



DEEPER
waters
FOR THE
NEXT GEN





ALL ABOUT THIS BOOKLET

These pages are here to help you live out your faith every day, not just on Sundays. They give you a simple way to connect with God, reflect on His Word, and see how it matters in your life. Even small daily steps can help you grow closer to Him and make a difference in your life and for others.

SUMMARY

A short, simple paragraph that explains what the lesson is about and why it matters for your life.

KEY THEME

A quick sentence that highlights the main idea or takeaway from the lesson.

FROM THE BIBLE

A short Scripture reference with 1–3 sentences explaining what it teaches and how it applies to you.

WHAT STOOD OUT TO ME

A space to write words, ideas, or thoughts that grab your attention or make you think.

REFLECTION QUESTIONS

Journal questions to help you think about how the lesson applies to your life and what steps you can take this week.

DEEPER WATERS



Move from Shallow
Spirituality to Deep
Transformation

SUMMARY

This week, God invites you to go deeper in your faith, not just go through the motions at school, sports, or with family and friends. When you trust Him and take steps to follow Jesus in your everyday choices, you'll see how He can change your life.

KEY THEME

Trust God and step into deeper faith.

FROM THE BIBLE

Read Matthew 14:28-29. Peter stepped out of the boat and walked toward Jesus across the water. Even though it was scary, he chose to trust God with each step. This story shows us that following Jesus means stepping out in faith, even when we can't see the whole path.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____

DEEPER WATERS



Move from Shallow
Spirituality to Deep
Transformation

REFLECTION QUESTIONS

1) What's one way you can move past just "going through the motions" and grow closer to God? _____

2) How could trusting God in a deeper way change the way you handle challenges this week? _____

3) What might "deeper faith" look like in your daily life at school, sports/extracurriculars or with friends? _____

PRAYER WITH A PURPOSE

Putting your prayers on paper can be a powerful way to grow your faith. Take a moment to write to God about what stood out to you this week.



SUMMARY

This week, we're learning that when Jesus changes you, He doesn't make you someone else. He helps you become the best version of who He created you to be even through life's challenges.

KEY THEME

God helps you grow into who you were made to be.

FROM THE BIBLE

Read Genesis 17:5 and John 1:42. Abram became Abraham, and Simon became Peter. God gave them new names to show the new people He was shaping them into. In the same way, God is at work in you, helping you grow into the unique and amazing person He created you to be.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____



REFLECTION QUESTIONS

1) What's one way you see God growing you into the person He made you to be? _____

2) What are some "enemies" like sin, isolation, or comparison that have tried to stop your growth? _____

3) What's one gift, talent, or quality God gave you that you can use for Him this week? _____

PRAYER WITH A PURPOSE

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SUMMARY

When you're saved by Jesus, you become a new creation, but growing to be more like Him takes time. We all have past hurts or habits that don't line up with Jesus' way, but the good news is that with God's help, we can break free and grow into the life He designed for us.

KEY THEME

God can heal your past and shape your future.

FROM THE BIBLE

Read 2 Corinthians 5:17. Jesus makes us brand new, but we're still on a journey of healing and change. He gives us freedom from the past and the chance to become who He created us to be.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____

REFLECTION QUESTIONS

1) Are there patterns (like negative self-talk, bad habits, or peer pressure) you notice in your life? How could God help you with them? _____

2) What's something from your past (a mistake, hurt, or memory) that still feels heavy to you? _____

3) How might letting go of past baggage open up space for new growth and joy in your life? _____

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SUMMARY

Sometimes in our faith, we hit a “wall,” times when God feels far away, our prayers seem unanswered, or we feel stuck. This doesn’t mean you’ve failed; it means you’re growing. God uses these hard moments to help us trust Him in deeper ways.

KEY THEME

God is with you even when faith feels hard.

FROM THE BIBLE

Read James 1:2-4. Hard times and struggles can grow your faith and make you stronger. Even when God feels distant, He’s still at work, using challenges to shape you into who He created you to be.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____

REFLECTION QUESTIONS

1) How do you usually react when God feels distant or when prayers don't seem answered? _____

2) What's one way you can keep trusting God even when things don't make sense? _____

3) How might challenges in your faith actually help you grow stronger and closer to God? _____

PRAYER WITH A PURPOSE

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SUMMARY

Grief and loss can feel heavy, but they aren't detours from God; they're part of growing closer to Him. When we face our pain instead of running from it, God meets us in the hard moments and can use our struggles to shape us. Over time, He can turn our sadness into strength, compassion, and hope for the future.

KEY THEME

God can bring new life with our pain.

FROM THE BIBLE

Read Psalm 34:18. God is close to those who are hurting, and He notices every tear. Even in difficult times, He is at work, using our pain and grief to grow our hearts, teach us resilience, and help us become the people He created us to be.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____

REFLECTION QUESTIONS

1) How has a hard or sad time helped shape your faith or how you treat others? _____

2) What's one hard or sad thing in your life right now where you could ask God to bring hope or help you grow?

3) How could your story of grief help you support or encourage someone else who is hurting? _____

PRAYER WITH A PURPOSE

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SUMMARY

Life can feel nonstop, with school, activities, sports, and friends keeping you busy. When we move too fast, it's easy to miss what God is doing in our hearts. God's way is different. He invites us to slow down, rest, and follow His loving rhythm so we can experience His presence and love more fully.

KEY THEME

Slow down and follow God's loving pace.

FROM THE BIBLE

Read Mark 6:31. Even Jesus took time to rest and be with His followers. God's pace isn't about rushing; it's about living in a way that lets love, rest, and faith grow in your life.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____

REFLECTION QUESTIONS

1) How does being busy affect your ability to notice or connect with God? _____

2) What's one way you could slow down this week to spend more time with God? _____

3) How might resting and following God's pace help you love others better? _____

PRAYER WITH A PURPOSE

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SUMMARY

Being a follower of Jesus means learning to love like Him, even when it's hard. True growth and lasting impact come from choosing faithfulness over the easy path. This week, we'll explore how following Jesus through both the challenges and the good moments shapes us into strong, fruitful disciples.

KEY THEME

Faithfulness and self-giving love produce lasting growth.

FROM THE BIBLE

Read Luke 9:23. Jesus calls His followers to take up their cross and follow Him. Choosing faithfulness over shortcuts helps us grow stronger and bear fruit that lasts.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____



REFLECTION QUESTIONS

1) What's one area where you tend to take the easy way out instead of following Jesus? _____

2) How does following Jesus' example of giving to us help you pour out love to your friends, family, or community?

3) What's one way you can practice faithfulness even when it's hard or inconvenient? _____

PRAYER WITH A PURPOSE

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SUMMARY

Transformation isn't just about big, exciting moments. It happens in the everyday rhythms of life. Just like the early Church in Acts, God invites us to live filled with His Spirit, devoted to learning, fellowship, and praise. When we embrace both the ordinary and the extraordinary, He shapes us to follow Jesus more closely every day.

KEY THEME

Daily rhythms with God shape us into His image.

FROM THE BIBLE

Read Acts 2:42. The early believers devoted themselves to teaching, fellowship, and prayer. God uses steady, everyday practices (along with special moments) to grow our faith and help us live like Jesus.

WHAT STOOD OUT TO ME

Jot down anything from this Scripture or story that speaks to you or makes you think: _____

REFLECTION QUESTIONS

1) Which daily habits or routines help you feel closest to God, and which ones might be holding you back? _____

2) How can committing to small, everyday steps with God help you grow in your faith and love for others? _____

3) How can committing to small, everyday steps with God help you grow in your faith and love for others? _____

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YOUR GO-TO RESOURCES

BIBLEPROJECT

Watch creative videos that explain Scripture and help you see the big picture of the Bible.

BIBLE HUB

Use guides and Bible tools to help you understand God's Word better, alone or with friends.

BLUE LETTER BIBLE

Look at each verse with helpful notes and original language tools to understand God's Word and get ideas for devotionals.

YOUVERSION BIBLE APP

Check out lots of Bible versions, devotionals, and reading plans with daily verses and fun reading streaks.

PRACTICING THE WAY – JOHN MARK COMER

Follow guides for prayer, silence, and Sabbath to build habits that help you grow in your faith.

FULLER YOUTH INSTITUTE

Find helpful tips and resources to guide you as you grow in your faith.

BIBLE GATEWAY

Read or listen to the Bible in different versions with devotionals. Perfect for beginners.

READ SCRIPTURE APP (BY BIBLEPROJECT)

Follow a guided Bible reading plan with videos to help you understand each section at your own pace.

GOTQUESTIONS.ORG

Find Bible-based answers to tough questions about God and faith.

THE CHOSEN APP

Watch a dramatized series about Jesus' life with study guides.



METRO

CHRISTIAN CHURCH

Sundays | 7 am, 9 am, 11 am

419 Waiakamilo Road, Suite D

Honolulu, HI 96817

808-312-1648

metrochristianchurch.com

info@metrochristianchurch.com