



# **ALL SAINTS WELLINGTON**

WITH ST CATHERINE'S EYTON



## Small Groups 2020

## **Vision**

What does it look like to have small groups in which we are called to be closer to Christ and sent to be closer to others?

### **Purpose**

To make, equip, and release disciples

To be action units of mission

To provide pastoral care

### **Intended Outcomes**

Deepening Discipleship

People engaging in whole life ministry

Gifts of the Spirit being used

Fruit of the Spirit growing

Hunger and Curiosity for what God is up to

People coming to faith

New Small Groups

Deep relationships formed

## **Structure**

Ideally a group of between 6 and 10 people meeting weekly for around 75 minutes. Each meeting is made up of four parts: Welcome, Worship, Word and Witness.

### **Welcome** – 15 minutes

An opportunity to gather, to put aside the things of the day, and to focus on being present with each other and God. Refreshments and food might be available as people gather.

Some symbol of the group session starting is often useful – perhaps the lighting of a candle, “We light this candle as a reminder of Christ’s light and presence here among us.”

Each person then has the opportunity, without comment or questioning, to check in, to tell other members of the group how they’re doing, and to be listened to.

### **Worship** – 15 minutes

Move focus onto God. Some suggestions to do this include:

- Sing together, either to live instruments or to a recording
- Watch worship video on Youtube etc
- Read / write a psalm together

## **Word – 30 minutes**

Each week we engage with the Bible passage using one of the methods outlined in the appendix, or similar. The intention is two-fold.

The first is draw out something along the lines indicated by the theme word for the week. If other things come out as well, that's great. If there's more there than can be covered in a single session, spend a couple of sessions on the passage.

The second is to equip members of the group to engage with the Bible confidently by modelling for them ways of Bible reading that they can use in their own Bible reading and study at home

Resources that you might find useful, and which you can encourage your small group members to use: – Study Bibles, Bible Gateway website, The Bible app from YouVersion

## **Witness – 15 minutes**

Witness is all about living out our faith, and sharing what God is doing in our lives. So, in this section we have these questions to spur us on:

- 1) What has God done in your life this week?
- 2) How are you going to live differently as a result of what God has shown you in this session?
- 3) How would you explain what you have learnt this week to someone else?

## Themes and Bible Passages

Bible	Consistent	Luke 24:13-35
	Beautiful	Psalms 119: 97-105
	Useful	2 Timothy 3:10-17
God	Creator	Genesis 1:1-2:3
	Trinity	Matthew 3:13-17
	All Powerful	Job 42:1-6
	All Present and All Knowing	Psalms 139
	Holy	Isaiah 6:1-8
	Love	1 John 4:7-21
	Just	Psalms 9
Jesus	Human	John 1:1-14
	Divine	John 8:48-59
	Messiah	Matthew 16:13-20
	Manifesto	Luke 4:14-21
	Crucified	1 Corinthians 1:18-25
	Raised	1 Corinthians 15:12-19
	Returning	Matthew 24:30-44
Holy Spirit	Advocate	John 14:15-31
	Gift giver	1 Corinthians 12:1-11
	Convicting	John 16:1-15
	Regenerating	Titus 3:1-11
	Indwelling	Romans 8:1-16
	Uniting	1 Corinthians 12:12-20
	Sealing	Ephesians 1:3-14
Humans	Created	Genesis 2:4-25
	Known by God	Psalms 139
	Sinful	Romans 7:7-25
	Destiny	Hebrews 9:24-28
Salvation	Grace	Ephesians 2:1-10
	Cost	Luke 23:26-43
	Result	Romans 5:1-11
	Decision	Acts 2:37-41
Angels	Ministering spirits	Hebrews 1:1-14
	Evil Spirits	Luke 11:14-28
	Satan	1 Peter 5:6-11
	Defenses	Ephesians 6:10-20
Prayer	Lord's Prayer	Matthew 6:5-15
	Simplicity	Mark 10:46-52
	Hearing God	1 Samuel 3:1-19
	Praying for the community	Daniel 9:1-19
Mission	Multiplied disciples	2 Timothy 1:1-7
	Witnesses	Acts 1:1-8
	Living like Jesus	Colossians 3:1-4:1
	Talking about the cross	1 Corinthians 2:1-5
Behaviour	10 Commandments	Exodus 20:1-17
	Beatitudes	Matthew 5:1-16
	Fruit of the Spirit	Galatians 5:13-26
	Worshipping	John 4:1-26
Church	Body	Romans 12:1-21
	Family	Matthew 12:46-50
	Communion	1 Corinthians 11:17-34
	Generous	Acts 4:32-5:11

Loving God	Loving God	Mark 12:28-34
	Having Hearts for Jesus	Ephesians 3:14-21
	Being Expectant to Meet with God	Acts 4:23-31
	Doing our Best for God	Luke 9:57-62
	Being Rooted in the Bible	Matthew 4:1-11
	Prayerfulness	Daniel 6:6-14
Loving Each Other	Loving Each Other	John 13:31-38
	Forgiving	John 8:1-11
	Humility	Philippians 2:1-11
	Kindness	Matthew 9:9-17
	Being Encouraging	1 Thessalonians 5:1-11
	Listening	James 1:19-27
	Talking to each other and not about each other	Matthew 18:15-35
Loving Our Neighbours	Loving Our Neighbours	Luke 10:25-37
	Being Accepting	Luke 15:1-32
	Being Welcoming	Matthew 25:31:46
	Hospitality	Genesis 18:1-15
	Sharing faith	1 Peter 3:8-18
	Reconciling people to each other and to God	2 Corinthians 5:11-21
	Making Disciples	Matthew 28:16-20
Celebrating	Celebrating	Philippians 4:1-9
	Joyful Worship	Psalms 98
	Noticing what God is doing	John 5:1-18
	Giving thanks to God	Ephesians 5:1-20
	Showing appreciation	Romans 16: 1-16
	Being Generous	1 Timothy 6:6-18
Exploring	Exploring	Numbers 13:17-33
	Being Spirit Led	Luke 2:22-38
	Openness	Mark 7:24-30
	Being Innovative	Acts 17:16-34
	Risk Taking	Judges 7:1-23
	Creativity	Exodus 31:1-11
	Being able to rethink and shift	Acts 10:1-33

# **Bible Engagement Methods**

## **Six Questions**

- 1) Distance yourself from the text – take a step back and look at the context and overall situation the words were spoken into.
  - Context within the Bible
  - Original context of episode
  - Context of first writer and readers
  
- 2) Let the Bible interpret itself – if there are unfamiliar words or concepts, how does the Bible define them in other places that might help us understand them in this one?
  
- 3) Question the text – Ask questions of the text the try and make clear what exactly God wants it to say to us.
  
- 4) Understand our situation – having thought about what the Bible says, think about where we are and the world in which we live.
  
- 5) Bring together the Bible and the present situation – find the points where the Bible touches our lives and allow it to speak into those places.
  
- 6) Response to the message -there's no point doing the thinking without doing the acting. We've got to apply it in our lives, and think about how we can encourage others to do so as well.

## “Swedish” Bible Study

Begin by praying, asking God to speak through his word. Then read the Bible passage aloud. Instruct each person to go back over the passage on their own while being on the lookout for three things:



A light bulb: This should be something that ‘shines’ from the passage—whatever impacts most, or draws attention.



A question mark: Anything that is difficult to understand in the text, or a question the reader would like to ask the writer of the passage or the Lord.



An arrow: A personal application for the reader’s life.

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Give about 5-10 minutes for people to do that, and then begin three rounds of questioning.

In the first round, get each reader to share one of their ‘light bulbs’ with the group. Spend some time discussing these, if your group is keen; it’s always interesting to discover what has impacted different members.

In the second round, ask them to share one of their questions raised by the passage. Often it is best to invite the person who raises the question to propose an approach to answering it, and generally encourage that person towards further investigation. Alternatively, any member of the group can respond to the question, provided the answer appears in the passage under consideration.

In the third round, ask each person in your group to share one of their applications as it applies to their own life.

At the end of the Bible study, next to a speech bubble symbol, group members write down the name of a friend or relative who would benefit from them sharing what they learned from the study. Their aim is then to talk to that person before the next meeting.

Then, to conclude, pray: Invite people to lead in prayer as they please; no one should feel pressured to pray. Invite a suitable person to close the time of prayer.

## **Ignatian Imaginative Engagement**

- The story is read aloud 3 times. It can be read by one person, or up to 3 different people.
- Before each reading, you will tell them what to be aware of as they listen.
- Following the last reading, there will be 5 minutes of silence during which they continue in the story in their minds, hearts, and spirits - until the leader ends the prayer with "Amen."
- Then they share with each other what happened as they prayed with the story.

First reading instructions: listen to the story for the broad strokes:

- where and when does it take place
- who is there
- what happens

Read through the passage slowly. Pause 1-2 minutes, then:

Second reading instructions: listen for more details:

- who are the major players, who else is there
- what are they doing
- how do they interact
- what is the setting like
- what time of day is it
- what is the mood, the atmosphere

Read the passage slowly. Pause 1-2 minutes, then:

Third reading instructions: Notice more detail and begin to feel yourself in that story.

- who are you or what are you (you may be a person or an object)
- what are you doing, thinking, feeling or what is being done to or with you
- what are the sounds, the smells, and the other details about the location
- what are the emotions and the undertones that you notice

Read the passage slowly and then enter into silence for prayer. Allow 5 minutes for them to pray with the story. End the silence with "Amen" and ask them to slowly leave their prayer and return to this time and place.

5. Invite each to share what happened for them in the story - who or what they were and what happened. It may be not much of anything, it may seem strange or silly, it may be quite dramatic or powerful for the person. Whatever happens is what they say - there is no right and no wrong answer. Respond to each person's sharing with a simple "Thanks" or "Thank you." Do not enter into conversation around the circle until all have had a chance to share.



## **COMA**

Not the most promising of acronyms, but a systematic method of approaching Scripture which can be used in a group, or by individuals on their own.

### **Context**

- What sort of writing is this? (a letter, a poem, a narrative, etc?)
- Are there any clues about the circumstances under which it was written?
- What has happened so far in this particular book of the Bible?

What has happened just prior to this section?

### **Observation**

- What is happening in the passage?

Are there any major sub-sections or breaks in the passage?

- What is the main point or theme?
- What surprises are there?
- What are the key words? What words or ideas are repeated?

### **Meaning**

- How does the passage relate to Jesus?
- What does this teach us about God; Father, Son and Holy Spirit
- How could we sum up the meaning of this passage in our own words?

### **Application**

- How does this passage challenge (or confirm) your understanding?
- Is there some attitude I need to change?
- How does this passage call on me to change the way I live?