

Small Group Notes - Week commencing 26 September

Welcome

How are you doing?

Briefly share how you've seen Jesus at work in your life this week? Is there something He's been saying to you?

Worship

Start by spending some time in worship together. If you have a worship leader(s) in the group, ask them to lead worship. Alternatively, we have compiled a couple of playlists with a range of songs for you to use during worship and ministry.

[Small Group Spotify playlist](#)

[Small Group Youtube playlist](#)

Sermon series: RESET Talk title: How do we start

Speaker: Kim Hurst

1) Some opening questions:

For those there on Sunday, what do you remember? Importantly, what did Jesus say to you & how did you respond? (encourage people to share personally)

2) Read bible text aloud in the group (Nehemiah 2)

3) Talk summary

VIDEO: "Talk in two" (a 2 minute summary of Sunday's talk)

Or here's the summary.....

Nehemiah assessed the state of the walls- we can start with an honest appraisal of where we are at.

God will guide us in this. Where are the 'broken walls' in our lives at the moment? How are our relationships? Finances? Spiritual health? Emotional state?

Then we ask God where he would like us to be- what's the better future that he has for us?

Then we take a first step towards resetting.

Nehemiah worked with others and our church family can help us in this process by encouraging, keeping us accountable.

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4) Questions for application (2-3 questions max.)

- *What is the Lord saying to you from this passage of scripture? What is jumping out to you?*
- *Can you identify any 'broken walls' in your life at the moment? (you may want to ask people to imagine the 'fuel tanks' in 3 areas of life: emotional; physical and spiritual and ask where are you running on empty?)*
- *What would it look like to have those walls fixed?*
- *What first step can you take towards resetting?*
- *How can the small group or the wider church help?*

5) Prayer ministry

Spend time praying for each other, asking for God's empowering in this re-set moment

The goal here is to minister in the power of the Holy Spirit, rather than intercessory prayer. We believe that the Holy Spirit is present and able to change and heal right now!

The follow the model below is based on how Jesus prayed for people. It's not a formula but a model we've found extremely helpful. As we demonstrate it, others will "catch it".

There are 3 simple steps: **ASK – PRAY - ASK**

- i) **ASK** – ask the person what they're asking Jesus to do for them
And ASK the Holy Spirit what He is wanting to do
- ii) **PRAY** – like Jesus did, pray your best prayers. Invite the Holy Spirit to come, and then wait. As pray-ers, let's keep our eyes open to see what the Holy Spirit is doing
- iii) **ASK** – what's happening? If the pain was a 10 out of 10 when they walked in tonight, ask them what they would score the pain now? What are the next steps? Thank God and ask for more. You may find it helpful to go through these steps 2-3 times.

To ponder or pray about this week...

Suggest a question or activity to take away and do during the week to help in the process of reflection and application.

Some tips for leading a small group Bible discussion:

- *Leading a good Bible discussion is primarily about asking good questions - it's more art than technique and has to be learned "on the job"*
- *We're aiming for self disclosure and application rather than theoretical discussion.*
- *Recognise that people are on a journey - they may be exploring faith or been following Jesus for years.*
- *It may be helpful to start with a lighter ice breaker question, then press in a bit deeper*
- *Open questions are good – "What, How, What if..."*
- *Ask questions that require more than a yes/no answer*
- *Ask questions that are neither insultingly easy nor bewildering obscure!*
- *Supplementary questions are really important - ensure people are grasping meaning rather than trotting out mechanical answers*
- *Supplementary questions have to be asked in the moment, but preparation helps to anticipate various replies*
- *Some helpful questions could include... how does that tie in with the rest of the passage? Can you give an example of that? How do you think this could work out in our lives?*
- *Avoid leaving people thinking "so what?"!!*
- *Remember that all roads in scripture lead to Jesus!*