



Week 6: Live With Intention

FACILITATOR'S NOTE:

How to Prepare for Leading Your Group:

- Dedicate some time before leading to pray for your group and arrange the discussion questions in a way that suits their needs and the time given to meet.
- Review the Bible verses and “big idea” of the message to help you gain clarity around the heart of this week’s message.
- Use the discussion questions as a template. **You do not need to use all the questions given.** Ask the Holy Spirit to guide your discussion in a way that honours God, engages the group and helps your group apply the Bible passage and the speakers “big idea” to their life.
- You are not the answer. Your responsibility is to facilitate the discussion and keep it on track. The questions are meant to spark conversation as your group interacts with the content of the message. Encourage interaction with the content as opposed to “answers” to the questions. It is ok to disagree and have different views in a way that honours God and values your group members’ **own journey with God.**

How to Use the Discussion Questions:

- Start your groups discussion with the “check-in” question to help your members reflect back on their week and follow up on last week’s message. It is ok if no one remembers the last week or applied the content. The weekly reminder for feedback may lead to application becoming a habit.
- Read this week’s scripture passages **together** (ask for volunteers) and guide your group through the “discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message/passage.
- Move your group discussion to a deeper level by leading them through questions in the “apply” section. Use discernment to customize these application questions to meet the **needs and dynamics** of your group, moving from ideas about the message to the application of the message to your members life/current circumstances.
- Connect with God together as a group through prayer. This can be in the form of **prayer requests or prayer practices.**
- If you routinely do not have enough time to pray together, **try starting your meeting with the prayer section.** Many leaders have found that giving the group a cut off time to end the discussion (set a timer) and transition to prayer is very effective for time management (usually the last half hour of the meeting).
- Prayer is so key to the application of the passage and transitioning the message from the head to the heart. An open honest time of prayer will help members in your group feel cared for and more involved.
- Commitment to a time of prayer together as a group is key to a healthy group experience, spiritual growth, and the application of Scripture.



<p>CHECK-IN</p>	<p>What developments in your significant relationships have you seen this past week?</p>
<p>BIG IDEA</p>	<p>If you want to be physically healthy, submit your decisions about your body to Christ.</p>
<p>DISCUSS</p>	<p>Read: Romans 12:1-2</p> <ol style="list-style-type: none"> 1. Our souls require our physical bodies to carry out the decisions made in our minds. In your typical day, what type of decisions do you make that are value based? 2. What kinds of things do people live (or sacrifice) for? 3. Paul writes in Romans 12:2 about the “renewal of your mind” and “discerning the will of God.” What does Paul mean by this? 4. What does it look like to have God in control of your life?
<p>APPLY How do we respond to God’s teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> 1. What is one area in your life where you have made a bad decision and you knew it was a bad decision, but you justified it in your head? E.g. I ate the rest of the apple pie even though I was stuffed because I knew I would be running the next day? 2. What is an area where you need to sacrifice to Christ, but are having a hard time submitting? 3. How can I make my faith actionable? (Be specific!) 4. Pray and ask God for the ability to see His hand at work in your life. What do you see in the coming days and weeks? 5. Spend time as a group practicing <i>Lectio Divina</i> as a way to discern God’s leading in our everyday life. (See below for script)



PRAYER PRACTICE (15 minutes)

Please use **ONE** of these two options to lead your group through prayer. Choose the one that fits best with your group:

1. Lectio Divina – “Sacred Reading”

(requires a facilitator to read below script and keep time)

Lectio Divina is a worship practice that uses the reading of scripture to bring us into God’s presence. God has infused His Spirit into scripture and we can experience God through His Word. Let’s continue our worship through scripture and our intention to be with God.

Step 1: We begin by focusing our attention to God, similar to what you do when you put your phone away for an important conversation, or turn the volume down when you want to hear. Sit in a comfortable position. Close your eyes. Take a few deep breaths. Embrace the silence, because in the silence, God is there.

Step 2: First Reading: I’ll read the following word from God, and as I do that, pause for a moment to reflect, asking yourself, “What am I hearing from this? What phrases or words stand out to me?”

(Allow 2 minutes)

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Romans 12:1-2

Step 3: Second Reading: I’ll read the text a second time. [read text] After the reading, what do you want to say **to God**? Share this with God. God is able and willing to hear any feelings you may want to express. (Allow 2 minutes)



Step 4: Third Reading: I'll read a third time. [read text] This time, lower your inner voice, your thoughts and questions, and listen for God's voice instead. What does God have to say to you through this scripture reading? Rest and remain in God's love in the next few moments of silence. (Allow 2 minutes)

Step 5: Fourth Reading: I'll read one last time. After this reading, ask the question, "What is God revealing to me about himself? What difference does this text make in **my life?**" (Allow 2 minutes)

Closing: Thank you Jesus, for blessing us with your presence. Thank you for speaking into our lives. Thank you for your unceasing love.

2. Write down prayer requests for the group.

Either leader or another member can write.

Step 1: Begin the time of prayer by asking each member of the group to share one thing they need help with.

Step 2: Explain to the group that we will be praying for each other's prayer requests. Ask those who feel comfortable to pray for one of the requests given.

Step 3: Ask someone to pray first, then allow others to join in and pray afterwards.

Step 4: After all requests have been prayed for, the leader will allow a time of silence (approx. 1 minute), then will close the meeting by



praying for any missed prayer requests and close the practice in a final prayer. (leader can use the following or do his/her own)
"Lord may we discover who we are in You. Give us ears to hear your calling. Help us Lord to be obedient to use the gifts you have given us for the benefit of others. Use us to bring change to our communities, to comfort those who need comfort and to serve those you put in our path." Amen.