

Follow Me



**Bible references – Luke 5:1-11;
Matthew 4:19**



In our first session of the Bassline Guide to Discipleship, we begin with the moment where discipleship starts. As we explore Simon's encounter with Jesus, the young people will consider what it means to hear Jesus' call to 'follow me' and how that invitation requires a response. This session focuses on the first step of discipleship, recognising who Jesus is and choosing to follow him.

You will need:

- 'Follow Me' handout
- Paper and pens



Beat

Say:

Imagine you're in a lesson at school or college. It's a normal day. You're not really paying attention, just waiting for the time to pass.

Then there's a knock at the door.

Another teacher walks in and you immediately recognise them. Their lessons are different, as you actually enjoy them. You learn something and it feels like what they teach matters.

They speak quietly to your teacher for a moment, then turn to the class and say:

'Come with me. I've got something better for you to be part of.'

No big explanation. Just that.

Ask:

- What would go through your mind in that moment?
- What would make you stay where you are?
- What might make you get up and go with them?

Say:

In that moment, everything hangs on a decision. You can stay where you are, carry on as normal, and nothing really changes. Or you can respond to the invitation without knowing exactly where it will lead. Moments like that don't come with all the answers. They come with a choice.

When Jesus calls people in the Bible, it often looks like this. He steps into ordinary moments, meets people where they are and simply invites them to follow him.

In today's session we're going to explore what it means to follow Jesus and what it looks like to respond to his invitation.

 **Bridge**

Ask:

What do you think makes the difference between staying where you are and stepping into something new?



 **Amplify**

Say:

In our Beat activity, we imagined what it might feel like to be invited into something without having all the answers. We're going to look at a moment in the Bible where that actually happens.

Watch:

The Miracle of the Fish (Luke 5) – The Chosen (5:18)

www.youtube.com/watch?v=hWGckouAUWM

Leader's notes:

Ask the group to find Luke 5 in their Bibles before you discuss the following questions.

Ask:

Describe what happened in Luke 5:1-3 from Simon's point of view.

Say:

Simon was just doing what he always did. This was his space, his work and his routine. Then Jesus stepped into that moment, and everything changed.

Read:

⁴ When he had finished speaking, he said to Simon, ‘Put out into deep water, and let down the nets for a catch.’

⁵ Simon answered, ‘Master, we’ve worked hard all night and haven’t caught anything. But because you say so, I will let down the nets.’

– (Luke 5:4-5)

Ask:

What do you notice about the way Simon responds, even though it doesn’t fully make sense to him?

Say:

Simon had been a fisherman for a long time. He knew what he was doing. Fishing was his everyday job, and he felt confident in his understanding of what it would take to get a good catch. Even though it went against his better judgement, he did what Jesus asked.

Read:

⁶ When they had done so, they caught such a large number of fish that their nets began to break. ⁷ So they signalled to their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

⁸ When Simon Peter saw this, he fell at Jesus’ knees and said, ‘Go away from me, Lord; I am a sinful man!’ ⁹ For he and all his companions were astonished at the catch of fish they had taken, ¹⁰ and so were James and John, the sons of Zebedee, Simon’s partners.

– (Luke 5:6-10)

Ask:

- As he watched the miracle of the nets full of fish, what did Simon realise?
- How did he react when he recognised who Jesus was?

Say:

Simon’s response is really honest. As he begins to recognise who Jesus is, he also becomes aware of himself.

Ask:

What do you think Simon was feeling in this moment?

Say:

Simon sees the gap between who Jesus is and who he is. That’s why he says, ‘Go away from me, Lord; I am a sinful man!’

We might not always use the word sin, but it’s about recognising that things aren’t right. It’s about seeing that we don’t always live the way we were meant to.

In that moment, something shifted for Simon. He moved from uncertainty to recognising who Jesus was, and that changed how he saw himself. This wasn’t where the story ended.

Read:

Then Jesus said to Simon, ‘Don’t be afraid; from now on you will fish for people.’ “ So they pulled their boats up on shore, left everything and followed him.

– (Luke 5:10–11)

Say:

In Luke’s version of this story, we see what that moment felt like. We see the hesitation, the recognition and the response. When Matthew tells the story, he focuses on a seemingly simple invitation from Jesus.

Read:

¹⁹ ‘Come, follow me,’ Jesus said, ‘and I will send you out to fish for people.’

– (Matthew 4:19)

Ask:

What do you think Jesus is inviting Simon into when he says, ‘Follow me’?

Say:

Simon did not know where that invitation would lead. He did not have all the answers, but he chose to follow anyway.

Ask:

What do you think made Simon take that step to follow Jesus?

Say:

This is where Simon’s journey of discipleship began. Simon did not start with having everything figured out or getting everything right. His journey began by accepting the invitation to follow Jesus.

 **Bridge**

Ask:

What is your response to the following quote?

‘Jesus says, “I want you to follow me so fully, so intensely, so enduringly that all other attachments in your life look weak by comparison.”’

– Timothy Keller





Sound Check

Leader's notes:

In the Sound Check activity, the young people will have the opportunity to think about what Simon's journey into discipleship might look like in a modern context. Taking moments from the story, they will consider what it means to hear and respond to Jesus' call in everyday life.

Give each person a 'Follow Me' handout to discuss. They can work in small groups, jotting down their ideas, and then come back together to share what they have discovered.

The content of the handout is shown below.

Ordinary Life

Simon was just getting on with his ordinary life. This was his work, his routine, what he knew. Then Jesus stepped into his world and got his attention.

What are some ways someone today might begin to notice Jesus or become curious about him?

Uncertainty

Jesus asked Simon to do something that didn't fully make sense to him. Simon didn't understand it, but he still chose to respond.

What questions or doubts might someone have when they first begin to explore who Jesus is?

Recognition

Simon began to realise who Jesus was. At the same time, he became aware of himself and saw the gap between who he was and who Jesus was.

How can recognising who Jesus is change the way someone sees themselves?

Invitation

Jesus didn't push Simon away. Instead, he invited him to follow.

What do you think Jesus is inviting people into when he says, 'Follow me'?

Decision

Simon chose to leave everything and follow Jesus. He didn't have all the answers, but he took the first step.

What do you think someone might need to consider before making that kind of decision?

Say:

Simon's story shows us that following Jesus is a journey. It often begins in ordinary life, with questions and uncertainty. As people begin to understand who Jesus is, something starts to shift.

There is an invitation to follow and a decision to make. This is where the journey of discipleship begins.

 **Bridge****Ask:**

What do you think moves someone from uncertainty to a decision to follow Jesus?

 **Selah****Say:**

In this session we've seen how Simon chose to follow Jesus and take his first step into a life of discipleship. He didn't have everything figured out, and he didn't know where it would lead. He made a choice to follow and to trust Jesus with the rest.

As we listen to this song, take some time to think about your own journey.

You might want to reflect on some of the questions from the handout, but this time think about what they mean for you.

There's no pressure to have answers or to decide anything right now. Just take a moment to be honest about where you are.

Listen:

'I Have Decided to Follow Jesus' – Jadon Lavik (3:08)

www.youtube.com/watch?v=tzDwMizg9uQ

Leader's notes:

Some young people may want to respond to Jesus for the first time, or to recommit their lives. Allow space for this and support them as appropriate.

Coda

Say:

In a piece of music, the coda brings the different aspects of the melody, harmonies and bassline to a conclusion. It pulls together the different themes and often, but not always, brings resolution to a piece of music.

Ask:

- As you reflect on everything you have learned today, what is your coda?
- What is one thing you have discovered about what it means to follow Jesus?

Leader's notes:

Give the young people a moment to think about your question and briefly share their coda with the group before the session comes to an end.





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