

## Small Groups Sessions

Each week we'll take what we heard on Sunday and consider what that means for our lives through reading scripture, questions and prayer.

A helpful framework for good discussion that we've been using in some of our leadership development training involves 3 key questions:

### **1. What is?**

This question helps us to consider two main things:

#### **a) What does the Bible say?**

The Bible is God's true and authoritative word, and so we should begin by looking at what the Bible says is true about us for each topic.

#### **b) What is the reality in our lives right now?**

As we read God's word, we begin to realise that our experience doesn't tend to match up with it. It's important to consider what those things are that stop us in walking in the fullness of our identity in Christ.

### **2. What could be?**

Using our holy imagination, what impact would we see in our lives, homes, church and communities if we were to grow in the area in question?

If this way of life became truly embedded into us, what would we see in one month, one year or even in one lifetime?

### **3. What will be?**

We are told not to be hearers of the word only, but doers. (James 1:22)

Each week we want to implement God's way into the coming week, and to do this we give time to consider two questions:

#### **a) What is God saying?**

The Sunday sermon and the small group discussion so far will have brought up many things.

The key here is to try and boil it down to one key, memorable thing that God is saying to us. This could be an unshakeable thought, realisation of a sin, wrong-thinking or a specific action you sense God is calling you to.

#### **b) What am I going to do about it?**

This is where we get practical: if God is speaking to me about this, what can I do in the next week about it?

Encourage one another to make this as specific and actionable as possible, and to avoid vague or fluffy answers. Build an expectation that we are going to walk in truth each week.

## Small Group Session Cheat Sheet

<p><b>1. What is?</b></p>	<ul style="list-style-type: none"> <li>• What do you think this scripture tells you about the biblical vision for <i>*insert topic (discipleship, wisdom etc)*</i>?</li> <li>• What do you feel hinders you from living in the fullness of it?</li> </ul>						
<p><b>2. What could be?</b></p>	<ul style="list-style-type: none"> <li>• What difference would you see in your life if you stepped fully into your identity as the disciple?</li> </ul> <table border="1" data-bbox="634 401 1082 486"> <thead> <tr> <th data-bbox="634 401 775 444">Home</th> <th data-bbox="775 401 925 444">Work</th> <th data-bbox="925 401 1082 444">Church</th> </tr> </thead> <tbody> <tr> <td data-bbox="634 444 775 486"></td> <td data-bbox="775 444 925 486"></td> <td data-bbox="925 444 1082 486"></td> </tr> </tbody> </table>	Home	Work	Church			
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<p><b>3. What will be?</b></p>	<ul style="list-style-type: none"> <li>• What is God saying?</li> <li>• What am I going to do about it?</li> </ul>						

There will be space in this booklet for you to make notes each week, and as mentioned before, feel free to use your imagination in how you facilitate this discussion.

## The Kairos Circle - A Tool for Transformation

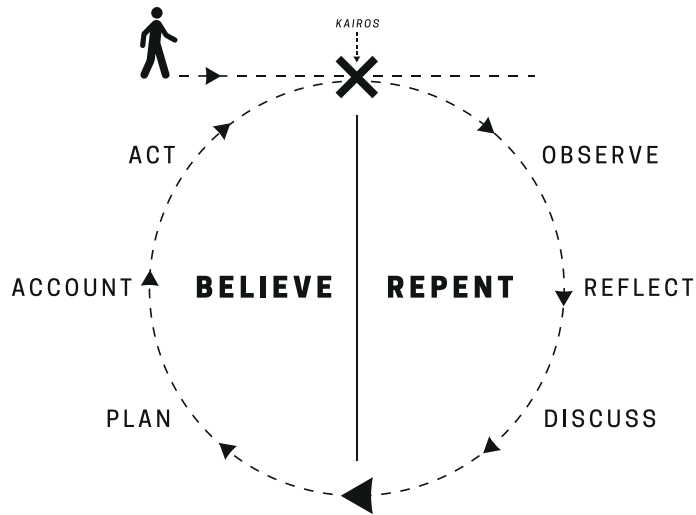
These questions are based off a helpful tool that underpins our understanding of godly transformation from Mike Breen's book "Building a Discipling Culture" - something he calls a *kairos* moment.\*

A *kairos* moment is a point or experience in life, either positive or negative, in which the Lord is speaking to us. At that moment we have two options: we can choose to ignore Him and carry on, or stop and allow the Holy Spirit to take us on a journey of transformation and belief.

In order to experience this transformation, we need to do what Jesus explains as "repent and believe". (Mark 1:15)

In the *kairos* circle, repent and believe are divided into three parts. A disciple who is being transformed walks around the circle, repenting first and then believing.

\*Mike Breen says "A *kairos* moment is when the eternal God breaks into your circumstances with an event that gathers some loose ends of your life and knots them together in his hands."



## Step 1: Repent

### Observe

In order to change you need to observe where you are. During a *kairos* moment, observe your reactions, emotions and thoughts.

### Reflect

Why did you react the way you did? Why do you feel the way you do? Why did that emotion get brought to the surface?

### Discuss

Inviting others into the process is a vital part of transformation, and Small Groups are an excellent place for this. A place where people can share and confess openly and honestly with trustworthy friends who will pray and stand with them is vital.

## Step 2: Believe

### Plan

Get practical. Make a plan for how you are going to lead inner change in your life.

### Account

It's important to have at least one person holding us accountable to our plan. This process externalises the plan instead of letting it remain internal.

### Act

Once a plan is established and shared with someone else, the natural reaction is for action to take place.

# 3. The **Pure** Disciple

## 1 Corinthians 6:19-20

*Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body.*

### Overview

One of the biggest false teachings that had snuck into the church in Corinth after Paul had left was around the topic of grace. The disciple is one who lives under grace not law, Jesus took their punishment upon the cross, He drank the cup of the Fathers wrath so there is none left for the Christian to taste.

The Corinthians application to God's grace was that they were now free to do whatever they wanted. Purity of the disciple is a big deal, not because you need to be pure to be loved and accepted by God but because you already are loved and accepted.

The disciple represents Jesus and His Kingdom to the World, and by living in and celebrating impurity they are

painting a false image of Christ. The disciple is not called to perfection but is called to holiness; to follow Jesus is to walk the narrow path: a path that embraces sacrifice and that worships the Lord with every aspect of life.

By the empowering work of the Spirit, sanctification is our life story. The Lord is continually removing layers of sin from our lives, sin of thought and deed that grieves the Spirit and goes against the grain of the gospel. The disciple is to be one who mourns their own sin, recognises their ongoing need of God and that allows the grace of God to lead them to repentance.

## Planning your small group session

1. What is

2. What could be

3. What will be

Notes