

# Discipleship Groups

## Week 7

As your people gather, welcome them, and help them to greet one another.

When it's time to begin, welcome them as a group. Since you are the one who knows what the previous weeks' conversations have been, you are in the best position to judge what follow-up may be appropriate at the beginning of each week's session. The videos and discussion questions I supply endeavor to have thematic integrity from one week to the next. But you're the one in a position to make sure that there is a personal connection from week to week.

After whatever initial conversation you think best, distribute to the group blank pieces of paper and pens or pencils. Once everyone is equipped, invite folks to write down their individual answers to this prompt: Think back over the past week, and list what different things you remember feeling.

We are not making a distinction between physical feelings and emotional feelings. "I felt hungry" is as appropriate as "I felt sad." It's not essential for the exercise that folks write down times and places for each feeling. They may find it helpful, however, to think through the various times and places of their past week in order to generate a good comprehensive list of the things they felt.

Once folks seem to be finished, give them a chance to debrief together. If each one shares a thing or two from their lists, that will help folks connect. You could help the group discussion with these:

- What surprises you about your list?
- What feeling appears most often?
- What feeling was most rare?

Next, transition the group to watching this week's video together. The video can be downloaded or it can be played from the web site.

By this point, there will likely be limited time for post-video sharing. Go around the circle and have folks share their answers to just two questions:

- In what feeling is it easiest for you to live with Jesus?
- In what feeling is it hardest for you to live with Jesus?

Close your time with a brief prayer on behalf of the whole group.

Before everyone is dismissed, remind the group members about your next meeting time and place, as well as encouraging them to pray for one another each day between now and then.

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