

Session 5 (What does Christian Life Look like in Practice?)

Leader's Guide (2 hr session)

Timing?	What?	Who?
5 mins	Welcome and Opening Prayer/Reading – Mark 12.28-34	
15 mins	Check in with questions we wanted people to ask us last time	
10 mins	Brief recap of purposes of session Starter Questions (divide into two groups, take 1 question each): - Who, for you, is the most inspiring example of a Christian life lived well? (share) - If a verb is a 'doing word', what kinds of verbs best describe the life of Christian discipleship? (brainstorm on paper)	
15 mins	Loving God and Neighbour. Briefly re-cap the video/teaching material for this section, then discuss: - How am I doing with these two 'greatest commandments' currently? - Reflect on Jesus' words about loving God with 'heart... mind... and strength'. Do you tend to focus on loving God more with your intellect, your feelings/experiences, or your practical activity? Is there one of these aspects you could explore further? - How is my church/small group doing with these currently? - What has helped us grow in love for God? And neighbour? (If time: Jesus commands us to 'love your neighbour as you love yourself'. How are you doing with loving yourself in the way Jesus has in mind?)	
30 mins	In this section you can <u>EITHER</u> explore the Up, In, Out triangle <u>OR</u> the Six Streams (there won't be time to do both adequately in one session – if you want to give full attention to both, split the session over two weeks) <u>IF EXPLORING UP, IN, OUT:</u> Briefly re-cap video/teaching material for this section, then split into small groups of 3-4, to ask each other the up/in/out discipleship questions on p.4 of the handout. You might want to read Luke 6.12-19 first. <i>[You might want to start with the two 'overall' questions to begin with, and then move onto the questions for up, in and out. [You can leave the 'enabling others to grow in discipleship' questions until the next part of the session]</i> <u>IF EXPLORING THE SIX STREAMS:</u> Briefly recap the six streams (p.5 of handout), in particular noting that these are not six 'activities to do' but six channels of God's grace to us, and channels for God's love to flow out into the world through us. Together they offer a broad and balanced conception of Christian life. Discuss: - How far do you find the idea of the 'six streams' helpful? - How are they part of your own life currently? - Is there one which has never been part of your life but you'd be keen to explore? - Are you sensing an invitation to explore one of the six more deeply?	
30 mins	Enabling Others. - When you or others have noticed you developing in love of God and others, what has helped that to happen? (<i>Brainstorm and capture group wisdom</i>) - How 'balanced' is your group/church in the upward/inward/outward dimensions of discipleship? (<i>discuss</i>) - What might happen if one or more of these three is missing from our lives? - What would your church/group look like if you designed your priorities and activity around the six streams? What would be different? (Try to get practical and specific!) - What kind of enabling/approach does all this require from us?	
15 mins	<u>Remaining in small groups of 3-4:</u> invite groups to share their questions/discipleship challenges to pray about/ask about next time. <u>Together:</u> Closing reflection (epilogue to <i>Streams of Living Water</i>), wrap up.	

Leader's Guide (1.5 hr session)

Timing?	What?	Who?
5 mins	Welcome and Opening Prayer/Reading – Mark 12.28-34	
15 mins	Check in with questions we wanted people to ask us last time	
5 mins	Brief recap of purposes of session Starter Questions (divide into two groups, take 1 question each): - Who, for you, is the most inspiring example of a Christian life lived well? (share) - If a verb is a 'doing word', what kinds of verbs best describe the life of Christian discipleship? (brainstorm on paper)	
10 mins	Loving God and Neighbour. Briefly re-cap the video/teaching material for this section, then discuss: - How am I doing with these two 'greatest commandments' currently? - Reflect on Jesus' words about loving God with 'heart... mind... and strength'. Do you tend to focus on loving God more with your intellect, your feelings/experiences, or your practical activity? Is there one of these aspects you could explore further? - How is my church/small group doing with these currently? - What has helped us grow in love for God? And neighbour? (If time: Jesus commands us to 'love your neighbour as you love yourself'. How are you doing with loving yourself in the way Jesus has in mind?)	
30 mins	In this section you can <u>EITHER</u> explore the Up, In, Out triangle <u>OR</u> the Six Streams (there won't be time to do both adequately in one session – if you want to give full attention to both, split the session over two weeks) <u>IF EXPLORING UP, IN, OUT:</u> Briefly re-cap video/teaching material for this section, then split into small groups of 3-4, to ask each other the up/in/out discipleship questions on p.4 of the handout. <i>[You might want to start with the two 'overall' questions to begin with, and then move onto the questions for up, in and out. You can leave the 'enabling others to grow in discipleship' questions until the next part of the session]</i> <u>IF EXPLORING THE SIX STREAMS:</u> Briefly recap the six streams (p.5 of handout), in particular noting that these are not six 'activities to do' but six channels of God's grace to us, and channels for God's love to flow out into the world through us. Together they offer a broad and balanced conception of Christian life. Discuss: - How far do you find the idea of the 'six streams' helpful? - How are they part of your own life currently? - Is there one which has never been part of your life but you'd be keen to explore? - Are you sensing an invitation to explore one of the six more deeply?	
15 mins	Enabling Others. - When you or others have noticed you developing in love of God and others, what has helped that to happen? (<i>Brainstorm and capture group wisdom</i>) - How 'balanced' is your group/church in the upward/inward/outward dimensions of discipleship? (<i>discuss</i>) - What would your church/group look like if you designed your priorities and activity around the six streams? What would be different? (Try to get practical and specific!) - What kind of enabling/approach does all this require from us?	
10 mins	<u>Remaining in small groups of 3-4:</u> invite groups to share their questions/discipleship challenges to pray about/ask about next time. <u>Together:</u> Closing reflection (Richard Foster's epilogue to <i>Streams of Living Water</i>), wrap up.	