



# Huddles Sermon Series, This is Us Week 3

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 6<sup>th</sup> century Celtic prayer guides:

O Lord,  
in the name of Jesus Christ your Son our God,  
give us that love which can never cease,  
that will kindle our lamps but not extinguish them,  
that they may burn in us and enlighten others.

O Christ, our dearest Savior,  
kindle our lamps,  
that they may evermore shine in your temple,  
that they may receive unquenchable light from you  
that will enlighten our darkness,  
and lessen the darkness of the world.

Lord Jesus, we pray,  
give your light to our lamps,  
that in its light  
the most holy place may be revealed to us  
in which you dwell as the Eternal Priest,  
that we may always see you,  
desire you, look on you in love,  
and long after you;  
for your sake. Amen.

# Sermon Series: This is Us. "Lived-Out Love" Abiding in the Word, Day 1, 1 Corinthians 13: 1-13

- Background & Insights on the Reading:
- This is in a section of Paul's letter to the church in Corinth. The letter is written specifically to show where they'd gotten away from what they were supposed to be doing to encourage one another to faith & good works.
- Many problems were addressed: divisions among people, moral failings, sexual issues & lawsuits between believers.
- This section is part of Paul's discussion on helping them correct their failings with the use of spiritual gifts.
- Questions for Reflection:
- To introduce the topic, take a quick look at chapter 12:31. Having meaningful spiritual gifts is a good thing, but having love is better. What do you think the people in Corinth were doing with their gifts that sparked this line of thinking?
- As you read these verses, what do you think the connection between inner love and outward actions might be?

# 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: This is Us. “Lived-Out Love”

## Abiding in the Word, Day 2, 1 Corinthians 13: 1-13

- Background & Insights on the Reading:
- Paul’s letter to the church in Corinth. The letter is written specifically to show where they’d gotten away from what they were supposed to be doing to encourage one another to faith & good works.
- Many problems were addressed: divisions among people, moral failings, sexual issues & lawsuits between believers.
- From yesterday, we saw the importance of love being the most important thing, which allows us to let our inner reality have outward “fruit.”
- Questions for Reflection:
- Pastor Carl noted that love “Protects, Believes, Hope and Perseveres.”
- Can you think of a time someone showed you love and you felt protected? How does that feeling continue to remind you of the person that loves you?
- How might you protect someone who needs protection? Who might that be and what might that look like?

# 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.

# Sermon Series: This is Us. “Lived-Out Love”

## Abiding in the Word, Day 3, 1 Corinthians 13: 1-13

- Background & Insights on the Reading:
- Paul’s letter to the church in Corinth. The letter is written specifically to show where they’d gotten away from what they were supposed to be doing to encourage one another to faith & good works.
- Many problems were addressed: divisions among people, moral failings, sexual issues & lawsuits between believers.
- From yesterday, we saw the importance of love always “protecting.”
- Questions for Reflection:
- Pastor Carl noted that love “Protects, Believes, Hope and Perseveres.”
- Believing all things involves not losing trust in them and seeing them as God sees them. When did someone do that for you?
- Who is someone who might need to be encouraged by your belief in them? What might you do in order to show them that belief?

# 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: This is Us. “Lived-Out Love”

## Abiding in the Word, Day 4, 1 Corinthians 13: 1-13

- Background & Insights on the Reading:
- Paul’s letter to the church in Corinth. The letter is written specifically to show where they’d gotten away from what they were supposed to be doing to encourage one another to faith & good works.
- Many problems were addressed: divisions among people, moral failings, sexual issues & lawsuits between believers.
- From yesterday, we saw the importance of believing in someone else.
- Questions for Reflection:
- Pastor Carl noted that love “Protects, Believes, Hope and Perseveres.”
- Hope is what separates us in this world (practically speaking). Non-believers and believers all have bad things happen to them. How do you think “hope” makes the difference between the two in the present?
- What might the connection between hope and faith be?

# 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: This is Us. “Lived-Out Love”

## Abiding in the Word, Day 5, 1 Corinthians 13: 1-13

- Background & Insights on the Reading:
- Paul’s letter to the church in Corinth. The letter is written specifically to show where they’d gotten away from what they were supposed to be doing to encourage one another to faith & good works.
- Many problems were addressed: divisions among people, moral failings, sexual issues & lawsuits between believers.
- From yesterday, we saw the importance of hope as we live day-to-day.
- Questions for Reflection:
- Pastor Carl noted that love “Protects, Believes, Hope and Perseveres.”
- Do you think there is a connection between “hope” and “perseverance?” What might that be?
- How can we be in the middle of trials and troubles and figure out how to keep going? How might hope connect to perseverance?

# 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"><li><b>1. Become aware of God's presence.</b></li><li><b>2. Review the day with gratitude.</b></li><li><b>3. Pay attention to your emotions.</b></li><li><b>4. Choose one feature of the day and pray from it.</b></li><li><b>5. Look toward tomorrow.</b></li></ol>	<ol style="list-style-type: none"><li>1. Breathe &amp; slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.</li><li>2. Walk through your day and give thanks for areas where you saw God "show up" and for His blessings.</li><li>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.</li><li>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.</li><li>5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.</li></ol>

# Sermon Series: This is Us. “Lived-Out Love”

## Abiding in the Word, Day 6, 1 Corinthians 13: 1-13

- Background & Insights on the Reading:
- Paul’s letter to the church in Corinth. The letter is written specifically to show where they’d gotten away from what they were supposed to be doing to encourage one another to faith & good works.
- Many problems were addressed: divisions among people, moral failings, sexual issues & lawsuits between believers.
- From yesterday, we’ve seen the connection between protection, believing all things, hope and perseverance as they relate to faith.
- Questions for Reflection:
- Pastor Carl noted that love “Protects, Believes, Hope and Perseveres.”
- Pastor Carl said that “grace is not only a healer, but also a multiplier.” What do you think he meant by that?
- How does lived-out love lead to a greater love for God?
- How does lived-out love lead to a greater love for our neighbor?

# 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 1 Corinthians 13):

Pastor Carl said, “You will not be able to receive or give God’s love if you’re stunted in your emotional growth as a child.” From verse 11. What “childish things” might you need to put away so you can grow? What “grown up” things might you want to add that will allow you to fully experience and give God’s love?

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](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.