



Huddles

Women in the Bible, 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 6th 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.

Time in the Word, Day 1, Joshua 2: 1-7

- Background & Insights on the Reading:
 - Moses had died without setting foot in the Promised Land (although God let him see it from Mt. Horeb)
 - Joshua had led the nation of Israel into it and God reminded him that the promises to Moses would be fulfilled.
 - God reminded Joshua that they would get the land promised to them, but also reminded them to be faithful to His laws.
 - As a reminder, there were people already living in the land, who wouldn't simply give Israel their possessions. War was inevitable.
- Questions for Reflection:
 - Spies are being spies here, and likely went to a prostitute as this wouldn't bring about much suspicion. Why do you think Rahab would send her own government's leadership on a false chase given that her "clients" were foreigners?
 - Interestingly, the governor went immediately to Rahab. What do you think her reputation in the city might've been?

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.

Time in the Word, Day 2, Joshua 2: 8-14

- Background & Insights on the Reading:
- God reminded Joshua that they would get the land promised to them, but also reminded them to be faithful to His laws.
- As a reminder, there were people already living in the land, who wouldn't simply give Israel their possessions. War was inevitable.
- The spies had somehow garnered attention, and Rahab caused the government to chase after the spies even though they were still in Rahab's place of business.
- Questions for Reflection:
- How do you think Rahab found out all the information she did in verses 10-11?
- Notice how she trusted that God would do what He said He would do. Do you find it easy to trust God or difficult to trust? Why did you answer the way you did?

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.

Time in the Word, Day 3, Joshua 2: 15-24

- Background & Insights on the Reading:
- Rahab was aware of what the Israelites had been through, and the promises of God.
- She'd asked the spies for safety for her family in return for her service to the spies. They agreed to do so.
- Questions for Reflection:
- How do you think Rahab knew how the pursuit would transpire? How might she have acquired so much information on both "sides?"
- So far, what character traits have you seen in Rahab that are worthy of imitation?

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.

Time in the Word, Day 4, Joshua 6: 15-25

- Background & Insights on the Reading:
- A very peculiar battle plan had been devised: The nation of Israel was to march around the city for six days. Some studies have shown it was not a large city, with the walls encircling roughly 8.5 acres.
- The Lord had guaranteed victory to Joshua in following specific instructions: marching in silence for six days followed by shouting on the seventh day.
- Questions for Reflection:
- What do you think must've gone through Joshua's mind when he heard the plan? What does it say about him that he followed the plan precisely?
- How do you feel when following God feels so different than what feels like "common sense?"
- How do you think Rahab responded when she was rescued, especially toward God?

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, and this week you might want to go with Psalm 55
- 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.

Time in the Word, Day 5, Matthew 1: 1-5 & James 2: 14-25

- Background & Insights on the Reading:
- Rahab protected the spies, asked for their help in return and after the nation of Israel came into possession of the land, she was rescued.
- Matthew 1 records the lineage of Jesus Christ.
- James 2 is in the context of a discussion regarding being a doer of the Word, not only a hearer.
- Questions for Reflection:
- When you read that a former prostitute is in the family lineage of the Messiah, what thoughts does that bring up in your mind about God and how He operates?
- Notice that Rahab and Abraham are linked when discussing faith leading to actions. How does your faith inform your actions in day-to-day living? (try to think very practically & specifically)

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.

Time in the Word, Day 6, Hebrews 11:1-32

- Background & Insights on the Reading:
 - This chapter is often referred to as the “Hall of Faith.”
 - Much like we read from James yesterday, this is in a section of the letter to Hebrews that gives examples of faith “In action.”
 - Notice the list of names in this section and they’re connected to verse 1. While it is very difficult to define “faith,” there’s no question that faith is to lead toward outward action.
- Questions for Reflection:
 - Notice the company of people that Rahab is listed alongside. How might this encourage you? What does this say about Rahab? What does this say about God?
 - What was the content of Rahab’s faith? How did this lead her to action?

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 readings from Joshua, Matthew, James & Hebrews):

Rahab's story is one of redemption by God: She was living one kind of life and, by faith, began another kind of life. How might this help you tell your story of faith to someone else?

There is a clear connection between works and our faith. How might this “look” in your daily life?

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?