



Huddles

Sermon Series, Supreme (Colossians)

Week 3, March 12 & 13, 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 St. Francis of Assisi:

You are holy, Lord, the only God,
and Your deeds are wonderful.

You are strong. You are great.

You are the Most High. You are Almighty.

You, Holy Father are King of heaven and earth.

You are Three and One, Lord God, all Good.

You are Good, all Good, supreme Good,
Lord God, living and true.

You are love. You are wisdom.

You are humility. You are endurance.

You are rest. You are peace.

You are joy and gladness.

You are justice and moderation.

You are all our riches, and You suffice for us.

You are beauty. You are gentleness. You are our protector.

You are our guardian and defender.

You are our courage. You are our haven and our hope.

You are our faith, our great consolation.

You are our eternal life, Great and Wonderful Lord,
God Almighty, Merciful Saviour.

Sermon Series: Supreme.

Abiding in the Word, Day 1, Colossians 2: 1-5

- 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 the entire sermon series. Pastor Marcus focuses on only 2 verses this week: Chapter 1, verses 13-14...so you may want to review the previous week lessons.
 - Also, note that the daily reading plan that’s listed on the website doesn’t necessarily align with the sermons each week. The sermons focus on specific aspects while the reading plan is designed to complete the book before Easter..
- Questions for Reflection:
 - Pastor Marcus talked about times of being rescued. Regarding your personal faith, how would you tell others about your “story” of coming to know Jesus in terms of being rescued. What might you say, specifically?
 - In 1:13a, when we’ve been rescued from darkness, how is your life different now that you’re in the kingdom of “Light?”

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 2: 1-5

- Background & Insights on the Reading:
- The reading for today doesn't necessarily follow the sermon verses, but note that it follows from chapter 1 where it discusses that you are to be "mature in Christ."
- In 2:4 it tells us not to be taken in by "deceptive speech." Think about that. How have you fallen into improper thinking patterns from the culture, etc.?
- Questions for Reflection:
- Pastor Marcus said that this rescue in v. 13 demands a response since we are now a holy priesthood & a special possession. How does this view of your new status help you live your life now? What new perspectives/insights might it give you if the "darkness"—maybe your family of origin, the "world," or social media tells you negative things about who you are—and what might you do to try to hear His truth above the lies of the culture?

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 2: 6-7

- Background & Insights on the Reading:
- The verses for today align talk about being “deeply rooted” in Christ. Note that it follows in context from being “mature in faith” from the end of chapter 1.
- Note the reading also mentions about how you were “taught” these things. Think about how you’ve been taught since moving from the kingdom of darkness into light. Has it been solid teaching? Why did you answer the way you did?
- Questions for Reflection:
- Pastor Marcus emphasized that it’s KING Jesus who moved us from dark to light. When you think of Christ as King, what responses might you have to that reality in your day-to-day life?
- What do you think Pastor Marcus means when he talks about “victory” over sin? How might this be different than just “managing” sin or “trying to be good?”

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 2: 6-7

- Background & Insights on the Reading:
- Note from the reading for today that we are to “live in Christ.” What do you think that might mean, practically speaking?
- Note the phrase “abounding in thankfulness.” Loosely translated, that means “over and above.”
- Questions for Reflection:
- Pastor Marcus said that we’ve been “redeemed,” which he explained by saying that it’s like a prisoner being released. How might you be over and above thankful that you’ve been redeemed?
- He also asked the question, “What kind of extreme response should follow such an extreme rescue?” How might you answer that question if someone asked you for some practical ways to do that?

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 2: 8-15

- Background & Insights on the Reading:
- In today’s reading, we see the “opposite” side of living as we were taught: the idea of being captive to lies of the world.
- The lies of the world listed here are empty philosophies, human traditions and elemental spirits of the world. What do you think are specific examples of some of those things?
- Questions for Reflection:
- Pastor Marcus mentioned that your sins have been removed “as far as the east is from the west.” He also mentions that we should forgive others the same way. Is there someone you need to forgive? What might you do to do that this week?
- What might it mean for you to forgive yourself since Christ has already forgiven you to the “depths of the ocean

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 2: 8-15

- Note that Paul tells us that the fullness of deity dwells in bodily form and that Jesus is head over every ruler and authority.
- Note also your position with Jesus, having been buried with Him and then raised with Him through faith.
- Finally, note that your “debt” has been “destroyed.”
- Questions for Reflection:
- Pastor Marcus mentions that a response to our rescue is obedience. What are some things that you know that Scripture mentions that you should obey that you aren't? What might you do to correct this?
- If you've been “raised” with Him, what might it mean to you practically to live in His “power?”

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.