to allow Scripture to shape their view and understanding of how life works.

### 4. **Family meal** – *a story about why it matters to the church (asking “what does it mean for us?”)*

Tell a brief ‘doctrine framed story’, ideally from a leader or member of the congregation, or maybe a video clip, or a biblical or historical figure. Choose a story your young people will relate to and that illustrates how this truth helped someone live for Christ, emphasising ordinary over extraordinary.

### 5. **Well fed** – *digest the truth as fuel for life (asking “what does it mean for me?”)*

The session finishes with discussion questions to help your young people work out what this means in specific ways in their personal lives, identifying concrete ways to apply truth in their context.

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**Sweet:** Each **Bite-size** session will make a couple of simple suggestions to help the young people keep the flavour of the ‘meal’ with them as they work it into their lives the following week.

This includes a weekly **TAGLINE** which has been provided for you to easily share on social media and is designed to give a short, memorable summary of the main point for your young people to keep with them.

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*“When you properly understand the doctrines contained in Scripture, they’ll transform your identity, reshape your relationships and redirect your finances. Your calendar, your words, your hobbies and your leisure will look different. You won’t think about your past and your future in the same way you once did, and you’ll look at the present through an entirely different grid.”*

Paul Tripp