

Anchored // Week 1

Leaders: Our hope over the next 5 weeks is not only to learn about WHY reading your bible, praying, serving, living in community, and being generous matter if you are a follower of Jesus, but PRACTICE these disciplines. We think this series offers a unique opportunity to use our small group time to get reps at each of the spiritual disciplines we are learning about rather than solely talking about them. We have provided a couple of questions to aid in facilitating casual discussion while we also practice reading the scriptures, praying etc, but the most important part is us actually DOING the disciplines as a group.

The Scriptures

Q: What ways have you tried to read your Bible that have worked well for you? (time, place, what book did you read; Common methods used: SOAP, 7 arrows, mirrors/window?? etc)

- Robert Lee talks about using the MIRRORS, WINDOW, APPLICATION method. This is a way that we can meditate on scripture.
 - Mirror - what does this teach me about myself
 - Window - What does this teach me about God
 - Application - How should I respond to what I've just learned?

Have your students use their Bibles to practice on the following passages. Do one as a group, and then send students off to do the second passage on their own, and come back together as a group and share.

- Romans 8:1-13
- Hebrews 3:1-14

- When our mind is focused on God's word, it begins to transform the way we think. Choose a verse that your group will memorize together this week and spend some time thinking of creative ways to memorize it.
 - Ex: Romans 12:1-2 (Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect) or Romans 8:6 (To set the mind on the flesh is death, but to set the mind on the spirit is life and peace.)

