



### LESSON 3 // FUEL UP

**Big Idea:** When you go on any journey, it's important to have the right "fuel." It's true when you set out on your journey of growth with Jesus. You need the proper fuel in your tank—the right resources for your life in Christ. This involves saying "yes" to what will fill your tank: a personal relationship with God fueled by His Word and consistent communication and communion with Him. It also includes saying "no" to what drains your tank.

**Matthew 4:18-22 (NIV)** *As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him. Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, and immediately they left the boat and their father and followed him.*

#### Start Talking:

What kind of "fuel" do you need for your walk with Jesus? How well are you allowing this fuel to fill your tank each day?

#### Start Thinking:

**Read John 8:31-32.** What do these verses tell you about the importance of taking in the truth of God's Word as a disciple of Jesus?

**Read Psalm 119:11, 105.** How does God's Word provide protection from sin, as well as godly direction for your life?

**Read Isaiah 55:1-3.** Why is consistent communion and communication with God so valuable for your life in Christ? What happens if you neglect these disciplines?

**Read 1 Peter 2:1.** How do unresolved hurts, ungodly habits and unhealthy patterns of thinking drain you and keep you from being the disciple Jesus calls you to be?

#### Start Praying:

Pray for discernment and boldness from God to say "yes" to Him and "no" to anything that drains your relationship with Him.

#### Start Doing:

What is one thing you need to get rid of that dilutes or pollutes God's work in your life? Make a specific plan to address this and share your plan with a friend who can encourage you in the process.