

Student Guide

Fall Session 2025

RFBC Equipped to Elevate

Fall Session Overview

This guide contains all 15 lessons from the Equipped to Elevate series, designed to empower believers to grow spiritually, embrace a Christ-centered mindset, and actively serve the Body of Christ. Each lesson includes objectives, scripture assignments, discussion questions, and weekly reflection sheets.

Lesson Overview – Elevate in Christ

This lesson is designed to do more than inform—it is meant to transform you. Through biblical truth, practical steps, and Spirit-led empowerment, you will be called to rise above spiritual complacency and step fully into your God-given identity. Each session will challenge you to not only understand Scripture but to act on it immediately, applying it in your personal life and within your sphere of influence.

You are not just a participant—you are a Kingdom builder. By engaging in deep Scripture study, connecting it to your daily walk, and embracing culturally relevant insights, you will be equipped to make measurable spiritual progress and inspire growth in others.

Lesson Objective – Your Personal Call to Elevation

By the end of this lesson, you will:

1. Understand the biblical principles in depth—not as theory, but as personal marching orders for your spiritual journey.
2. Apply these truths immediately in your thoughts, words, and actions so you become a living example of Christ's power to transform lives.
3. Impact your community of faith by actively using what you've learned to strengthen, encourage, and disciple others.

You as a Christian... Your spiritual growth is not optional—it is your calling. God has positioned you for influence, and this lesson will give you the tools, courage, and faith to walk in it. The time to elevate is now... **so lets get equipped!**

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Session 1: Called Higher: Rising Beyond Your Comfort Zone

Lesson Overview: To inspire believers to move beyond spiritual comfort zones, embrace God's call to higher purpose, and take steps that will both strengthen their personal walk and positively impact the church.

Scripture: Ephesians 4:11-16, Philippians 3:12-14

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You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Understand God's call to grow beyond comfort zones for Kingdom impact.

By the end of this session, our prayer is that we all will understand God's call to personal spiritual elevation, identify areas where they have become spiritually comfortable, and commit to taking bold steps that strengthen both their personal walk and the church.

Interactive Discussion Questions:

- What does "elevation" mean to you personally?
- Why do you think some Christians get stuck spiritually?

Prayer and Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, help me rise above complacency. Give me courage to step out of my comfort zone so I may grow and help strengthen Your church.

*****Write down one area in your life where God is calling you higher.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 2: Rooted Identity: Who I Am in Christ

Lesson Overview: To help believers understand their identity in Christ, reject false labels, and live confidently in their calling, encouraging others through their example.

Scripture: 1 Peter 2:9-10, 2 Corinthians 5:17

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Establish that knowing who you are in Christ fuels spiritual growth.

By the end of this session, participants will have a clear understanding of their identity in Christ, reject false labels, and confidently live out their calling in ways that inspire and encourage others in the Body of Christ.

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Interactive Discussion Questions:

- How has misunderstanding your identity held you back?
- Share a time when knowing who you are in Christ changed your response.

Practical Assignment / Challenge:

Prayer for Personal Elevation: Father, remind me daily of who I am in Christ. Let my identity be rooted in You so that my life reflects Your glory to others.

****Speak daily affirmations from Scripture about your identity.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 3: Faith That Holds: Growing Trust in Tough Times

Lesson Overview: To equip believers to stand firm in faith during trials, view challenges as growth opportunities, and inspire others through their testimonies.

Scripture: Hebrews 11:1-6, James 1:2-4

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Build faith that withstands trials and inspires others.

By the end of this session, participants will be able to demonstrate stronger faith during life's challenges, see trials as opportunities for growth, and use their testimonies to encourage others.

Interactive Discussion Questions:

- How do you exercise your faith in hard times?
- What recent test grew your faith?

Practical Assignment / Challenge:

Prayer for Personal Elevation: God, build my faith to endure trials. Let my trust in You inspire hope and courage in those around me.

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****Replace one fear with a faith action this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 4: Mind Renewal: Thinking Like Kingdom People

Lesson Overview: To train believers to replace worldly thinking with a Kingdom mindset, align their thoughts with God's truth, and live out Christlike attitudes.

Scripture: Romans 12:1-2, Philippians 4:8

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Learn to think from a Kingdom perspective.

By the end of this session, participants will understand how to align their thoughts with God's truth, replace negative or worldly thinking with a Kingdom mindset, and model Christlike attitudes that influence their communities.

Interactive Discussion Questions:

- What dominates your thoughts daily?

- How can replacing one negative thought shift your week?

Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, renew my mind each day. Help me to think and act according to Your Kingdom values, transforming my life and influence.

****Practice daily Scripture meditation.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

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Session 5: Soul Rhythms: Spiritual Disciplines That Sustain

Lesson Overview: To develop consistent spiritual disciplines that sustain growth, produce lasting fruit, and establish a strong foundation for life and ministry.

Scripture: 1 Timothy 4:7-8, Matthew 6:5-18

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Establish disciplines that create spiritual stamina.

By the end of this session, participants will commit to practicing consistent spiritual disciplines such as prayer, fasting, and Scripture study, understanding how these habits create long-term spiritual stability and fruitfulness.

Interactive Discussion Questions:

- Which discipline comes naturally to you? Which is harder?
- How do these disciplines impact your ministry?

Practical Assignment / Challenge:

Prayer for Personal Elevation: Father, teach me the discipline to seek You in prayer, fasting, and study. Let my spiritual habits bear fruit in my life and in the Body of Christ.

****Commit to one new spiritual discipline this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 6: Released Authority: Walking in Your Spiritual Power

Lesson Overview: To empower believers to confidently exercise their God-given authority, advance the Kingdom, and bring spiritual freedom to others.

Scripture: Luke 10:19, Matthew 16:19

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

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Objective: Understand and use the authority given by Christ.

By the end of this session, participants will confidently exercise the spiritual authority Christ has given them, using it to advance the Kingdom, break strongholds, and bring freedom to others.

Interactive Discussion Questions:

- Where in life do you need to use spiritual authority?
- Share a time when using God's authority brought results.

Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, help me to walk in the authority You have given me. Teach me to use it to bring freedom and victory in Your name.

****Speak God's Word over a situation you've avoided.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 7: Serve with Excellence: Worship Through Action

Lesson Overview: To show believers that serving with excellence is an act of worship, strengthening the Body of Christ and glorifying God.

Scripture: Colossians 3:23-24, Matthew 20:26-28

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Learn that service is worship and a tool for impact.

By the end of this session, participants will view service as an act of worship, commit to serving with excellence and joy, and understand how their service strengthens and inspires the church.

Interactive Discussion Questions:

- How does your view of service affect your willingness?

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- When has someone's service deeply blessed you?

Practical Assignment / Challenge:

Prayer for Personal Elevation: God, let my service be excellent and joyful. May everything I do bring honor to You and bless Your people.

****Volunteer for a service role this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 8: One Voice: Pursuing Unity in the Body

Lesson Overview: To help believers recognize and break free from spiritual strongholds, walk in the freedom Christ provides, and help others do the same.

Scripture: Psalm 133:1-3, John 17:20-23

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Discover how unity fuels spiritual growth for all.

By the end of this session, participants will recognize the biblical call to unity, actively work to resolve division, and contribute to an environment where God's blessing flows freely among His people.

Interactive Discussion Questions:

- Why is unity hard to keep?

- What can you do to promote unity this week?

Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, unite our hearts in love and purpose. Remove division so that we may be one body bringing glory to Your name.

****Resolve one conflict this week.***

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Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 9: Gifts on Display: Using Your Spiritual Talents

Lesson Overview: To guide believers in identifying, developing, and using their spiritual gifts to serve others and strengthen the church.

Scripture: 1 Corinthians 12:4-11, Romans 12:4-8

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Identify, develop, and use your gifts to serve others.

By the end of this session, participants will identify their spiritual gifts, develop them for Kingdom use, and intentionally apply them to meet needs in the Body of Christ.

Interactive Discussion Questions:

- What are your spiritual gifts?
- How could you use them to meet a church and/or Kingdom need?

Practical Assignment / Challenge:

Prayer for Personal Elevation: Father, stir up my spiritual gifts and show me how to use them to meet the needs of others and grow Your church and Kingdom.

****Use your gift intentionally this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

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Session 10: Breaking Chains: Overcoming Spiritual Strongholds

Lesson Overview: To help believers recognize and break free from spiritual strongholds, walk in the freedom Christ provides, and help others do the same.

Scripture: Hebrews 12:1-2, Galatians 5:1

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Remove hindrances to spiritual growth.

By the end of this session, participants will identify personal and corporate strongholds, apply biblical truth to overcome them, and live in the freedom Christ has provided.

Interactive Discussion Questions:

- What's your biggest barrier to growth?
- How has God helped you overcome it?

Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, break every chain holding me back from my purpose. Let my freedom encourage others to pursue theirs.

**** Confront one barrier with God's truth.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 11: Armed for Battle: Spiritual Warfare in Everyday Life

Lesson Overview: To prepare believers for daily spiritual warfare, teaching them to wear the armor of God and stand firm against the enemy.

Scripture: Ephesians 6:10-18, 2 Corinthians 10:3-5

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Equip believers for daily spiritual battle.

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By the end of this session, participants will understand the nature of spiritual warfare, commit to daily wearing the armor of God, and stand firm against the enemy's attacks with confidence and authority.

Interactive Discussion Questions:

- Which piece of armor do you forget most?
- Share a story of spiritual victory.

Practical Assignment / Challenge:

Prayer for Personal Elevation: God, clothe me daily in Your armor. Prepare me for every spiritual battle and keep me standing firm in Your truth.

****Pray Ephesians 6 over yourself daily.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 12: Kingdom Culture: Living Faith in Your Workplace

Lesson Overview: To encourage believers to live out their faith in the workplace and community, being salt and light that draws others to Christ.

Scripture: Matthew 5:13-16, Colossians 4:5-6

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Live your faith publicly and impact culture.

By the end of this session, participants will learn how to be salt and light in their workplaces and communities, using integrity, excellence, and godly influence to point people toward Christ.

Interactive Discussion Questions:

- How can you be salt and light at work?
- When has faith at work made an impact?

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Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, make me salt and light in my workplace and community. Let my actions and words draw others toward You.

****Pray for a co-worker, neighbor or someone in distress this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 13: Passing the Torch: Discipleship for Generations

Lesson Overview: To challenge believers to disciple others, creating a legacy of faith that extends to future generations.

Scripture: 2 Timothy 2:2, Matthew 28:19-20

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Reproduce spiritually by mentoring others.

By the end of this session, participants will embrace the responsibility of making disciples, intentionally invest in others, and create a legacy of faith that extends to future generations.

Interactive Discussion Questions:

- Who has disciplined you and how did it shape you?
- Who could you disciple now?

Practical Assignment / Challenge:

Prayer for Personal Elevation: Father, use me to pass on the faith to others. Help me to disciple and mentor so Your Kingdom will multiply.

****Start a discipleship conversation this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

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Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 14: Led by the Spirit: Walking in Divine Guidance

Lesson Overview: To teach believers to follow the guidance of the Holy Spirit in all areas of life, enhancing their ministry and relationships.

Scripture: John 14:26, Acts 1:8

You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Rely on the Holy Spirit for guidance and power.

By the end of this session, participants will grow in sensitivity to the Holy Spirit's leading, follow His guidance in daily decisions, and allow His direction to influence their ministry and relationships.

Interactive Discussion Questions:

- How do you sense the Spirit's leading?
- Share a time you were Spirit-led.

Practical Assignment / Challenge:

Prayer for Personal Elevation: Lord, teach me to follow the leading of Your Spirit in all things. Let me be sensitive to Your voice and direction.

****Pray daily for Spirit sensitivity.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____

Session 15: Kingdom Influence: Living as God's Ambassadors

Lesson Overview: To inspire believers to live as Christ's ambassadors, using their influence to bring people and environments into alignment with God's will.

Scripture: Matthew 6:33, 2 Corinthians 5:20

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You hold a piece to the puzzle!! Read Scripture 5 times prior to class and write down your thoughts and share with the class, so that we can put the complete puzzle together.

Objective: Commit to a Kingdom-centered lifestyle.

By the end of this session, participants will live with greater Kingdom intentionality, represent Christ in every sphere of life, and use their influence to bring others into alignment with God's will.

Interactive Discussion Questions:

- How will you be an intentional ambassador this week?
- What habits keep you Kingdom-focused?

Practical Assignment / Challenge:

Prayer for Personal Elevation: God, make me a true ambassador of Your Kingdom. Let my influence shift hearts and atmospheres for Your glory.

****Encourage someone intentionally this week.***

Weekly Reflection Sheet:

Main takeaway from today: _____

One action step I'll take this week: _____

Prayer request for this week: _____

How I'll encourage someone else with my faith: _____