



Huddles Sermon Series, The Jesus I Wish You Knew, Week 1

Learning to love and follow Jesus—together—by His strength, in every
day life.

What are huddles at Foundations?

- Groups of 3-8 people (or 3-4 couples) that meet for one hour per week at a time and location of your choosing. Larger groups should plan for 75 minutes.
- Huddles last for 8 weeks. At the end of each 8-week session, you can keep your group, add to your group or even change groups & topics.
- While gathering on Sunday is vital to spiritual growth, so is connecting with others to encourage one another, discussing what it means to follow Jesus and praying for one another. These practices are detailed in our RHYTHMS course (which is not necessary to take part in huddles, but highly recommended).

Our Mission is to bring the extraordinary life-changing message of Jesus Christ to a lost and broken world.

- Huddles are one way we prepare to do this very thing, and we can't do that unless our lives are being transformed by Him.
- Hence, the goal of every session is that you will grow more like Jesus in some small way.
- In order to do this, we will focus on God's Word, encourage one another and commit to praying for one another.
- Each week, there are individual rhythms we encourage that will help you "love and follow Jesus."
- Similarly, there are corporate rhythms that help us in our spiritual formation.
- Consistent practice of these rhythms is part of the holistic development of disciples, and this booklet is designed to touch on that development.
- This holistic framework will give structure to your meeting time.

The individual rhythms overview (for those that haven't taken the Rhythms course):

Prayer: Talking to God and listening to Him via His Word, His Spirit-Filled people and His creation. If you don't know how to pray, a good start is the Lord's Prayer in Matthew 5.

Abide in the Word: Reading the Bible, prayerfully, asking God to show you what He wants for you. A good practice is to read with a pen & journal to write your thoughts as He leads them.

Silence: choosing to avoid speaking in order to listen to what He might want to say to us. Another **Solitude:** avoidance of interaction with others in order to be alone with Him. Silence enhances this.

Reflection (especially effective at the end of the day, maybe before sleep): Take some time in stillness to experience His presence, tell God things you're thankful for, make note of where you experienced Him today--or where you didn't—and note instances of loving your “neighbor” well—or failure to do so. Ask God for what He may want for you in the day tomorrow.

Other rhythms that will likely be practiced less frequently: Fasting (food; if there's an area you are seeking specific guidance); giving joyfully (financially as an act of worship) and rest (setting aside time to enjoy your life and choosing to refrain from work)

The corporate rhythms overview (for those that haven't taken the Rhythms course):

Worship gathering: A time for our family to be together to participate corporately in the rhythms of worship together.

Participation in community: A time to engage in huddle, as well as other forms of being together as a church family (such as concerts, conferences/classes, events, etc.)

Lord's Supper: A chance for our family to reflect on the person and work of Jesus and look forward in hope to His coming again in a symbol of eternal unity.

Baptism: A one-time action of a declaration of faith in Christ. It is our hope that everyone be baptized, as well as choosing to enjoy the celebration of others who choose to do so.

Using your gift to serve the Body: We have been given a gift to help the body of Christ come to maturity in faith, and we benefit by your presence.

Having a ministry of love for neighbor: We choose to exemplify the abundant life in order to fulfill our mission of bringing the extraordinary life of Jesus Christ to a lost and broken world.

Prayer, Day 1

- If you are comfortable praying as a conversation with God, find some focused time to do so.
 - Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
 - You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray aloud the following prayer from Paul's letter to the Ephesians
 - If you are new to prayer, or struggle with focus, you may want to pray using Paul's prayer of thanksgiving for others as an example (from Ephesians 1: 15-22): You can use this to pray for yourself and for others.
 - Tell God you love him.
 - Ask God for spiritual wisdom & that He would reveal Himself in ways you can know him more.
 - Pray that you know the hope of His calling you.
 - Pray that you would know the riches of glory of the inheritance of the saints.
 - Ask God that you would know the power He gives to those who believe.
 - Praise Him for being the God who is above all rule and authority and has the name above all other names.
 - Thank Him for being head of the Church.

Sermon Series: The Jesus I Wish You Knew, Week 1

Abiding in the Word, Day 1, Luke 15: 11-32

- Background & Insights on the Reading:
- This is from the “lost” chapter of the Bible: Lost sheep, lost coin, lost son.
- Notice that the man had two sons. The younger one, in light of likely inheritance traditions of the day, would’ve been about a 20% share of the estate.
- To request the amount early would’ve been equal to the younger son telling the father that he wished he were dead.
- In whatever case, the son likely liquidated the assets and left home.
- Questions for Reflection:
- What do you make of the father’s willingness to go ahead and provide the inheritance to his son? What does this tell you about the father?
- The younger son was likely a teenager (any older he likely would’ve already been married, and here he appears single). What was your relationship with your parent(s) like in your teen years? Was it similar or different than the younger son’s?

Prayer, Day 2

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray using the Lord's Prayer as an outline for your own words to express...

Tell God how thankful you are for the privilege of calling the King of Kings "our Father," & that He listens and hears.

God is worthy of honor and worship

We should acknowledge that things on earth are not what they are supposed to be, and that we should ask God to be aware of His presence and strive to see what He wants this world to be. We should let others see His Kingdom by how we live.

We should be thankful that He provides our basic needs.

We should pray for forgiveness and forgive others

We should name our weaknesses and our temptations, and for the Spirit to strengthen us. We should close with praise.

Sermon Series: The Jesus I Wish You Knew, Week 1

Abiding in the Word, Day 2, Luke 15: 11-32

- Background & Insights on the Reading:
- This is from the “lost” chapter of the Bible: Lost sheep, lost coin, lost son. The sheep wandered off—not knowing any better. The coin was lost to circumstance. The son chose to leave on his own volition.
- As seen yesterday, the son likely liquidated the assets and left home, evidently to live a life of pleasure.
- Jewish people were not supposed to deal with pigs at all (they would be ceremonially “unclean”). This highlights the desperation of the younger son.
- Questions for Reflection:
- Describe a time when you were living a life of freedom, only to discover that the “freedom” actually turned into a burden. How did you get out of that situation?
- Why does it take some people to get to the end of their rope to come to their senses? Why do some people seem to avoid this predicament and make wiser choices?

Prayer, Day 3

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the ACTS method as an outline for your own words to express...
- Adoration (a time of worship): don't be afraid of "artistic expressions" here, or to use Psalms or hymns or other forms of praise.
- Confession: We all fall short and miss the mark. Confession of sin helps us our relationship to God.
- Thanksgiving: Simply tell God what you're thankful for.
- Supplication: Asking God for needs of the world, our country & leaders, our church, and anything and everything else. God wants to hear from you.

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Abiding in the Word, Day 3, Luke 15: 11-32

- Background & Insights on the Reading:
- The younger son had come to the end of his rope, taking on work that no self-respecting Jewish man would do: working with pigs.
- Hunger was the young man's rationale for wanting to come back home. However, the son knew that he had no right to come back home as a son. He turned to the option of offering himself as a hired hand.
- Questions for Reflection:
- Notice the young son's confession: he noted that he sinned against both the father and "heaven" (God). How are the consequences similar when we sin against God & against others? How are they different?
- Why do you think the younger son's perspective about God changed? Returning to his father seemed practical, so why do you think the son want to reconnect with God as well?

Prayer, Day 4

- If you are comfortable praying as a conversation with God, find some focused time to do so.
 - Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
 - You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
 - If you are new to prayer, or struggle with focus, you may want to pray using the breath method to pray:
 - Simply take a Psalm and breathe in as you read the first line, and then exhale on the second.
 - Take deep, long, slow breaths.
- You can also do this with just one verse of Scripture, and almost every Psalm can be done this way. Try to focus on the ones that focus on God and/or resonate with where you are at the moment.

Sermon Series: The Jesus I Wish You Knew, Week 1

Abiding in the Word, Day 4, Luke 15: 11-32

- Background & Insights on the Reading:
 - Note that the father saw the younger son returning from “a long way off.” Evidently, anytime the father was on the outskirts of his property, he likely would search for his son.
 - The father ran to meet him. Middle eastern men in that culture viewed running as undignified.
 - The father was compassionate and affectionate.
 - Also note: the son never got to finish the speech he likely rehearsed on his long journey back to his hometown.
- Questions for Reflection:
 - In what ways is this reunion similar to the relationship between you & your family? In what ways is it different?
 - Which of the following attributes of the father are you drawn to most: Seeks out the lost, taking initiative to repair a broken relationship, compassionate, outwardly showing love. Why did you answer the way you did?

Prayer, Day 5

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to simply pray using a Psalm...they are really great prayers! Find one that you resonate with, and pray it aloud:
- Simply take a Psalm, such as Psalm 23 or 51
- Pray aloud, even if in a whisper, slowly and with concentration on the words.
- Try to be attentive to the thoughts that come to mind and discern if those may be something God is trying to tell you.

Sermon Series: The Jesus I Wish You Knew, Week 1

Abiding in the Word, Day 5, Luke 15: 11-32

- Background & Insights on the Reading:
- The father gave the son a robe, a ring and sandals. This symbolic act is not only restoring the son to the family, but showing him honor, giving him authority & providing signs of freedom.
- A calf was being fattened for a special occasion, and apparently this is it. Note the contrasts highlighted here: He was dead, now he's alive. He was lost, now he is found.
- The celebration began without the older brother's awareness. This could be because the older brother was genuinely away working, or it could be because he had his own distant relationship to his family.
- Questions for Reflection:
- If someone were to ask you how you moved from "death to life" & from "lost to found," what would you tell them? How could you make your story personal to them and still include those realities?
- What does it say about the father that not only did he take him back in, but he went above and beyond—giving his son honor, authority & freedom? When reminded that this is what God has done for each of us, how does that make you feel?

Prayer, Day 6: A Time for Reflection

Traditional time of Examen	A Few Thoughts on This Method
<p>This is a version of the five-step Daily Examen that St. Ignatius practiced.</p> <ol style="list-style-type: none">1. Become aware of God’s presence.2. Review the day with gratitude.3. Pay attention to your emotions.4. Choose one feature of the day and pray from it.5. Look toward tomorrow.	<ol style="list-style-type: none">1. Breathe & slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.2. Walk through your day and give thanks for areas where you saw God “show up” and for His blessings.3. The things you feel when you review often highlight areas where God wants you to focus and what he wants to teach you. Often this results in confession when you see your emotions out of line with walking in the Spirit.4. Ask God to show you moments where you loved others well (or, conversely, He may bring to mind an area you didn’t). Give thanks or ask forgiveness as warranted.5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.

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Abiding in the Word, Day 6, Luke 15: 11-32

- Background & Insights on the Reading:
 - The older brother chose not to attend the celebration, and the father still didn't command him to come. He pleaded.
 - The older brother's disrespectful attitude has often drawn comparisons to the early church, when Jewish faithful became followers of Christ discovering that Gentiles (foreigners) would be full-fledged members of the family of God (see Ephesians). The older brother claimed he did everything right and never got a party.
 - The father reminded the older brother that he didn't do without anything and had full access to the Father the entire time. The father did so with tenderness rather than rebuke.
 - Notice we didn't get to see the response of the older son. This open-endedness reminds us all that the younger son is already accepted by the father, and now it's up to the older brother to make a choice, too.
- Questions for Reflection:
 - In your faith journey, are you more like the older brother or the younger brother? Why did you answer the way you did?
 - The father must've known great pain from rejected love. As Pastor Marcus quoted from Kenneth Bailey in the sermon, "This agony is the most painful form of suffering known to the human spirit. The greater the love, the greater the pain when the love is not accepted. The prodigal son rejects his father's love." Knowing that God experiences great pain when His love is rejected, how does this broaden your view of God?

Huddle Meeting: (suggested time = 30 mins)

General Check-In (10 minutes)

Describe your sleep habits this week.

Describe your dietary habits this week.

Describe your exercise habits this week.

Describe your development in intellectual curiosity this week (keeping up with current events, artistic endeavors, learning new skills, hobbies, etc)

Emotional Check-In (10 minutes)

Using the SACHET wheel, describe how you're doing emotionally right now. You may want to write down some of these to pray for your huddle during the week.



Rhythms Check-In (10 minutes)

Describe your experience with the individual rhythms this week.

Describe your experience with the corporate rhythms this week.

How can the huddle encourage you this week in these areas? Or...

...How can you encourage the huddle this week in these areas?

Huddle Meeting: Discussion for Growth

10 Minutes:

What is something you feel God truly taught you this week?

20 Minutes (based on Luke 15):

Are you more like the older brother or the younger brother? Why did you answer that way? What might you need to change to “come to your senses” (repent)?

The father in the story is seen to have great emotion. How does this correspond with your image of God?

Regardless of your faith level, if you were to make any changes in your life based on what we read this week, what would that look like?

Additional Helps & Resources:

<https://www.planobiblechapel.org/tcon/notes/html/nt/1corinthians/1corinthians.htm>

This is an excellent resource from a Dallas Seminary professor who taught all the books of the Bible in his career. They are Dr. Tom Constable's class notes. Very academic, but free & very insightful. Simply scroll the PDF until you get to 1 Corinthians 13.

https://www.amazon.com/Crazy-Love-Overwhelmed-Relentless-God-ebook/dp/B00C9QGYN0/ref=sr_1_1?crid=2J8KVLIL0L3ZO&dchild=1&keywords=crazy+love+francis+chan&qid=1633634609&sprefix=crazy+love+f%2Caps%2C339&sr=8-1

This is an easy, enjoyable read about the difference about what love looks like when it's lived out loud by popular pastor & author Francis Chan.