



Huddles

Sermon Series, Supreme (Colossians)

Week 6, April 2 & 3, 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 slides at the end are given as 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. Augustine:

Lord Jesus, let me know myself and know you, And desire nothing, save only you.
Let me hate myself and love you. Let me do everything for the sake of you.
Let me humble myself and exalt you. Let me think of nothing except you.
Let me accept whatever happens as from you. Let me banish self and follow you,
And ever desire to follow you. Let me fly from myself and take refuge in you,
That I may deserve to be defended by you. Let me fear for myself, let me fear you,
And let me be among those who are chosen by you.
Let me be willing to obey for the sake of you.
Let me cling to nothing, save only to you,
And let me be poor because of you.
Look upon me, that I may love you.
Call me, that I may see you,
And for ever enjoy you. Amen

Sermon Series: Supreme.

Abiding in the Word, Day 1, Colossians 3: 23-25

- 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: We are in a section that is talking about submission and how we handle all the relationships in our lives.
 - Also, note that the daily reading plan that’s listed on the website reading plan 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 Carl said he’d like for us to be a launching pad for a better future for those around us, such as kids, employees, etc. Who can you think of that you’d like to spur on to faith and good works and be a “launching pad?”
 - What areas of your “work” have you not done “heartily as to the Lord?” What specific steps can you take to improve in doing so?

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: 23-25

- Background & Insights on the Reading:
- Remember the context: We are in a section that is talking about submission and how we handle all the relationships in our lives.
- The relationship to work is something we saw yesterday (the implications go far beyond our place of employment but rather is much broader in scope) and doing things heartily before the Lord.
- Questions for Reflection:
- Pastor Carl mentioned that we should engage the world by doing everything we can to "reverse the curse." How do the verses we read for today help you focus on that?
- What are some specific areas that you see in the way you go about your day that you feel you need to focus more on God than on the ways of people? How might this change in focus change your actions?

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 4: 1-4

- Background & Insights on the Reading:
- Remember the context: We are in a section that is talking about submission and how we handle all the relationships in our lives.
- Also, keep in mind that this is continuing the line of thought from a much larger reality: that our inner ideas should have a natural outward reality.
- Questions for Reflection:
- Pastor Carl said that we are to move beyond “behavior modification that doesn’t come from the heart.” What do you think he means? Have you seen in the Christian life where people focus on “being good” rather than having their “heart transformed?” What effects does “behavior management” have on the long-term growth of people in their faith?
- When these verses say you should “devote yourselves to prayer,” what might this mean? How might your prayer life look different if you were to apply that verse?

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 4: 1-4

- Background & Insights on the Reading:
- Remember the context: We are in a section that is talking about submission and how we handle all the relationships in our lives.
- Also, keep in mind that this is continuing the line of thought from a much larger reality: that our inner ideas should have a natural outward reality.
- Questions for Reflection:
- Pastor Carl took us to Psalm 91 and noted that because we live in God’s shelter, we can find our security in Him. What are your specific “places of safety?” In other words, where can you be truly yourself, and trust & rest in Christ?
- Note that one of the actions we are to take is to pray that God would open up doors to talk about Christ to others. How often do you talk about Him to others? Pray this prayer and see if you become more sensitive to opportunities to do so.

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 4: 5-9

- Background & Insights on the Reading:
- Paul is moving into his “closing thoughts.” He has started with the idea that inner changes become outward realities (as opposed to behavior management) and focused specifically on our relationships with others.
- Yesterday, we saw how Paul hoped to pray for more open doors to sharing faith with others—a very important note that we should have relationships with those that don’t know Jesus.
- Questions for Reflection:
- Pastor Carl mentioned that “God’s grace is bigger than our sin.” He noted that nothing you have been through will be wasted. What is something you’ve been through or experienced that you feel might be something God will use to minister to others?
- How do you think the church-at-large is doing with “conducting ourselves with wisdom toward outsiders?” How do you do in this area? What changes might you make in order to have your speech seasoned with grace?

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 4: 10-18

- Paul is moving into his “closing thoughts.” He has started with the idea that inner changes become outward realities (as opposed to behavior management) and focused specifically on our relationships with others.
- We saw yesterday how Paul wanted us to conduct ourselves with wisdom toward outsiders. It’s very important that we have relationships with those that don’t know Jesus.
- Questions for Reflection:
- Pastor Carl told a story about “Ricochet” and how he had trouble praying the Lord’s Prayer because of how he viewed his father so negatively. How has your relationship with your father informed your relationship with God, positively and/or negatively?
- Make note of all the individual relationships Paul had as evidenced by the names listed here. Are you the type of person who has a small number of deep relationships or a large number of deep relationships? How do these relationships help you as you grow 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 4: 5-6):

How might what you learned this week help you to be aware of how others—especially outsiders—are perceiving you? Describe the depth of your relationships with those who don't know Jesus. Do you feel that you should make any changes in this area of your life? Why or why 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 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.