



Huddles

Sermon Series, Supreme (Colossians)

Week 4, March 19 & 20, 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 Paul's letter to the Colossians:

If you are new to prayer, or struggle with focus, you may want to pray using Paul's prayer of thanksgiving for others as an example (Colossians 1:3-12): You can use this to pray for yourself and for others.

- Be thankful for their faith and changed lives (1:3-4).
- Ask God to help them know what He wants them to do (1-9).
- Ask God to give them deep, spiritual understanding (1:9).
- Ask God to help them live for Him (1:10).
- Ask God to give them more understanding/knowledge of Himself (1:10).
- Ask God to give them strength and patience for endurance (1:11).
- Ask God to fill them with joy, strength and thankfulness (1:11,12).

Sermon Series: Supreme. Abiding in the Word, Day 1, Colossians 2: 16-23

- 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 the entire sermon series. Pastor Carl jumps around in the Bible in the sermon, so keep your Bible handy.
 - 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..
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- Questions for Reflection:
 - Pastor Carl says we are declaring war against stress: physical, emotional & spiritual well-being. What’s your stress meter like right now in those areas?
 - In 2: 20, we see that we died with Christ to the elementary principles of the world that we shouldn’t submit to them. Are there any areas of your life where you’re submitting to the ways of the world right now?

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: 16-23

- 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 this section, don't forget the context in this chapter, that we are to live an abundant life because we've been raised with Him.
- Questions for Reflection:
- Pastor Carl used the analogy of an umpire, and that Scripture should be the final authority for our lives. Would you say this is true of you right now? Why or why not?
- From verse 23, what do you think many people focus on the outward appearances when Scripture is clear we're to "get to the root" in the inner life (Pastor Carl talked about this in his intro)?

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 3: 1-4

- Background & Insights on the Reading:
- The verses for today begin to discuss what chapter 2’s “theory” should “look like” in our practical lives. The word “if” is better translated “since” as it assumes a positive response. SINCE you have been raised...
- Note the connection between your “position” with Christ and your day-to-day life with Him. The inner ideas should have a natural outward reality.
- Questions for Reflection:
- Pastor Carl said that we are called to live in peace. How do you think you’re doing in this regard lately? That comes from Philippians 4: 6-7, which we read together.
- What do you think the connection might be between “setting your mind on things above” and living in peace? How might you do this practically speaking?

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 3: 1-4

- Background & Insights on the Reading:
- Note from the reading for today that we are to “set our minds on things above.” This is in contrast to setting your mind on things of this world.
- Note that Carl prayed that we would have every obstacle and barrier that keeps us from receiving the depth of God’s care. What barriers and obstacles are you facing that does that?
- Questions for Reflection:
- Pastor Carl noted that we can cast every care on Him & not worry about finances & grief and other concerns. How do you think setting your mind on things above might serve you in doing that?
- How does focusing on eternity bring a proper perspective on all the good & bad we experience in this world?

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 3: 5-11

- Background & Insights on the Reading:
- Remember, since we have been raised with Christ, we are to keep seeking the things above. That connection between our inner life and outward actions is undeniable.
- Therefore...we should consider our members “dead” to a list of fleshly behaviors.
- Questions for Reflection:
 - Pastor Carl said we don’t want to live a life that’s secluded and isolated. Would you say that you’re living a life that is engaging with others? Why or why not?
 - There’s quite a list of behaviors we are to be dead to starting in verse 5. Do any of these describe an aspect of your life? If so, what steps can you take to ‘set your mind on things above?’

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> <p>1. Become aware of God's presence.</p> <p>2. Review the day with gratitude.</p> <p>3. Pay attention to your emotions.</p> <p>4. Choose one feature of the day and pray from it.</p> <p>5. Look toward tomorrow.</p>	<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 3:

- Remember the context: since we have been raised with Christ, we are to keep seeking the things above. That connection between our inner life and outward actions is undeniable.
- Therefore...we should consider our members “dead” to a list of fleshly behaviors.
- Questions for Reflection:
- Pastor Carl says that you can be made right by faith—or trust/belief—to have peace with God. Think back to when you chose to believe in what Jesus has done for you. What do you remember about that time in your life? How are you different now?
- What do you think it might mean to “put on the new self” in practical ways in your day-to-day life?

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 3: 1-11):

How might what you learned this week help you to set your mind on things above and not on this earth? Are there any behaviors in the list in 5-9 that convicted you? How can you put on the new self?

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.