



Huddles Sermon Series, The Jesus I Wish You Knew, 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 (Week 7, David & Bathsheba)

- 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 Ephesians 3:

For this reason, I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

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Abiding in the Word, Day 1, John 1: 14-17

- Background & Insights on the Reading:
- The Gospel of John was written by “the disciple whom Jesus loved.” John was eating with Jesus on the night before the crucifixion, was at the empty tomb, at the scene when Jesus was “transfigured” and (along with Peter & James) given personal time with Jesus beyond what the other 9 got.
- It was written around 80-85AD.
- The reason it was written is from 20:31: That people would know Jesus is the Messiah.
- The Message translation for verse 14 reads: “The Word became flesh and blood and moved into the neighborhood.”
- Questions for Reflection:
- Verse 14 from The Message is often used to encourage us to live a lifestyle that models this in our day-to-day lives. In other words, how do we make loving our neighbors a priority? What are some things you can do that would help you be more intentional about being present with those that don’t know Him?
- What does a life of “grace and truth” mean to you?

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.

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Abiding in the Word, Day 2, John 1: 35-51

- Background & Insights on the Reading:
 - We move forward in the story roughly 30 years. John focuses his story on John the Baptist while other gospel writers mention other events while Jesus was younger.
 - This section is calling the first set of disciples. Andrew and John were followers of John the Baptist, so they knew that the way was being prepared for the Messiah to arrive.
 - John the Baptist gladly allowed the two disciples to join Jesus. Peter would join them at the suggestion of Andrew (his brother).
 - Andrew & Peter talked to Philip (who was from their hometown) and Nathaniel. Nathaniel was a bit skeptical since he thought (rightfully) the Messiah would come from Judea.
 - Jesus tells Nathaniel—after Nathaniel had understood that Jesus was the Messiah—that He would see amazing things.
- Questions for Reflection:
 - These disciples were going to be giving up their livelihoods and family relationships in order to become disciples of Jesus. If you are already a disciple, what did you have to give up to follow Him? If you are struggling with whether or not you are a disciple, what are some of the things holding you back?
 - What are some amazing things you've personally seen Jesus do in your life or in the lives of others?

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: The Jesus I Wish You Knew, Week 3

Abiding in the Word, Day 3, John 2: 1-11

- Background & Insights on the Reading:
- Jesus is in a rural town called Cana roughly two days walking from where we left off from chapter 1.
- Weddings in this culture could last roughly a week. This banquet took place in the home of the groom.
- It's likely that the couple was related to Jesus in some way, which would explain why Mary was involved in making sure the party was going smoothly.
- Jesus response is along the lines of "Mom, your concerns and mine are not the same."
- Each jar would hold between 20-30 gallons of water for the ceremonial washing. Some of the disciples put their faith in Him after this very "quiet" miracle. Limited numbers of people were aware of this miracle, with most people simply enjoying the festivities (and saving the married couple an embarrassment of running out of wine at the reception).
- Questions for Reflection:
- Similar to our discussion on day 1, how does the reality that Jesus and his friends were attending a wedding reception and enjoying the festivities broaden your view of Jesus as human?
- What do you think were Jesus "concerns" about performing this miracle?
- What are some reasons Mary might've asked Jesus to do something about this issue? Why would she actually ask Him?

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 3

Abiding in the Word, Day 4, John 2: 1-11

- Background & Insights on the Reading:
 - Jesus is in a rural town called Cana roughly two days walking from where we left off from chapter 1.
 - Weddings in this culture could last roughly a week. This banquet took place in the home of the groom.
 - It's likely that the couple was related to Jesus in some way, which would explain why Mary was involved in making sure the party was going smoothly.
 - Jesus response is along the lines of "Mom, your concerns and mine are not the same."
 - Each jar would hold between 20-30 gallons of water for the ceremonial washing. Some of the disciples put their faith in Him after this very "quiet" miracle. Limited numbers of people were aware of this miracle, with most people simply enjoying the festivities (and saving the married couple an embarrassment of running out of wine at the reception).
- Questions for Reflection:
 - What was the "thing" that moved you from unbelief in Jesus to belief in Jesus? The disciples had a behind-the-scenes-look at Jesus' power, but what drew you to Jesus?
 - Jesus, in effect, announced His Messiahship with a "small miracle" in an out-of-the-way locale. Similarly, He became "flesh and blood" and moved into the neighborhood. How does this focus on the Son of God as living a life in and among people help you see Him in a new light?
 - How does this motivate you to serve Him more?

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.

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Abiding in the Word, Day 5, John 2: 12-25

- Background & Insights on the Reading:
- We now pick up the story with Jesus coming to the Temple for the Passover festival. This was His first trip since His public ministry with the disciples began. On His 3rd trip two years later, we'd see Him do something similar.
- Note that in each case, the disciples tied the events that took place to prophetic statements about the Messiah.
- Jesus was not only becoming popular with the people, but people were beginning to understand that Jesus was actually the Messiah.
- Questions for Reflection:
- In our terms, we usually refer to Jesus as our "savior," but the emphasis in the first century to Jewish people was that of the Messiah. How do you see the two titles providing greater insight into the person and work of Jesus?
- Jesus spares the doves, which were for the poor to use in worship. What are some ways that we can truly show concern for the poor among us, practically speaking?

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, John 13: 1-17

- Background & Insights on the Reading:
- We are now at the end of Jesus' ministry with the disciples and this is the last night they would spend together before His trial & crucifixion.
- This is at a dinner for the Passover remembrance and Jesus and the disciples are all in one room together.
- Note that there is water in a basin here much like the water in the pots in the first miracle.
- Jesus takes the posture of a servant. He chooses to wash the feet of the disciples...a ritual that only true servants performed.
- Questions for Reflection:
- What are some ways that you feel like you should be serving others? What might you have to drop off your schedule to do so? What might you have to add to your schedule to do so?
- What does Jesus being your Teacher and Lord mean to you? How is He truly your teacher? What does falling under His Lordship look like in your day-to-day life?

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 John 1-3):

What might it look like in your life to have Jesus' concerns and your concerns in alignment?

Are there areas in your life you should submit to Jesus lordship? What, specifically, might you do in order to do this? When will you do this?

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/john/john.htm>

<https://www.planobiblechapel.org/tcon/notes/html/nt/luke/luke.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 John 14 and/or Luke 14.

https://www.amazon.com/dp/B0060M8H84/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

This is an easy, enjoyable read about how following Christ and His mission will cause you to defy the "rules" set by society about how Jesus acts. Since he's definitely a God who wants you at the party, this is a helpful way to see Jesus differently by Michael Frost..