

A Life Laid Down – 5-Day Study Guide

Speaker: Promise Bradley

Main Passage: John 12:24

"Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain."

Overview

In this powerful sermon, Promise Bradley calls us to examine the true meaning of following Jesus—a life laid down. Through her testimony and the words of Jesus in John 12, she challenges us to become more than fruit—we must become seed. This guide invites you to go deeper each day as you reflect, apply, and respond to the invitation of Jesus to live a life fully surrendered.

How to Use This Study Guide

This 5-day study guide is designed to help you engage more deeply with the message, *A Life Laid Down*, through prayerful reflection, Scripture reading, and real-life application. Whether you're exploring faith for the first time or walking with Jesus for years, each day will give you space to hear God's voice and respond. The guide is divided into five daily focus points that reflect the sermon's key themes. For each day, you'll find a short summary, a big idea, scripture references, a quote from the sermon, thought-provoking discussion questions, and specific application steps tailored to different life stages—New Christians, Mature Christians, Jr. & Sr. High Students, Families with Young Children, and Families with Teenagers. Use this as a tool for personal growth, family discipleship, or meaningful group discussion. Our prayer is that by the end of the week, your heart will be stirred to live fully surrendered to Jesus—and that your life will bear lasting fruit for His kingdom.

Day 1: The Call to Legacy

Big Idea: Your “yes” to Jesus today can impact generations.

Scripture: John 12:24, Exodus 20:6

Quote from the Sermon:

“We’ve been calling them legacy people and those moments flagship moments.”

Discussion Questions:

- *New Christians:* Who helped lead you to Jesus? How can your story impact others?
- *Mature Christians:* How can you honor the people who laid a foundation for your faith?
- *Jr. & Sr. High Students:* Who in your family or church has modeled faith for you?
- *Families w/ Young Children:* How can you help your kids understand that your faith choices impact them?
- *Families w/ Teenagers:* What generational blessings do you want to pass down?

Life Application:

- *New Christians:* Share your testimony with one person this week.
 - *Mature Christians:* Write a note of thanks or encouragement to a “legacy person” in your life.
 - *Students:* Start a gratitude list for the people who’ve made spiritual deposits in your life.
 - *Young Families:* Tell your children a story of someone in your family who followed Jesus.
 - *Teen Families:* As a family, talk about what kind of legacy you want to leave behind.
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Day 2: Fruit vs. Seed

Big Idea: Many want the fruit of the gospel, but few are willing to become the seed.

Scripture: John 12:24–25, Galatians 2:20

Quote from the Sermon:

“You might have become fruit—but are you willing to become seed today?”

Discussion Questions:

- *New Christians:* What does it mean to you to “lay down your life” for Jesus?
- *Mature Christians:* In what area of your life is God asking you to die to self?
- *Jr. & Sr. High Students:* Do you want your faith to stop with you or grow through you?
- *Families w/ Young Children:* How can you show your kids that sacrifice brings blessing?
- *Families w/ Teenagers:* What daily sacrifices can your family make to follow Jesus more deeply?

Life Application:

- *New Christians:* Ask God to show you one area where He is inviting you to surrender.
 - *Mature Christians:* Choose one area where you need to be seed, not just fruit, and take action.
 - *Students:* Write or draw what it means to be “seed” for others.
 - *Young Families:* Memorize John 12:24 together and talk about what it means.
 - *Teen Families:* Choose a family service activity this week to live this out.
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Day 3: The Real Gospel

Big Idea: The real gospel is about obedience and sacrifice—not comfort.

Scripture: Matthew 5–7, 1 Corinthians 6:19–20

Quote from the Sermon:

“Humility is obedience. That’s what a life laid down looks like.”

Discussion Questions:

- *New Christians:* What’s the difference between religion and relationship with Jesus?
- *Mature Christians:* Where might comfort be keeping you from obedience?
- *Jr. & Sr. High Students:* How do you respond when God asks you to obey in something small?
- *Families w/ Young Children:* What’s one simple way your family can obey Jesus this week?

- *Families w/ Teenagers:* Are there any false gospels you need to confront as a family?

Life Application:

- *New Christians:* Ask Jesus to help you trust Him when it's hard to obey.
 - *Mature Christians:* Fast from something comfortable this week and focus on obedience.
 - *Students:* Say “yes” to one hard thing God is asking of you this week.
 - *Young Families:* Practice obedience by doing a “first-time obey” challenge with your kids.
 - *Teen Families:* Talk together about one “hard truth” from Jesus that your family will pursue this week.
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Day 4: Living Sacrifices

Big Idea: A life laid down means saying “yes” to Jesus—before He even asks.

Scripture: Romans 12:1–2, Hebrews 4:16

Quote from the Sermon:

“Jesus, You already have my yes before You ask.”

Discussion Questions:

- *New Christians:* Why is it important to trust God’s leading even when you don’t understand it?
- *Mature Christians:* What are the small things you resist giving to God?
- *Jr. & Sr. High Students:* Is there something you need to give up or delete to honor God?
- *Families w/ Young Children:* How can you show that Jesus comes first in everyday decisions?
- *Families w/ Teenagers:* How can your family say “yes” to God in your priorities and schedule?

Life Application:

- *New Christians:* Surrender one decision to Jesus today.
- *Mature Christians:* Begin each day this week saying, “Jesus, You have my yes.”

- *Students*: Obey God in something small this week, even if it doesn't make sense.
 - *Young Families*: Model quick obedience to God in front of your kids this week.
 - *Teen Families*: Do a "yes challenge"—let each family member share one thing they will say yes to this week.
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Day 5: Fear God More Than Man

Big Idea: When we truly fear God, we will boldly speak truth and live for eternity.

Scripture: Acts 5, Matthew 10:28

Quote from the Sermon:

"A life laid down is one that fears God more than man."

Discussion Questions:

- *New Christians*: What does it mean to fear God in a healthy way?
- *Mature Christians*: Are there people whose opinions are louder than God's voice in your life?
- *Jr. & Sr. High Students*: What keeps you from sharing your faith with others?
- *Families w/ Young Children*: Teach your kids what it means to honor God above all else.
- *Families w/ Teenagers*: How can your family be bold in sharing the truth this week?

Life Application:

- *New Christians*: Ask the Holy Spirit to help you boldly share your faith.
- *Mature Christians*: Speak truth to someone this week with love and clarity.
- *Students*: Identify one area where you need to fear God more than people—and act on it.
- *Young Families*: Practice saying, "We honor God first" in your decision-making this week.
- *Teen Families*: Choose one bold action together this week to show your faith publicly.