



LIFEGroup Relational Guidelines

TIME: Please be sensitive about the amount of time you share. Group time is limited.

I will seek to avoid conversation dominating.

LISTENING: We seek to cultivate a group culture in which everyone can be real and open about their struggles and celebrations. If we feel like we must normally “wear a mask,” this is an environment in which we are encouraged to “take it off.”

I commit to being an understanding listener. I will not hold side conversations while you are sharing. Before responding; I will first seek to listen to you all the way through. If your struggles are emotional, financial, legal, medical, relational, spiritual, sexual, or any other, I endeavor not to be surprised. I endeavor not to offer advice without your permission.

CONFIDENTIALITY: What is said in the group stays in the group.

I promise to hold your words in confidence. They stay with me.

“I” STATEMENTS: It’s easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use “I” statements rather than “you”, “them”, “they”, etc.

SELF-AWARENESS: Be aware of how you are personally affecting the environment through your words, actions, and non-verbal communication.

SILENCE: Can play an important role in group discussion as it allows for people to process the topic or question being considered. Don’t always jump right in - give people a moment.

CONFLICT: We will resolve conflict biblically. When conflict or sin issues between group members arise, we make sure to honor God and each other in the ways that resolve issues. The following are a few key Scriptures in this regard:

- If someone sins against you - *Matthew 18:15-20*
- Restoring someone in sin - *Galatians 6:1-5*
- Forgive a sinner - *Colossians 3:12-13*
- Reconciling differences - *Matthew 5:23-24, Matthew 7:1-5*

Great. Big. GOD.

The Quest

TALK IT OVER

Key Scripture

"It is the Lord your God you shall fear. Him you shall serve and by his name you shall swear." Deuteronomy 6:13 (ESV)

"...fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:10 (ESV)

"¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after fasting forty days and forty nights, he was hungry. ³ And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' ⁴ But he answered, 'It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" ⁵ Then the devil took him to the holy city and set him on the pinnacle of the temple ⁶ and said to him, 'If you are the Son of God, throw yourself down, for it is written, "'He will command his angels concerning you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'" ⁷ Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. ⁹ And he said to him, "All these I will give you, if you will fall down and worship me." ¹⁰ Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'" ¹¹ Then the devil left him, and behold, angels came and were ministering to him." Matthew 4:1-11 (ESV)

"But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation?" Luke 23:40

"¹² Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, ¹³ for it is God who works in you, both to will and to work for his good pleasure." Philippians 2:12-13

Search for the "Renewal Church Denver" app or "St. John's Denver" app in your app store.

More of God's truth all week long at renewaldenver.tv and sjdenver.tv

Start Talking: Find a conversation starter for your group. (15 Min)

- Share a High and a Low from your week.
- What was something you were scared of as a kid?

Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Read Proverbs 2:1-5. What is the connection between the wisdom and fear of the Lord?
- Read Philippians 2:12-13. How does one work out their salvation with fear and trembling? Is fear necessary for salvation?
- Read Matthew 4:1-11. How does Jesus show the "Fear of the Lord" by His response to Satan during His temptation?

Heart: Start Sharing. Choose a question to create openness. (10 Min)

- Do you obey the speed limit (1) to avoid getting a ticket, (2) out of respect for your fellow citizens who have determined that there should be speed limits, or (3) because of safety?
- Religion has been characterized by some as a way of controlling the masses. Is the "fear of the Lord" just meant to keep us in line?
- Can you think of a time when you didn't fear the Law (Divine or Civil)? Why was that? What was your attitude toward it?
- Do Fear and Love have to conflict with one another? Is the Fear of the Lord different from other fears we have?

Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- Is there an area of your life that needs to change?
- How can you rediscover the big God? The mighty one who rules on high, judges thoughts and deeds, and calls you to serve?

Start Praying: Here's some prayer language you can use. (15 Min)

- God, help me to obey your commandments out of love, trust, and even fear, knowing that you hold my life in your hands. Thank you that you forgive my sins through faith in Jesus – may I not take your mercy for granted. Amen.

Trios: Split into same-gender groups of three. (15 Min)

1. What was a memorable passage from your Life Journal (or other Bible reading plan) reading this past week?
2. What's something you'd like someone else to check in with you about this week?
3. What good can we do around here (are there any community needs God is calling us to meet)?
4. Pray for one another.

Group Prayer Ideas

Pray for Each Other

- Everyone share their prayer requests before entering into the time of prayer;
- As you open a time of spontaneous prayer, ask people to pray for each other's requests / not their own;
- *Option: Have one person record the group's prayers in a prayer journal. Periodically review the journal to see just how much God answers prayer!*
- *Option: Conclude with the Lord's Prayer or Apostle's Creed.*
- *Option: Do a "Prayer Exchange," assigning people to pray for one another this week, & text as you do.*

Responsive Psalm Prayer

- Choose a psalm (ex: 13, 116, 136, 139, etc.);
- Have the leader and the people pray through the Psalm by trading verses responsively,
OR go around the circle and have each person take the next verse.

Missional Prayer

- Have everyone go around and pray specifically for a non-Christian friend, neighbor, co-worker, etc.
- *Option: Have everyone use the "MissionHub" app to set a prayer reminder for that person OR write the name on a 3x5 index card, take it with them and put it somewhere that they'll see it.*

Category Prayer

- The leader guides the group by inviting spontaneous prayer around a "category" at a time, allowing a couple of minutes per category;

Ex: Relational Circles

Our Families
Our Church
Our Neighbors
Our Co-Workers
Our City
Our Country
Our World

Ex: A.C.T.S.

Adoration
Confession
Thanksgiving
Supplication

Ex: Lord's Prayer

Petition 1: Holy Be Your Name
Petition 2: Your Kingdom Come
Petition 3: Your Will Be Done
Petition 4: Give us Today our Daily Bread
Petition 5: Forgive us our Trespasses
Petition 6: Lead us Not into Temptation
Petition 7: Deliver us from Evil

Ex: Healing

Physical
Emotional
Spiritual

Simultaneous Prayer

- Set a timer (ex: 3 min) and ask everyone to pray simultaneously (out loud) until the timer runs out.

Timed Prayer

- Set a timer (ex: 20 min) and then go around the circle taking turns praying until the timer runs out.

Trios Questions

1. Choose a "Connect with God" Question:
 - a. How did you see God at work in your life this week?
 - b. What has God been teaching you in His word this week? Is there anything you need to repent of?
 - c. What was a memorable passage from your Life Journal (or other Bible reading plan) reading this past week?
 2. What's something you'd like someone else to check in with you about this week?
 3. Choose a "Love Your Neighbor" or "Serve Our City" Question:
 - a. What kind of conversations are you having with non-Christians?
 - b. How's your weekly 3-2-1 challenge going? (3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection)
 - c. What good can we do around here (are there any community needs God is calling us to meet)?
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