

# ARRIVAL- 10 MIN

SPEND A FEW MINUTES INVITING THE HOLY SPIRIT TO TEACH AND GUIDE YOUR DISCUSSION IN THE PATH OF JESUS. - JOHN 14:26

1. LOOK IN | 30 MINUTES
Use this time to catch up on each others
lives since your last meet-up. Rather than
rattling off a list of things you've done over
the last couple weeks, talk about your
rhythms of life. Have you been practicing
them regularly? Which ones are you finding
life giving? Which ones are you finding
difficult?

## PRACTICE | LISTENING & ASKING QUESTIONS

- 1. What is the condition of my heart? ex. grateful, hopeful, joyful, nervous, anxious, tired, worried, sorrowful, irritated, distant, overwhelmed, weary...
- 2. What/Who have I been trusting in? ex. my ability, how others view me, what I do, money, comfort, the promises of God etc...
- 3. What am I avoiding or afraid of?...

## 2. LOOK UP - 30 MIN

Use this time to teach and encourage one another. In what ways has God shown up in your life since your last meet-up? ex. answered prayer, a conversation with another believer, putting off an old habit/pattern of sin.

What is something that God has been revealing to you about Himself through His Word?

What is something God has been revealing to you about yourself through His Word?

#### PRACTICE | CONFESSION & ASSURANCE

Scripture makes it clear that there is healing that takes place when we confes our sin to one another (James 5:16). However, confession is never coerced and isn't meant to shame or guilt us, rather it is meant to lead us towards healing in Christ.

## PRACTICE | CONFESSION & ASSURANCE

A good way to ease into this practice is asking the question: When did I fail to love God or love someone else this week? Then confess to one another by saying something like: "I failed to love God by \_\_\_\_".

or "I failed to love this person by \_\_\_\_".

Always finish this practice by praying assurance over one another. (1 John 1:9, Ephesians 1:7, Colossians 1:13, Psalm 145:18-19)

#### 3. LOOK OUT - 30 MIN

What spiritual practice/rhythm are you going to be intentional about over the next two weeks? (ex. daily prayer, daily bible reading, journaling, scripture memorization, silence & solitude, fasting, intentional community, hospitality, sabbath.)

How are you going to intentionally engage your One? (ex. calling them on the phone, inviting them to coffee, having them over for dinner, inviting them to one of the FGCommunity events.)

How can we care and pray for you over the next two weeks?

Is there anything else you want us to ask you?

## PRACTICE | PRAY SCRIPTURE OVER EACH OTHER

Praise God for one another and your time together (1 Corinthians 1:4-7)

Pray over your One's by name (1. Thessalonians. 2:13, Matthew 9:37-38, John 1:12) Pray for each other (Philippians 4:6-7 Colossians 4:2, John 16:13-15, Ephesians 2:10, Colossians 4:3-4)

End your time by praying the Lord's Prayer together (Matthew 6:9-13)

DECIDE WHO WILL BE HOSTING NEXT AND GET A DATE ON THE CALENDAR