



Huddles

Sermon Series, Supreme (Palm Sunday)

Week 7, April 9 & 10, 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: Mark 11: 1-11

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: Mark & Palm Sunday (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 Ephesians 3:

For this reason, I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Sermon Series: Supreme.

Abiding in the Word, Day 1, Mark 11: 1-11

- 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.
 - A word about the context: This event takes place on the Sunday or Monday of Holy Week (scholars aren’t exactly sure). Jesus was coming into Jerusalem and the crowd that was ready to anoint Him as King.
 - Marcus mentioned the Greco-Roman Triumph: A warrior-ruler returning victorious would ride a white horse into town to announce that he was the new ruler.
- Questions for Reflection:
 - Pastor Marcus had everyone take a selfie and to look at it...using this example to tell us we have a tendency to make Jesus look like us. Do you agree or disagree? Why? If so, what were the consequences for you?
 - We see that the disciples were told to go to the next village and take a donkey. This seems like a very peculiar request. Is there something you feel God is asking you to do that seems peculiar? How are you responding?

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, Mark 11: 1-11

- Background & Insights on the Reading:
- This event takes place on the Sunday or Monday of Holy Week (scholars aren't exactly sure). Jesus was coming into Jerusalem and the crowd that was ready to anoint Him as King.
- Marcus noted that Jesus riding on a donkey was a satire of the Greco-Roman triumph. That riding in lowly was actually highlighting that His Kingdom would be noted by lowly servanthood.
- Questions for Reflection:
- Pastor Marcus used the example of Aslan in the Chronicles of Narnia that Jesus is good, but He isn't safe. What do you think this means—practically speaking—in your day-to-day life.
- What are some things about Jesus that surprise you? In other words, people have an idea of what Jesus is supposed to be and He continually does things wildly differently than we expect. How has Jesus done that in your life?

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, Mark 11: 1-11

- Background & Insights on the Reading:
- Jesus is coming into Jerusalem in a way that could be seen as provoking the Jewish leadership. His arrival on the donkey coming into the city sets the Jewish leaders on watch to see that they might want to arrest Him.
- Judas has already had initial contact with them in order to betray Jesus.
- Questions for Reflection:
- Pastor Marcus makes a distinction between our felt needs and our real needs. Is there an area of your life where you need to make that distinction right now? If so, what is it?
- When the crowd notes that Jesus is endowed with salvation, what might be some practical implications for you?

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, Mark 11: 1-11

- Background & Insights on the Reading:
- Keep in mind: Jesus is presenting Himself to the nation of Israel as their Messiah. They rejected His offer.
- A bit of trivia: The Triumphal Entry is one of two events that all four Gospel writers recorded. The other is the feeding of the 5,000.
- Note all the detail here from Mark. It certainly gives credibility to the idea that it was an eyewitness account.
- Questions for Reflection:
- Pastor Marcus used an example regarding how we want to put ourselves in the seat of Jesus’ throne. That we try to take control. Is there an area of your life where you’re not wanting to give Jesus the throne of your heart? What should you do? Will you?
- Note that the crowd made the connection between David and Jesus. How does this reminder that God fulfills His promises to us encourage you right now?

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, Mark 11: 1-11

- Background & Insights on the Reading:
- Notice Jesus’ approach here. He isn’t afraid of the religious leadership or anything like that. He could’ve snuck into the city and hidden if He wanted.
- The King comes riding a donkey. This fulfills Zechariah 9:9: “Behold your King is coming to you...humble, and riding on a donkey.”
- Questions for Reflection:
- Pastor Marcus told us about what it means to obey Jesus in radical ways. What area in your life might you give up in order to obey Jesus in a revolutionary way?
- Why do you think, with all the evidence of fulfilling prophecy in this story, that Israel didn’t see it clearly? How is this similar to our current culture?

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, Mark 11: 1-11

- Putting palm branches on the road was a common way to show recognition of royalty.
 - The crowd was quoting Psalm 118, a well-known song about the Messiah. This certainly would've been provocative to the Jewish leadership and created a great deal of tension.
 - This is why the rulers mentioned that Jesus should get the crowd to be quiet.
 - This event likely meant MUCH more to the disciples in retrospect than it did in the moment.
- Questions for Reflection:
 - Pastor Marcus mentioned that lots of people like Jesus as a teacher or a philosopher...but not as a King or the sovereign in our lives. Was there a time in your life that you liked Him as a teacher but not as lord? What changed? How might you tell others about this change?
 - Hosanna means “Lord, save us!” This is a call for Jesus to deliver His people. What do you need/want to be delivered from?

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 Mark 11: 1--11):

How might what you learned this week that will help you C.R.O.W.N. Jesus in your life? What small step can you take to grow in some way?

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/mark/mark.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 Mark 11.

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.