



Huddles

Sermon Series, Supreme (Colossians)

Week 2, March 5 & 6, 2022

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 6-8 weeks. At the end of each of these “terms,” 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).

How To Huddle & Use This Guide (detailed list of rhythms is found at end of these slides)

Keep in mind...

- This is about taking the “next step” in your spiritual growth. Hence, all the practices mentioned on the previous slides are suggestions--not mandatory. Find what works for you!
- In this guide, you’ll see options for “types” of prayer or different ways to spend time in the Word. Feel free to experiment or try new ones...but don’t feel obligated. If you already pray well, keep doing that! If you already have a good rhythm for time in the Bible, please continue!

Also remember...

- This is a sermon-based series. We hope you’ll either take good notes while you’re in the service, or take time to watch it at foundationschurch.org before the weekly gathering time.
- These practices are focused on that weekly gathering time. There’s daily recommendations for practices which will focus on holistic discipleship. We believe that your emotional, physical, intellectual and spiritual health are uniquely integrated, so it might be good for you to take a look at the “meeting” page before you get started so you’ll know how to best create space for things you’ll be held accountable to at the meeting!

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.

Weekly Rhythms: Colossians

Day 1

Prayer--see prayer slide for day one

Time in the Word—see the time in the word slide for day one.

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 2

Prayer--see prayer slide for day two

Time in the Word—see the time in the word slide for day two

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 3

Prayer--see prayer slide for day three

Time in the Word—see the time in the word slide for day three

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Weekly Rhythms: Colossians (day 7 is considered “meeting” day, so no assignments are listed)

Day 4

Prayer--see prayer slide for day four

Time in the Word—see the time in the word slide for day four

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 5

Prayer--see prayer slide for day five

Time in the Word—see the time in the word slide for day five

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 6

Prayer--see prayer slide for day six

Time in the Word—see the time in the word slide for day six

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

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.

Sermon Series: Supreme.

Abiding in the Word, Day 1, Colossians 1: 21-23

- Background & Insights on the Reading:
- It would probably be good for you to listen to the sermon before engaging the reading. You can do that by going to foundationschurch.org, clicking on watch, finding the “Supreme” series, and clicking on transformation. Notes are available on the Foundations App.
- Don’t forget the context of what we are looking at today. It’s following up on verses 1-20, in which we learned the expectation that we will be bearing fruit and have been prayed for that we will have full knowledge of Him.
- As the sermon title suggests, this prayer is significant.
- Questions for Reflection:
- Pastor Carl used the analogy of “collisions” with our culture (and the COEXIST mindset). Some are good (ice cream & waffle cone) some are bad. What are some bad ones you run into as you live your days?
- When you look at verse 21, Paul says we WERE formerly alienated & hostile minded. Describe your life before you came to faith in Jesus and your life afterward. How is it appreciably different? How is it the same?

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: "Supreme."

Abiding in the Word, Day 2, Colossians 1: 21-23

- Background & Insights on the Reading:
- Notice the past tenses of the verbs in verse 21 and take a look at the changes in verse 22
- Verse 23, in some versions, uses the word "if." In the original language (Greek), the way "if" is used assumes that what follows is a positive answer. Maybe one better way to translate it is "Since you continue in faith..."
- Questions for Reflection:
- Pastor Carl used the analogy of "collisions" with our culture (and the COEXIST mindset). Some are good (ice cream & waffle cone). What are some good ones you run into as you live your days?
- In verse 22, what do you think it might mean to your life if you saw yourself as "holy" and "blameless?" What would be different in your life, specifically?

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: “Supreme.”

Abiding in the Word, Day 3, Colossians 1: 24-29

- Background & Insights on the Reading:
- Verse 24 highlights one way that the Christian life is wildly different from other world religions: We rejoice in suffering. Most others think that suffering is caused by your poor choices or that God is somehow not pleased with you.
- How do you generally view your sufferings?
- Questions for Reflection:
- Pastor Carl said that “Our problem today isn’t divisive politics, it’s that we haven’t fully lived out our beliefs.” Do you agree or disagree? Why?
- In verse 24-25 we see Paul’s motivations for ministry. What do you think your ministry is (everyone has one) and what motivates you to do it?

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: “Supreme”

Abiding in the Word, Day 4, Colossians 1: 24-29

- Background & Insights on the Reading:
- Note what Paul prays for earlier in verses 9-14 again. Carl asked that we pray for yourself and for 3 other people this week. Consider doing that now.
- Questions for Reflection:
- Pastor Carl said, “Stay in the game. There will be times when it feels like prayer doesn’t work.” Describe a time in your life you felt this way. What might you tell someone to do if they asked you specifically how to “stay in the game?”
- What are some ways you can “preach the Word of God” to the people you come across each day?

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: “Supreme.”

Abiding in the Word, Day 5, Colossians 1: 24-29

- Background & Insights on the Reading:
- Building on the idea that Paul is a minister as a “trustee” for God and then starts talking about the “mystery” that has been hidden from past ages. This mystery is simply something that would’ve been hard for Jewish people to understand because now gentiles have an equal standing with God! So, from the perspective of those that aren’t Jewish who come to faith, it’s a wonderful opportunity. From a Jewish perspective, it would create some questions as to how they promises God gave them would “look.” That might help you understand these verses a bit better.
- Questions for Reflection:
- Pastor Carl asked the question, “Are you a ‘wow’ person?” How would you describe that to someone who asked what a “wow” person is?
- Paul uses the phrase “Christ in you” and describes that as “the hope of glory.” What do you think it means to you in the moment-by-moment of your life to have Christ in you? What do you think the connection might be between that and the “hope of glory?”

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.

Sermon Series: “Supreme.”

Abiding in the Word, Day 6, Colossians 1: 24-29

- Paul is completing a line of thinking here that wraps us chapter 1. He’s talked about the importance of bearing fruit (being a WOW person in Carl’s terms), prayed for us & talked about how Christ lives in each of us, equally, no matter if we are Jewish or Gentile.
- We are to experience the fulness of Christ..the riches of glory as well as having Christ live in us and through us.
- That is the background that Paul brings to verses 28-29.
- Questions for Reflection:
- Pastor Carl’s sermon closes with the acronym BEST: Be a ‘wow’ person; Experience Jesus; Surrender to His strength; and Turn to joy. How would you tell someone to live their BEST life if they wanted to know specifically HOW to do that?
- How do you think “admonishing” every person & ”teaching” every person with all wisdom might work together? How might these two things making us “complete in Christ?”

Huddle Meeting: (suggested time = 30 mins)

General Check-In

(5 minutes so don't spend a lot of time on this!)

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

(20 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

(5 minutes, so don't over-explain!)

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 Colossians 1: 21-29):

How might what you learned this week cause you to live your BEST life, and work toward you becoming complete in Christ? How might you know if you're a "wow" person or not?

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/colossians/colossians.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 8.

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.