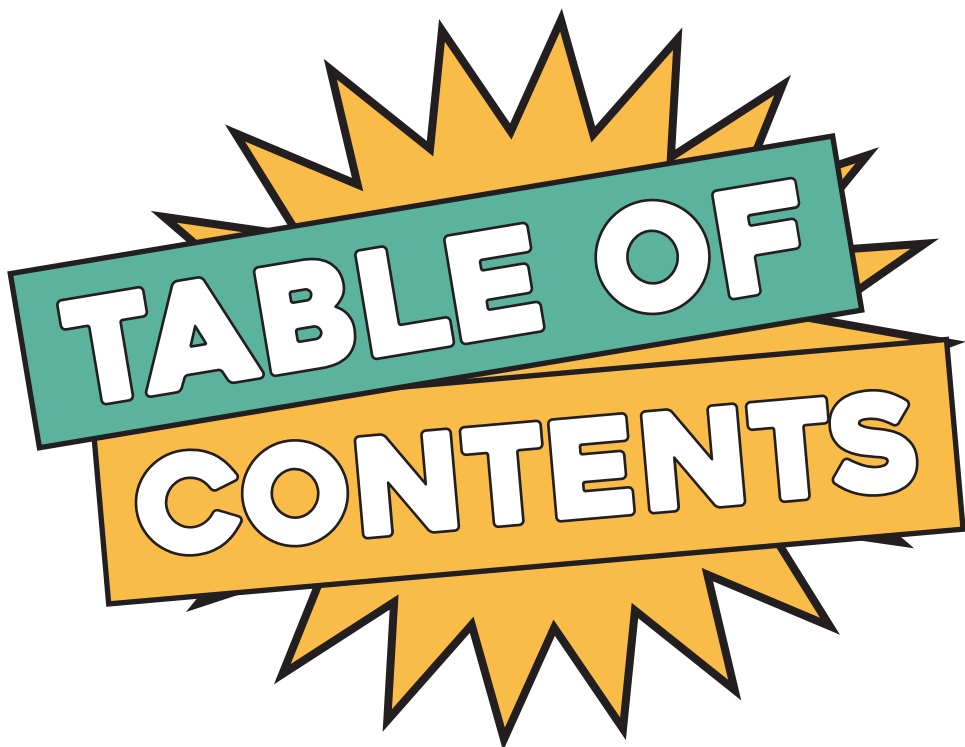


7 WEEKS





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# AUDIENCE OF ONE



## WEEK 1

### SMALL GROUP STUDY

#### Kicking it off:

Share with the group your experience in high school with respect to popularity, status or likability.

#### Big Idea:

Approval addiction is living in bondage to what other people think of you.

#### Key Scriptures:

Matthew 6:1, 19-21

*"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven... Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."*

Matthew 5:20

*"For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven."*

Galatians 1:10

*"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."*

#### Discussion:

1. Read Matthew 6:1, 19-21. What does Jesus say about doing righteous deeds in front of people to be seen? What are the intrinsic rewards or treasures Jesus is referring to in this passage?
2. Read Matthew 5:20 What does Jesus say to his followers regarding their righteousness compared to the religious leaders of the time? Why might Jesus have made this statement?
3. We live in a world of instant and quantifiable "likes." To what degree do you suffer

from approval addiction?

4. Read Galatians 1:10. What does the passage say about our role as followers of Christ?
5. Why is it impossible to please others and God at the same time?
6. Discuss the relationship between being accepted and being known:
  - What is it like to be unknown and not accepted?
  - What is it like to be accepted but not known?
  - What is it like to be known and not accepted?
  - What is it like to be both accepted and known?
  - Where/with whom in your life today are you both accepted and known?
7. How can you extend the experience of being both accepted and known to someone else?

Personal Spiritual Practice-pg. 6

### **Wrapping It Up:**

Discuss how you will respond this week regarding living for an audience of One (God) by practicing the spiritual discipline of secrecy versus depending upon the approval of others.

### **Prayer Focus:**

Pray for Sunnybrook Church as a whole – that in 2023 we would be faithful to God’s call to make disciples and teach them to obey His commands. And that we would continue to care for the “least of these” in the name of Jesus.

### **Memory Verse:**

**“BE CAREFUL  
NOT TO  
PRACTICE YOUR  
RIGHTEOUSNESS  
IN FRONT OF  
OTHERS TO BE  
SEEN BY THEM.  
IF YOU DO, YOU  
WILL HAVE NO  
REWARD FROM  
YOUR FATHER  
IN HEAVEN.”  
MATTHEW 6:1**

## Personal Spiritual Practice:

Here are some questions to help you gauge your level of approval addiction:

I often pretend to agree with people, even when I don't.	YES	NO
--	-----	----

---

Even minor criticism makes me feel like a major failure.	YES	NO
--	-----	----

---

I don't feel good about completing a task until I receive praise for it.	YES	NO
--	-----	----

---

I change things about myself such as my dress or speech style to gain the approval of others.	YES	NO
---	-----	----

---

If I don't receive praise I feel like I failed.	YES	NO
---	-----	----

---

I spend significant amounts of time obsessing over my performance.	YES	NO
--	-----	----

---

I worry a lot about whether (name of someone in your life) is pleased or upset with me.	YES	NO
---	-----	----

---

I lie or twist the truth to avoid potentially upsetting other people.	YES	NO
---	-----	----

---

The thought that someone dislikes me or is angry at me causes me high levels of distress.	YES	NO
---	-----	----

---

I don't speak up when I have an opinion I know is unpopular.	YES	NO
--	-----	----

---

# GETTING THE MOST OUT OF YOUR GIVING



## WEEK 2 SMALL GROUP STUDY

### Kicking it off:

If you had to evacuate your home due to an impending natural disaster, what two or three things would you try to take to safety?

### Big Idea:

If giving is done as an expression of gratitude to God, the rewards are multiplied.

### Key Scriptures:

Matthew 6:2-4

*“So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.”*

Mark 12:41-43

*“Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents. Calling his disciples to him, Jesus said, “Truly I tell you, this poor widow has put more into the treasury than all the others.”*

### Discussion:

1. Read Matthew 6:2-4. What is Jesus teaching about the process of giving?
2. Why is secrecy a good indicator of motive in giving? In what way does giving to the needy exemplify generosity?
3. Read Mark 12:41-43. What is the difference in the style of giving of the rich and the widow?
4. Why does Jesus say the widow, who gave a tiny amount, gave more than all the rest of the crowd?

5. What is expected of us in our behavior, our attitude, and the level of our generosity in giving to God or the needy?
6. In your estimation, how are you doing at giving when it comes to time, attention, and finances? Where can your giving improve?

### **Wrapping It Up:**

Pray...Heavenly Father, everything comes from you, so we realize that you do not need our gifts. Instead, from the abundance of what we receive, we need to learn to give. Help us to be generous, seeking only your approval, that we might grow to be more like your son, Jesus our Lord. Amen

### **Prayer Focus:**

Pray for our four ministry partners across the world to whom we sent \$1 million, that every penny will be used to share Jesus with the ones who need Him most.

- Mission India
- Ethnos 360 (in Papua New Guinea)
- Lepers of Kilimanjaro in Tanzania
- La Casa de me Padre in El Salvador

### **Memory Verse:**

**“BUT WHEN YOU GIVE TO THE NEEDY, DO NOT LET YOUR LEFT HAND KNOW WHAT YOUR RIGHT HAND IS DOING, SO THAT YOUR GIVING MAY BE IN SECRET. THEN YOUR FATHER, WHO SEES WHAT IS DONE IN SECRET, WILL REWARD YOU.”  
MATTHEW 6:3-4**





# THE LORD'S PRAYER

## WEEK 3

### SMALL GROUP STUDY

#### **Kicking it off:**

Discuss your history with the Lord's Prayer prior to this weekend's message. What place, if any, has it had in your life?

#### **Big Idea:**

Through the Lord's Prayer, Jesus models the way we should pray.

#### **Key Scriptures:**

Matthew 6:5-8

*"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they*

*will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him."*

Matthew 6:9-13

*"This, then, is how you should pray:*

*Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our  
debtors.  
And lead us not into  
temptation,  
but deliver us from the evil  
one."*

#### **Discussion:**

1. Read Matthew 6:5-8 Who are the hypocrites really talking to as they pray?
2. What does God want us to do?
3. Read Matthew 6:9-13 To whom are we talking when we pray?
4. Why does it matter what we

call God?

5. What topics are covered in Jesus' model prayer?
6. What is not covered that you expected to be in the prayer? Why might that be?
7. Jesus taught us to pray this prayer long before our time. How is it relevant today?

### Wrapping It Up:

Utilize the P.R.A.Y. model as you close your group today; a model taken from the Lord's prayer:

- **PRAISE**  
"Our Father in heaven, hallowed be your Name..."  
Praise God for who He is and what He has done.
- **REPENT**  
"Forgive us our debts ..."  
Ask God to forgive your sins and then turn away from them.
- **ASK**  
"Give us today our daily bread ..." What needs can you pray about?
- **YIELD**  
"Your kingdom come, your will be done, on earth as it is in heaven." Pray for God's will to be done ... in your family ... church ... ministry ... job ... future ... city ... the nation ... the world.

### Prayer Focus:

Pray that we will be a people of prayer in 2023.

### Memory Verse:

**THIS, THEN, IS HOW YOU SHOULD PRAY: OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME, YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN. GIVE US TODAY OUR DAILY BREAD. AND FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS. AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE."**

**MATTHEW 6:9-13**



# FORGIVENESS AND ITS ALTERNATIVE

## WEEK 4 SMALL GROUP STUDY

### **Kicking it off:**

Share with the group a time when you received undeserved forgiveness and how it affected you afterwards.

### **Big Idea:**

When we receive God's forgiveness of our great debt, we can freely forgive others.

### **Key Scriptures:**

Matthew 18:23-35

*"Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' The servant's master took pity on*

*him, canceled the debt and let him go. "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded. "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.' "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened. "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."*

## Matthew 6:14-15

*“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”*

## 1 John 4:20

*“Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.”*

## Discussion:

1. Read Matthew 18: 23-35, Matthew 6:14-15 and 1 John 4:20. Why does the king extend forgiveness to the servant?
2. What does the servant’s response reveal regarding the difference between wanting to be forgiven and wanting to get out of trouble?
3. Why is forgiving others an integral part of being forgiven by God?
4. What does an inability to love others reveal about our relationship with God?
5. How do these passages on forgiveness apply to you? Where do you need to repent/ask for forgiveness so

that you can fully forgive and love others?

6. How will you respond this week to the knowledge of God’s forgiveness of your great debt as you encounter your family, friends, co-workers in need of your forgiveness?

## Wrapping It Up:

Spend time in silence to consider the following: Each one of us has accumulated a mountain of moral debt toward God, and yet we have been fully forgiven because Jesus Christ paid that debt through his dying on the cross. It is a gift of grace, freely given to us. Think about the people in your life and ask God to help you to have a heart of forgiveness with them. Close the time by saying the Lord’s Prayer together.

## Prayer Focus:

Pray for our Kids Ministry team as they share the love of Jesus with kids and their families.

Memory Verse:

**“FOR IF YOU FORGIVE  
OTHER PEOPLE WHEN THEY  
SIN AGAINST YOU, YOUR  
HEAVENLY FATHER WILL  
ALSO FORGIVE YOU.  
BUT IF YOU DO NOT FORGIVE  
OTHERS THEIR SINS, YOUR  
FATHER WILL NOT FORGIVE  
YOUR SINS.”  
MATTHEW 6:14-15**



# FASTING AS FEASTING

## WEEK 5

### SMALL GROUP STUDY

#### **Kicking it off:**

Share a time when you gave up something in order to be able to get something better.

#### **Big Idea:**

Fasting is a way to experience and depend on the reality of the kingdom, the presence, and power of God.

#### **Key Scriptures:**

Matthew 4:2-4

*"After fasting forty days and forty nights, he was hungry. The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.' Jesus answered, 'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.*

John 4:31-32

*"But he said to them, 'I have food to eat that you know nothing about.'" Then his disciples said to each other,*

*"Could someone have brought him food?"*

Luke 18:11-12

*"The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.'"*

Matthew 6:16-18

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*

#### **Discussion:**

1. Read Matthew 4:2-4 and John 4:31-32. What was the role of fasting in Jesus' life?
2. Why would God's own son

fast?

3. Read Luke 18:11-12 and Matthew 6:16-18. What do we learn from Jesus about fasting?
4. What is the relevance of fasting for Christians today?
5. How do you fast, if you do? (If not, why not?)
6. What ideas do you have to begin or increase your fasting?
7. Pray the Lord's Prayer together, pausing at "Give us this day our daily bread" for an opportunity to reflect. Invite group members to share their prayers and conclude together with the rest of the prayer.

### **Wrapping It Up:**

Discuss with your group a common fasting day that you can do this week – choose a day of the week when you can skip a meal and go somewhere private to read and pray.

### **Prayer Focus:**

Pray for our Student Ministry team and the many middle and high school students who are being served each week. Pray that many will surrender their lives to Christ.

### **Memory Verse:**

**AFTER FASTING FORTY DAYS AND FORTY NIGHTS, HE WAS HUNGRY. THE TEMPTER CAME TO HIM AND SAID, "IF YOU ARE THE SON OF GOD, TELL THESE STONES TO BECOME BREAD." JESUS ANSWERED, "IT IS WRITTEN: 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT COMES FROM THE MOUTH OF GOD.'" MATTHEW 4:2-4**



# TREASURES

## WEEK 6

### SMALL GROUP STUDY

#### **Kicking it off:**

What “stuff” do you treasure that the world probably does not value?

#### **Big Idea:**

What you treasure most reveals the motivated direction of your heart.

#### **Key Scriptures:**

Matthew 6:19-21

*“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”*

Deuteronomy 32:9

*“For the Lord’s portion is his people; Jacob his allotted inheritance.”*

Proverbs 23:4-5

*“Do not wear yourself out to get rich; do not trust your own cleverness. Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.”*

Mark 12:30

*“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”*

#### **Discussion:**

1. Read Matthew 6:19-22. According to this passage, where is the safest place for us to entrust our investments?
2. Why does our choice of treasure reveal our heart’s direction?
3. How does our treasure affect our perception?
4. Why can we not treasure both God and money?
5. Read Deuteronomy 32:9. According to this passage, what does God treasure? How do you react to the idea



that God treasures you and all people?

6. Read Proverbs 23:4-5 The writer of Proverbs gave this advice on money over 2500 years ago. How relevant is the advice today?
7. Read Mark 12:30. What is the one thing that both the Old Testament and the New Testament command us to treasure?
8. What is your honest assessment as to where your treasure is; what do you value the most?
9. Where does your value system need reworking?

### **Wrapping It Up:**

The season of Lent begins Wednesday, February 22. As a group, discuss whether you are ready and willing to commit to trying one of the two types of fasting during the period between Ash Wednesday and Easter:

1. Fasting as feasting on God - not just avoiding food, but making space for God.
2. Fasting as caring – giving up something you enjoy, to have more resources to give to those with less than you.

If group members are willing, ask each person to share what

their fasting will be and invite the group to hold one another accountable.

### **Prayer Focus:**

Pray for our United College ministry staff and volunteers and for the students that are served through this ministry.

### **Memory Verse:**

**“LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND AND WITH ALL YOUR STRENGTH.” MARK 12:30**

# GOOD NEWS FOR WORRIERS



## WEEK 7

### SMALL GROUP STUDY

#### **Kicking it off:**

Do you consider yourself a worrier. Why or why not?

#### **Big Idea:**

Where we worry reveals where we need to trust God most.

#### **Key Scriptures:**

Matthew 6:25-32

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon*

*in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them."*

Matthew 6:33-34

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Luke 12:6-7

*"Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows."*

## Discussion:

1. Read Matthew 6: 25-32.  
What does Jesus teach about our daily needs of food, drink, and clothing?
2. Why does Jesus tell us not to worry about our basic needs?
3. Read Matthew 6:33-34.  
What does it mean to seek first God's kingdom and righteousness?
4. How are Jesus' instructions to not worry about tomorrow helpful to deal with the trouble of the present day?
5. How is worrying about your needs and anxiety about tomorrow a challenge for you?
6. Read Luke 12:6-7. What does Jesus say about how much you are worth to God?
7. How might this help you when it comes to worry and anxiety?
8. How will you view anxiety this week in the knowledge that God has you on his mind?

## Wrapping It Up:

Prayerfully and confidentially share the things which cause you the most worry, and pray together about your worries. Pray: Dear Lord, help us to know that your love for us is

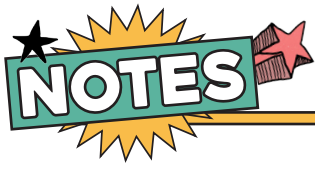
greater than our worries.. Give us a desire to seek after your kingdom first each day. Thank you for this day that you have made and help us to rejoice in it. Amen.

## Prayer Focus:

Pray for our Revive ministry and the volunteer Biblical counselors who are ministering to those with life challenges and issues.

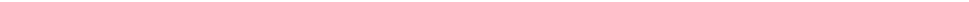
## Memory Verse:

**“BUT SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE GIVEN TO YOU AS WELL. THEREFORE DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN.”**  
**MATTHEW 6:33-34**



# NOTES

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# Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
  - Take time to prepare.
  - Make sure to give a warm enthusiastic greeting to each person.
  - Verbally communicate the environment that you hope to create.
  - Ephesians 4:1-3
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
  - What is the purpose of our group?
  - What is the vision for our group?
  - What are your expectations?
  - What do you hope to gain from this group experience?
  - What are some things we value as a group?
  - What are some healthy guidelines we need to have in place?  
Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
  - Truth and grace/Bible study and life
  - Encouraging and challenging one another
  - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

# Group Agreement

## OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: \_\_\_\_\_

## OUR VALUES

**Group Attendance:** To give priority to the group meeting. We will call or email if we will be late or absent.

**Safe Environment:** To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

**Respect Differences:** To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

**Confidentiality:** To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

**Encouragement for Growth:** To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

**Welcome for Newcomers:** To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

**Shared Ownership:** To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

**Rotating Hosts/Leaders and Homes:** To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

## OUR EXPECTATIONS

- Refreshments/mealtimes \_\_\_\_\_
- Childcare \_\_\_\_\_
- When we will meet (day of week) \_\_\_\_\_
- Where we will meet (place) \_\_\_\_\_
- We will begin at (time) \_\_\_\_\_ and end at \_\_\_\_\_
- We will do our best to have some or all of us attend a worship service together.
- Our primary worship service time will be \_\_\_\_\_
- Date of this agreement \_\_\_\_\_
- Date we will review this agreement again \_\_\_\_\_
- Who (other than the leader) will review this agreement at the end of this study \_\_\_\_\_



**SUNNYBROOK**  
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