



## discipleship opportunities

Here are some options for out-of-group discipleship throughout this series. Deciding how many and which options to complete with your group is totally up to you, but these are some starting points for encouraging your students to continue growing in their relationship with Jesus throughout this series.

### mental health library.

We want to equip you and set you up for success. Check out the online Mental Health Library that has training videos with tips on how to love and care for students going through different mental health experiences. Head to the "Current Leader" page on [saddlebackjhm.com](http://saddlebackjhm.com) (password: saddlebackjhm) to access the resources.

### ssm professional counseling referral list.

Saddleback Student Ministries has compiled a list of counseling referrals. The counselors on the list have been interviewed by Saddleback, are Christian, are involved in a local church, and share the same core values as Saddleback.

If you would like to refer one of your Life Group families to a counselor on this list, check out the list here: [bit.ly/ssmcounseling](http://bit.ly/ssmcounseling) and read the document called "READ ME FIRST!" for guidance on how to use the list most effectively for your students.

### lock screen.

Check out the 1 Peter 1:6-7 memory verse lock screen on the "Current Leaders" page on [saddlebackjhm.com](http://saddlebackjhm.com) (password: saddlebackjhm). Send this out after the first lesson and challenge your students to change their lock screens and memorize the verse throughout the series.