



Huddles

Women in the Bible, Week #8

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.

Time in the Word, Day 1, Proverbs 31: 10-12

- Background & Insights on the Reading:
 - The entire book of Proverbs closes with reflections on what makes a godly woman, and clearly from the fact that it's included in "proverbs" it infers that she's connected to His wisdom for living life.
 - Traditionally, families would hear this read during their Sabbath readings over a table.
 - We need to be careful not to use this section as a "checklist" for men to gauge their spouses by or a set of ideals for women to try to live up to, but rather it should be read as simply "wisdom" having a "body." It's similar to "hero" literature in that it creates the kind of character that wisdom would develop.
 - These few verses discuss value and abilities.
- Questions for Reflection:
 - What does it look like to you to be "valued above jewels?"
 - What is "trust" to you?
 - Can you think of anything you could do to choose to "do good" for your spouse?

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, Proverbs 31: 13-15

- Background & Insights on the Reading:
 - The entire book of Proverbs closes with reflections on what makes a godly woman, and clearly from the fact that it's included in "proverbs" it infers that she's connected to His wisdom for living life.
 - Traditionally, families would hear this read during their Sabbath readings over a table.
 - We need to be careful not to use this section as a "checklist" for men to gauge their spouses by or a set of ideals for women to try to live up to, but rather it should be read as simply "wisdom" having a "body." It's similar to "hero" literature in that it creates the kind of character that wisdom would develop.
 - These few verses discuss managing the household.
- Questions for Reflection:
 - We see here that she makes good choices. However, sometimes we get tired from having to make so many choices in a day. How you balance making good choices over the many that have to be made?
 - What would your days look like if you "worked diligently" as unto the Lord? How do you think the idea of "rest" might fit into this equation?

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, Proverbs 31: 16-18

- Background & Insights on the Reading:
 - The entire book of Proverbs closes with reflections on what makes a godly woman, and clearly from the fact that it's included in "proverbs" it infers that she's connected to His wisdom for living life.
 - Traditionally, families would hear this read during their Sabbath readings over a table.
 - We need to be careful not to use this section as a "checklist" for men to gauge their spouses by or a set of ideals for women to try to live up to, but rather it should be read as simply "wisdom" having a "body." It's similar to "hero" literature in that it creates the kind of character that wisdom would develop.
 - These few verses discuss finances.
- Questions for Reflection:
 - She is wise with how she works with her money. How would you rate your ability to be wise with yours?
 - She learns from her experiences. What is one valuable lesson you've learned through experience?

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, Proverbs 31: 19-21

- Background & Insights on the Reading:
 - The entire book of Proverbs closes with reflections on what makes a godly woman, and clearly from the fact that it's included in "proverbs" it infers that she's connected to His wisdom for living life.
 - Traditionally, families would hear this read during their Sabbath readings over a table.
 - We need to be careful not to use this section as a "checklist" for men to gauge their spouses by or a set of ideals for women to try to live up to, but rather it should be read as simply "wisdom" having a "body." It's similar to "hero" literature in that it creates the kind of character that wisdom would develop.
 - These few verses discuss family and dealing with the less fortunate.
- Questions for Reflection:
 - Notice she gives with an "open hand" (generously). How do you, by intent, choose to help the less fortunate? What might this look like if you grew in this area?
 - She takes time to prepare for her days. How might you get better about choosing the "best" things rather than simply all the "good" things you could be involved with?

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, Proverbs 31: 22-24

- Background & Insights on the Reading:
 - The entire book of Proverbs closes with reflections on what makes a godly woman, and clearly from the fact that it's included in "proverbs" it infers that she's connected to His wisdom for living life.
 - Traditionally, families would hear this read during their Sabbath readings over a table.
 - We need to be careful not to use this section as a "checklist" for men to gauge their spouses by or a set of ideals for women to try to live up to, but rather it should be read as simply "wisdom" having a "body." It's similar to "hero" literature in that it creates the kind of character that wisdom would develop.
 - These few verses discuss being industrious.
- Questions for Reflection:
 - Sometimes, industrious people enjoy the fruits of their labor with occasional "luxuries." How might you do the same? How do you balance this with making sure you're being wise with your money?
 - What are some ways you can show honor to your spouse as they partner with you through life? If you're single, how might this encourage you to show honor to others in your friend group?

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, Proverbs 31: 25-31

- Background & Insights on the Reading:

- The entire book of Proverbs closes with reflections on what makes a godly woman, and clearly from the fact that it's included in "proverbs" it infers that she's connected to His wisdom for living life.
- Traditionally, families would hear this read during their Sabbath readings over a table.
- We need to be careful not to use this section as a "checklist" for men to gauge their spouses by or a set of ideals for women to try to live up to, but rather it should be read as simply "wisdom" having a "body." It's similar to "hero" literature in that it creates the kind of character that wisdom would develop.
- These few verses discuss wisdom more generally.

- Questions for Reflection:

- Would you consider yourself wise with your speech? How might you improve in this area?
- What might it look like for you to grow in your walk with God over and above social graces and your appearance?

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 Proverbs 31)

How confident are you in facing the future? Does it create anxiety in you or do you “laugh” at it?

Are there ways in which you can improve your relationships with those in your family? If so, who and what will you do, specifically? How might kind speech assist you in 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?