



Unleashed Leader Guide

Dear Leader,

Thank you for saying “yes” to leading others through the *Unleashed Journey*. Your role is more than just facilitating discussion — you are helping people encounter God, discover their identity in Him, and take steps toward living fully unleashed for His Kingdom.

Small groups are where transformation takes root. The workshop is a spark, but the group is where that spark is fanned into a flame. Through prayer, conversation, and shared experiences, your group members will gain clarity about who God is, who He has made them to be, and what He is calling them to do.

You don’t have to have all the answers. You are not the expert — you are the guide. Your calling is to create space for people to process, encourage one another, and hear from the Holy Spirit. Trust God with the outcomes.

As you lead, remember:

- **Stay prayerful** — rely on the Spirit’s guidance.
- **Be flexible** — every group will look different.
- **Foster openness** — model vulnerability to invite honesty.
- **Encourage next steps** — keep pointing people back to their *Unleashed Life Plan*.

We are grateful for you. God will use your leadership to shape lives for His glory.

Soli Deo Gloria,

The Southeast Missions Team

How to Lead Well: General Tips

Before Each Session

- Pray for your group members by name.
- Review the session content so you’re familiar with the flow.
- Prepare the environment (seating, snacks, Bibles, pens, etc.).



During the Session

- Start with a welcoming, warm tone — people will mirror your energy.
- Keep discussion moving, but allow time for silence and reflection.
- Guide the group through the exercises, but don't rush; depth matters more than completion.
- Encourage everyone to participate, but don't pressure.

After the Session

- Follow up with group members who shared something vulnerable.
 - Send a reminder or encouragement for the “homework” or next step.
 - Pray for the next gathering.
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How to Lead a Devotional in Your Group

Each session includes a short devotional time (10–15 minutes). You do **not** need to prepare a sermon. Think of yourself as a *guide into God's Word*. Here's a simple framework:

1. **Read Scripture together**
 - Pick one or two anchor verses provided for that week.
 - Invite group members to read aloud (different voices help everyone engage).
2. **Connect to the theme**
 - Reiterate the core idea for the week (drawn from the workbook).
 - Example for Week 1: “Everything begins with God's glory. Before we can know who we are or what we are called to do, we need to awaken to who He is.”
3. **Share briefly from your own life**
 - One short story or reflection (2–3 minutes). Be personal, not polished.
4. **Invite reflection**
 - Ask: “What stands out to you from this passage?”
 - Don't feel like you need to answer every question — let Scripture speak.
5. **Pray**
 - A short prayer inviting God's presence and guidance as you continue the session.

This rhythm can be repeated each week, simply changing the scriptures and the theme.



Session 1 – Awaken

Leader Introduction & Encouragement

This first session focuses on *Who God Is*. It's about awakening our hearts to His character and glory. Before group members can understand who they are or what they are called to do, they need to encounter God Himself. Encourage your group to lean into awe, worship, and reflection.

Session Overview

- **Theme:** Awakening to God's glory and heart.
 - **Goal:** Group members identify and reflect on key "awakening moments" — encounters with God that shaped their lives.
 - **Key Scripture:** John 17:3, Ephesians 5:8–16.
 - **Big Idea:** An *unleashed life* starts with a fresh vision of who God is.
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Tips for Leading This Session

1. Give space for silence — reflection is as important as conversation.
 2. Affirm everyone's experiences, whether dramatic or ordinary.
 3. Keep pointing back to God's glory, not just personal feelings.
 4. Encourage note-taking for their Life Plan (they'll build on this later).
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Schedule Suggestions

60-Minute Version

- 5 min – Welcome, prayer
- 10 min – Defreeze question
- 15 min – Scripture reading & devotional
- 25 min – Discussion & exercises
- 5 min – Wrap-up & preview next session



90-Minute Version (with devotional outline)

- 10 min – Welcome, fellowship
 - 10 min – Defreeze question
 - 15 min – **Scripture & Devotional**
 - Read John 17:3 and Ephesians 5:8–16 aloud (invite multiple voices).
 - Reiterate theme: Awakening to God’s glory is the foundation of the journey.
 - Share a short “awakening moment” from your own life.
 - Ask: *“What do you notice about God’s character in these verses?”*
 - Pray briefly, asking God to awaken your hearts to His presence.
 - 45 min – Discussion & exercises
 - 10 min – Wrap-up & preview next session
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Defreeze Questions (Pick One)

- What’s one of your favorite places in nature where you feel close to God?
 - Share a childhood memory where you felt a sense of wonder.
 - If you could ask God one question right now, what would it be?
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Discussion Questions

General (Awaken Theme):

1. What does it mean to you that everything exists for God’s glory?
2. How do you typically experience God’s presence in your life?
3. Why do you think it’s important to “be” before we “do”?

Exercise-Specific (Awakening Moments):

1. Share an example of a time you sensed God’s presence or guidance.
 2. Which attribute of God (love, justice, wisdom, sovereignty, etc.) feels most real to you in this season?
 3. How do you see God’s heart for the world influencing your own passions?
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Children’s Idea

- Have kids draw a picture of something amazing God made (sun, mountains, animals).
- Talk about how the beauty of creation points us to who God is.



Youth Idea

- Watch a short clip from a movie with a moment of awe/wonder.
 - Discuss: How does this compare to experiencing God?
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Fellowship Ideas

- Meal: Something simple and warm (pizza, chili, soup).
 - Snack: Popcorn or trail mix — something to munch on during discussion.
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Tips for Virtual/Online Groups

- Use a “round robin” style so everyone has a turn to speak.
 - Encourage cameras on (but give grace if people can’t).
 - Share documents or notes via group chat to keep people engaged.
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Preparation for Next Session

- Read through the “Explore” section in your workbook.
 - Reflect on your top strengths and spiritual gifts (take the assessment if you haven’t yet).
 - Write down one key experience from your past that shaped your faith.
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Core Call to Action

- Encourage each participant to begin writing their “Who God Is” statement (Unleashed Life Plan, p. 18).
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Session 1 Summary

- God’s glory is our foundation.
- Awakening moments shape us for God’s purposes.
- Before we discover who we are or what we are called to do, we must encounter *who He is*.





Session 2 – Explore

Leader Introduction & Encouragement

This session is about discovering *who God has made you to be*. We build on the foundation of His character (Awaken) and now reflect on our unique design — our gifts, strengths, and experiences. Encourage your group to be honest and curious as they connect the dots in their own stories.

Session Overview

- **Theme:** Identity in Christ and our unique design.
 - **Goal:** Group members identify their spiritual gifts, strengths, and life experiences that God can use for His Kingdom.
 - **Key Scripture:** Psalm 139:13–16; Ephesians 2:8–10.
 - **Big Idea:** God uniquely designed you with purpose; who you are informs what you do.
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Tips for Leading This Session

1. Remind participants this is about discovery, not comparison.
 2. Celebrate diversity of gifts and strengths in the group.
 3. Encourage sharing personal experiences with both victories and struggles.
 4. Allow people to process assessments (Spiritual Gifts, StrengthsFinder, etc.) without pressure to have “perfect answers.”
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Schedule Suggestions

60-Minute Version

- 5 min – Welcome, prayer
- 10 min – Defreeze question
- 15 min – Scripture & devotional
- 25 min – Discussion & exercises
- 5 min – Wrap-up

90-Minute Version (devotional)



- 10 min – Welcome/fellowship
 - 10 min – Defreeze
 - 15 min – Scripture & Devotional
 - Read Psalm 139:13–16 and Ephesians 2:8–10 aloud.
 - Reiterate theme: *We are fearfully and wonderfully made; created in Christ Jesus for good works.*
 - Share a brief story of how a personal strength or gift has shaped your life.
 - Ask: “What stands out to you about how God has made you?”
 - Pray for God to reveal identity with clarity.
 - 45 min – Discussion & exercises
 - 10 min – Wrap-up & preview next session
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Defreeze Questions

- Share a hidden talent or skill you have that others might not know.
 - Who was someone in your life who first helped you see your potential?
 - If you could instantly gain one new skill, what would it be?
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Discussion Questions

General (Explore Theme):

1. How does it feel to know that God created you intentionally?
2. What’s the difference between identity in Christ vs. what we “do”?
3. How has God used both strengths and struggles in shaping you?

Exercise-Specific (Gifts/Strengths/Experiences):

1. Which spiritual gift from your assessment resonates most with you?
 2. What life experience has shaped you most deeply in your walk with God?
 3. What patterns/themes do you notice when looking at your gifts, strengths, and story together?
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Children’s Idea

- Have kids write or draw “3 things God made me good at.”
- Talk about how God made each of us different and special.



Youth Idea

- Do a quick “strengths swap”: everyone shares one strength they see in someone else.
 - Discuss: Why does God give us different strengths?
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Fellowship Ideas

- Meal: Build-your-own tacos (everyone contributes something).
 - Snack: Trail mix bar — reminds us we’re different “ingredients” in one mix.
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Virtual Group Tips

- Encourage members to email/share their assessments in advance.
 - Use breakout rooms for 2–3 person discussions on gifts/experiences.
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Preparation for Next Session

- Pray about areas where God may be calling you to serve.
 - Reflect on your passions, causes, and skills.
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Core Call to Action

- Complete your “Made to Be” collage/statement (workbook p. 22).
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Session 2 Summary

- God designed each of us uniquely.
 - Our gifts, strengths, and experiences are tools for Kingdom impact.
 - Identity comes before action.
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Session 3 – Focus

Leader Introduction & Encouragement

This session shifts from *who you are* to *what you may be called to do*. Help your group connect their identity with real opportunities to serve, both inside and outside the church. Encourage openness but remind them focus is a journey — clarity grows with time.

Session Overview

- **Theme:** Discovering areas of calling and action.
 - **Goal:** Group members identify practical opportunities that align with their gifts and passions.
 - **Key Scripture:** Ephesians 2:10; Jeremiah 29:13.
 - **Big Idea:** God prepared good works for you to walk in — your job is to discern and step into them.
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Tips for Leading This Session

1. Normalize uncertainty — not everyone will have full clarity today.
 2. Encourage dreaming, but also practical next steps.
 3. Affirm all callings — both “ordinary” and “extraordinary.”
 4. Keep tying action back to identity in Christ.
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Schedule Suggestions

60-Minute Version

- 5 min – Welcome/prayer
- 10 min – Defreeze
- 15 min – Scripture/devotional
- 25 min – Discussion/exercises
- 5 min – Wrap-up

90-Minute Version (devotional)

- 10 min – Welcome



- 10 min – Defreeze
 - 15 min – Scripture & Devotional
 - Read Ephesians 2:10 and Jeremiah 29:13 aloud.
 - Reiterate theme: *God prepared good works for us to walk in.*
 - Share briefly: a way you felt called in a season of life.
 - Ask: “What good works might God be preparing you for?”
 - Pray for clarity and courage.
 - 45 min – Discussion/exercises
 - 10 min – Wrap-up & preview next session
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Defreeze Questions

- What’s one thing you loved doing as a kid that you still enjoy?
 - If you could make a difference in one cause, what would it be?
 - Where do you feel most “alive” when serving or working?
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Discussion Questions

General (Focus Theme):

1. Why does God care more about *how* we serve than *what* we do?
2. How does calling change in different seasons of life?
3. What excites you about linking your gifts/passions to Kingdom work?

Exercise-Specific (Professional field, passions, causes):

1. Which passion or cause stirs your heart most right now?
 2. How do your service skills or profession intersect with ministry opportunities?
 3. Where do you sense God tugging — locally, nationally, globally?
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Children’s Idea

- Kids brainstorm ways they can help at home, school, or church.
- Emphasize that everyone can serve, no matter their age.

Youth Idea



- Small brainstorm groups: “If you had unlimited resources, what problem would you solve?”
 - Connect back: God calls us to real opportunities even without unlimited resources.
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Fellowship Ideas

- Meal: International potluck (reminds us of global mission).
 - Snack: Fruit variety — each piece different but part of one feast.
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Virtual Group Tips

- Use whiteboard or Google Jamboard to brainstorm passion/skills.
 - Share serving opportunities through chat links.
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Preparation for Next Session

- Identify one area of preparation you’d like to strengthen.
 - Pray about what may be keeping you from stepping fully into calling.
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Core Call to Action

- Choose one service opportunity (inside OR outside the church) that resonates.
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Session 3 Summary

- God prepared good works for each of us.
 - Focus grows as we connect gifts, skills, and passions with opportunities.
 - Calling is discovered in both dreaming and doing.
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Session 4 – Prepare

Leader Introduction & Encouragement

This week is about practical readiness. Even if you know your calling, preparation strengthens you to step into it with wisdom. Encourage your group that preparation is not perfection — it's about taking faithful next steps.

Session Overview

- **Theme:** Readiness through spiritual, emotional, and practical preparation.
 - **Goal:** Group members identify one core area of preparation to grow in.
 - **Key Scripture:** Proverbs 3:5–6; Isaiah 64:8.
 - **Big Idea:** God is the potter shaping us — preparation helps us partner with Him.
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Tips for Leading This Session

1. Keep focus on one key growth area — don't overwhelm with too much.
 2. Encourage accountability — preparation is often sustained in community.
 3. Remind them preparation isn't a reason to delay obedience.
 4. Celebrate progress, not perfection.
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Schedule Suggestions

60-Minute Version

- 5 min – Welcome
- 10 min – Defreeze
- 15 min – Scripture/devotional
- 25 min – Discussion/exercises
- 5 min – Wrap-up

90-Minute Version (devotional)

- 10 min – Welcome
- 10 min – Defreeze
- 15 min – Scripture & Devotional



- Read Proverbs 3:5–6 and Isaiah 64:8 aloud.
 - Reiterate theme: *Trust the Lord; He is shaping you.*
 - Share briefly: one area you needed preparation in before stepping into a calling.
 - Ask: “Where do you sense God is shaping you now?”
 - Pray for readiness.
 - 45 min – Discussion/exercises
 - 10 min – Wrap-up & preview next session
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Defreeze Questions

- Share one way you prepare for an important event (exam, trip, etc.).
 - What’s one thing you wish you had prepared for better in the past?
 - Who do you know who models “wise preparation”?
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Discussion Questions

General (Prepare Theme):

1. Why is preparation important in living out calling?
2. How does trust in God balance with taking practical steps?
3. Which area of preparation (spiritual, emotional, physical, skills, etc.) stands out most for you?

Exercise-Specific (Preparation Areas):

1. What’s one spiritual practice you want to grow in this season?
 2. How could better preparation make you more effective in serving?
 3. Who could help you prepare well?
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Children’s Idea

- Have kids pack a pretend “mission bag” — what would they take to serve God?
- Connect it back to preparing hearts and skills.

Youth Idea

- Play a quick “Would you rather?” about preparation (e.g., cram for test vs. study daily).
- Discuss: What does wise preparation look like in following Jesus?



Fellowship Ideas

- Meal: Pasta night — a meal that takes some preparation.
- Snack: Fresh fruit — a reminder that growth takes time.

Virtual Group Tips

- Share prep goals in a group chat for accountability.
- Encourage members to pair up as “prep partners” for follow-up.

Preparation for Next Session

- Reflect on your core commitments as you prepare to *live unleashed*.
- Write one sentence about how you want to live this out daily.

Core Call to Action

- Identify your primary area of preparation and one step to take this week.

Session 4 Summary

- Preparation accelerates calling.
 - God shapes us through readiness in multiple areas.
 - Don't wait for perfection — start with one step.
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Session 5 – Live

Leader Introduction & Encouragement

This final session brings everything together. Being unleashed is not a one-time event but a lifestyle. Help your group see this as a rhythm of ongoing discipleship, service, and multiplication.

Session Overview

- **Theme:** Living a lifestyle of being unleashed.
 - **Goal:** Group members refine commitments and name one inside-the-church and one outside-the-church way to live unleashed.
 - **Key Scripture:** Philippians 3:12–14; Colossians 2:9–10.
 - **Big Idea:** Press on toward the upward call — living unleashed daily.
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Tips for Leading This Session

1. Celebrate the journey so far — affirm each member's growth.
 2. Encourage simple, sustainable commitments, not overcommitment.
 3. Emphasize multiplication — discipling and equipping others.
 4. Close in prayer over each person's Life Plan.
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Schedule Suggestions

60-Minute Version

- 5 min – Welcome
- 10 min – Defreeze
- 15 min – Scripture/devotional
- 25 min – Discussion/exercises
- 5 min – Wrap-up/celebration

90-Minute Version (devotional)

- 10 min – Welcome
- 10 min – Defreeze



- 15 min – Scripture & Devotional
 - Read Philippians 3:12–14 and Colossians 2:9–10.
 - Reiterate theme: *Press on toward the goal of being fully unleashed.*
 - Share briefly: one way God has continued to shape your calling over time.
 - Ask: “What does pressing on look like in your life?”
 - Pray for perseverance and joy.
 - 45 min – Discussion/exercises
 - 10 min – Celebration & commissioning prayer
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Defreeze Questions

- Share one habit or rhythm that keeps you grounded.
 - Who is someone you admire for the way they live out their faith daily?
 - What’s a small step you want to press into this year?
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Discussion Questions

General (Live Theme):

1. What does it mean to make “being unleashed” a lifestyle?
2. How can you sustain personal care, discipleship, coaching, and skill transfer?
3. How can you share your story to inspire others?

Exercise-Specific (Inside/Outside commitments):

1. Which one opportunity inside the church excites you most?
 2. Which one opportunity outside the church resonates with your passions?
 3. How can you invite others into your unleashed journey?
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Children’s Idea

- Have kids draw themselves helping someone at church and someone in the community.

Youth Idea

- Brainstorm: “What would it look like if our whole school lived unleashed?”
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Fellowship Ideas

- Meal: Celebration potluck.
 - Snack: Cupcakes or dessert — sweet ending, joyful beginning.
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Virtual Group Tips

- Host a “commissioning” moment on Zoom where each member shares their next step.
 - Encourage ongoing chat thread for accountability and encouragement.
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Preparation for Beyond

- Revisit your Life Plan regularly.
 - Share it with a mentor or friend for accountability.
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Core Call to Action

- Commit to one inside and one outside service opportunity.
 - Share your Life Plan with someone outside the group.
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Session 5 Summary

- Being unleashed is a lifestyle, not an event.
- Press on daily toward God’s upward call.
- Sustain rhythms of discipleship, coaching, and serving.
- Celebrate the journey — and keep going.



Closing Letter to Small Group Leaders

Dear Leader,

You've done it. You've guided your group through the Unleashed journey — from awakening to God's glory, to exploring who He made us to be, to focusing on calling, preparing with wisdom, and now living unleashed.

What you have led is more than a curriculum. It's an invitation for people to encounter God in deeper ways and to take steps of faith that may change their families, communities, and even the world. Thank you for faithfully walking alongside your group. Your leadership has mattered more than you may ever see.

As you close this season, remember:

- **Celebrate what God has done.** Every step, no matter how small, is evidence of His work.
- **Point them forward.** Encourage each member to revisit and refine their *Unleashed Life Plan*. This is not a finished project but a living roadmap. And check in to make sure they've submitted their Unleashed Life Plan via the Unleashed App
- **Stay connected.** Transformation deepens in ongoing community. Consider ways your group can continue to meet, serve, or encourage one another.
- **Multiply.** Some of your group members may feel stirred to lead in the future. Encourage and bless them.

You are part of unleashing the full force of the church — one conversation, one step of obedience, one life at a time.

We are so grateful for you. Keep pressing on in your own journey, and keep saying “yes” to what God places in front of you.

Soli Deo Gloria,
The Southeast Missions Team

Final Instructions for Leaders

As you wrap up your group, here are a few practical steps:

1. **Celebrate Well**
 - Close the last session with prayer over each participant's Life Plan.



- Consider sharing a meal, communion, or testimonies of what God revealed during the journey.
2. **Encourage Ongoing Growth**
- Remind participants to revisit their *Unleashed Life Plan* regularly.
 - Suggest finding a mentor or accountability partner to share progress.
 - Encourage them to keep serving inside and outside the church.
3. **Invite Stories**
- Ask group members to share their stories of growth with the church (through the app, website, or campus leaders). These stories inspire others to begin their own journey.
4. **Stay Connected**
- Follow up with your group after a few weeks to see how they're living out their commitments.
 - Encourage continued relationships — groups can keep meeting for discipleship, service, or fellowship.
5. **Consider Leading Again**
- Prayerfully consider if you'd like to facilitate another group in the future.
 - Share your experience with your campus pastor or community engagement team — they'd love to hear what God did in your group.



Unleashed Leader Quick-Reference Cheat Sheet

Purpose

This sheet is designed to give you at-a-glance guidance for each session. Use it alongside the full Leader Guide, but keep it in front of you during group time for quick reminders.

Session 1 – Awaken

- **Theme:** Who God is — awakening to His glory.
 - **Scripture:** John 17:3; Ephesians 5:8–16
 - **Big Idea:** Everything begins with God’s glory.
 - **Defreeze Idea:** Favorite place in nature / wonder moments.
 - **Core Discussion Q:** What awakening moments with God have shaped your life?
 - **Children’s Adaptation:** Draw something amazing God made.
 - **Youth Adaptation:** Movie clip of “awe/wonder” → compare to experiencing God.
 - **Core Call to Action:** Begin writing “Who God Is” statement for Life Plan.
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Session 2 – Explore

- **Theme:** Who God made you to be — identity in Christ.
 - **Scripture:** Psalm 139:13–16; Ephesians 2:8–10
 - **Big Idea:** You are uniquely designed with purpose.
 - **Defreeze Idea:** Hidden talent or skill you have.
 - **Core Discussion Q:** What gifts, strengths, and experiences has God given you?
 - **Children’s Adaptation:** Write/draw 3 things God made me good at.
 - **Youth Adaptation:** Share one strength you see in someone else.
 - **Core Call to Action:** Complete “Made to Be” collage/statement.
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Session 3 – Focus

- **Theme:** What God is calling you to do — opportunities to serve.
- **Scripture:** Ephesians 2:10; Jeremiah 29:13
- **Big Idea:** God prepared good works for you to walk in.
- **Defreeze Idea:** If you could make a difference in one cause, what would it be?



- **Core Discussion Q:** Where do your passions and skills intersect with needs?
 - **Children’s Adaptation:** Brainstorm ways kids can help at home/school/church.
 - **Youth Adaptation:** “If you had unlimited resources, what problem would you solve?”
 - **Core Call to Action:** Choose one inside-the-church and one outside-the-church area that resonates.
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Session 4 – Prepare

- **Theme:** Readiness — strengthening areas of preparation.
 - **Scripture:** Proverbs 3:5–6; Isaiah 64:8
 - **Big Idea:** God is shaping you; preparation accelerates calling.
 - **Defreeze Idea:** Share one way you prepare for something important.
 - **Core Discussion Q:** Which area of preparation (spiritual, physical, skills, etc.) stands out for you?
 - **Children’s Adaptation:** Pretend to “pack a mission bag.”
 - **Youth Adaptation:** “Would you rather?” prep scenarios (e.g., cram for test vs. steady study).
 - **Core Call to Action:** Identify your primary prep area and one step to take this week.
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Session 5 – Live

- **Theme:** Living unleashed as a lifestyle.
 - **Scripture:** Philippians 3:12–14; Colossians 2:9–10
 - **Big Idea:** Being unleashed is not an event but a daily rhythm.
 - **Defreeze Idea:** Share one habit or rhythm that keeps you grounded.
 - **Core Discussion Q:** What does pressing on in your unleashed life look like?
 - **Children’s Adaptation:** Draw helping inside church + in community.
 - **Youth Adaptation:** Imagine your whole school “living unleashed.”
 - **Core Call to Action:** Commit to one inside and one outside opportunity; share your Life Plan with someone else.
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Quick Reminders

- **Always open and close with prayer.**
- **Stick to the Life Plan:** Drive every session back toward it.
- **Flexibility is fine:** Follow the Spirit’s lead, not the clock.



- **Your role = guide, not expert.**
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