



Huddles

Sermon Series, Supreme (Colossians)

Week 5, March 26 & 27, 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 3: 12-14

- 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.
 - 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.
 - 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 Marcus brought up a situation from early in his marriage where her felt called to move back to Illinois to highlight how we handle disagreements. How do you, generally respond to disagreements (flight or fight, etc.)?
 - Can you think of any specific things you can do to “put on” the items in the LIST in verses 12 & 13? What might they be?

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 3: 12-14

- Background & Insights on the Reading:
- The reading for today doesn't necessarily follow the sermon verses, but note that it follows from chapters 1 & 2 and the flow of what it means that you are to be "mature in Christ."
- 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.

- Questions for Reflection:
- Pastor Marcus brought up a situation from early in his marriage where her felt called to move back to Illinois to highlight how we handle disagreements. Then he asked how Jesus informs how you handle disagreements in contrast to how you might've answered the first question from yesterday. How does Jesus inform how you respond to disagreements in your relationships?
- Is there anyone you need to forgive for anything from verse 13? What might you do to make the choice to "put on" love in that situation? How, in general, might you be a more loving person today?

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: 15-17

- Background & Insights on the Reading:
- The verses for today flow from a place of relationship unity from verses 8 through 11.
- Also note the importance of laying aside all kinds of “fleshly behavior.” Note that v. 12 is actually the “other side of the coin” of the verses in 8 & following.
- Once again, note that inner ideas should have a natural outward reality.
- Questions for Reflection:
- Pastor Marcus says that submission is a problem in our culture today. Do you agree or disagree? Why or why not?
- What are you anxious about right now? Confess that to God, and then think through how you can “let the peace of God rule in your heart?” What might you do to allow that to truly happen instead of allowing anxiousness fester?

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 use author Anne Lamott's framework:
 - She says that prayers can really be broken into 3 categories: Wow! Thanks! Or Help!
 - Use that simple outline to pray today. Tell God what makes you say “wow” about Him or His Works. Then tell God all the things you’re thankful for...even the smallest things. Then simply tell God what you want His help with.

Sermon Series: “Supreme”

Abiding in the Word, Day 4, Colossians 3: 15-17

- Background & Insights on the Reading:
- The verses for today flow from a place of relationship unity from verses 8 through 11.
- Also note the importance of laying aside all kinds of “fleshly behavior.” Note that v. 12 is actually the “other side of the coin” of the verses in 8 & following.
- Once again, note that inner ideas should have a natural outward reality.
- Questions for Reflection:
- Pastor Marcus mentions that people want to be happy in their marriage relationships and that might set us up for some issues down the road. How do you think your expectations of relationships could possibly set you up for failure?
- How would you evaluate where you are right now with “letting the word of God live richly within you?” If it’s going well, how might you encourage others? If you’re struggling, what might you do to create ways where it can?

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: 18-22

- Background & Insights on the Reading:
- Remember, this is a flow from making choices to put on “better behaviors.” We’re supposed to take what we learn and decide to apply them to our relationships.
- Also note the danger of taking this “too far” and you become a “people pleaser.” There is a balance.
- Questions for Reflection:
 - Earlier, Pastor Marcus noted that submission is hard in our culture. Note the relationships listed here. Make a list of the current relationships you have that require submission in some way. How are you doing in these areas?
 - What are the ways these verses apply to you right now? In other words, how are you doing in your relationships?

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: 18-22

- Remember, this is a flow from making choices to put on “better behaviors.” We’re supposed to take what we learn and decide to apply them to our relationships.
- Also note the danger of taking this “too far” and you become a “people pleaser.” There is a balance.
- Questions for Reflection:
- Pastor Marcus says that, if you apply this sermon, you will find yourself in the minority in our culture. How does that “sit” with you? How do you think those who don’t intend to submit might view you? How do you view them?
- In what ways do your struggle with trying to earn the approval of people rather than the approval of God? How does this show up 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: 12-14):

How might what you learned this week help you to put on the behaviors listed in these verses? How do you practically go about living a life characterized by love?

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 Colossians 3.

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.