



## **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.

## Our Abba Who Is In Heaven

# TALK IT OVER

### Key Scripture

*“Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.” Psalm 86:11 (ESV)*

*“<sup>1</sup> Out of the depths I cry to you, O Lord! <sup>2</sup> O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy! <sup>3</sup> If you, O Lord, should mark iniquities, O Lord, who could stand? <sup>4</sup> But with you there is forgiveness, that you may be feared.” Psalm 130:1-4 (ESV)*

*“My son, if you receive my words and treasure up my commandments with you, <sup>2</sup> making your ear attentive to wisdom and inclining your heart to understanding; <sup>3</sup> yes, if you call out for insight and raise your voice for understanding, <sup>4</sup> if you seek it like silver and search for it as for hidden treasures, <sup>5</sup> then you will understand the fear of the Lord and find the knowledge of God.” Proverbs 2:1-5 (ESV)*

*“Fear not, for I have redeemed you; I have called you by name, you are mine.” Isaiah 43:1*

*“<sup>24</sup> Then King Nebuchadnezzar was astonished and rose up in haste. He declared to his counselors, “Did we not cast three men bound into the fire?” They answered and said to the king, “True, O king.” <sup>25</sup> He answered and said, “But I see four men unbound, walking in the midst of the fire, and they are not hurt; and the appearance of the fourth is like a son of the gods.” Daniel 3:24-25 (ESV)*

*“<sup>9</sup> Pray then like this: “Our Father in heaven, hallowed be your name. <sup>10</sup> Your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup> Give us this day our daily bread, <sup>12</sup> and forgive us our debts, as we also have forgiven our debtors. <sup>13</sup> And lead us not into temptation, but deliver us from evil.” Matthew 6:9-13 (ESV)*

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](http://renewaldenver.tv) and [sjdenver.tv](http://sjdenver.tv)

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

- Share a high moment and a low moment from your week!
- As a child, what form of punishment did you hate the most? Would you use it on your own children?

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

- Read 1 John 4:7-21. How does love address fear in verse 18? Compare it with Proverbs 2:1-5 (from last week).
- Read 1 John 4:7-21. What should Christians never fear?
- Read Psalm 130:1-4. How in the world does forgiveness lead to fear?
- Read Matthew 6:9-13. How is this a prayer of fear without being afraid? How should we approach God?

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

- Assuming you had a good relationship with your parents, how did you both love and fear them at the same time? How is seeing God like a Father help us to understand the balance of this relationship?
- In the Lord’s Prayer, what does “Hallowed” mean?
- There are passages in scripture that describe God as “Friend” and “Brother,” and others which describe Him as “Lord” and “Master.” How do you normally view God? Is your view well-rounded enough?
- If God’s love gives us confidence, what do you think fear of God gives?
- How will the fear of the Lord cause you to neighbor better this wk?

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

- The next time you address God in prayer, how can you begin with awe and a recognition of God’s sovereign rule?
- What will you pray for this week that is both bold and respectful?

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

- God you are love and your perfect love gives us the confidence to live without fear of death or hell. We humbly approach you knowing you are all powerful and that you give us forgiveness that we do not deserve. Thank you, Jesus for your love, Amen

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

1. How did you see God at work in your life this week?
2. What’s something you’d like someone else to check in with you about this week?
3. What kind of conversations are you having with non-Christians?
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)?
  4. Pray for one another.
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