

OUTLINE FOR LEADING OR USING 'BEING WITH GOD IN A BALANCED LIFE' AS TWO UNITS

These notes are designed to be used alongside the Facilitator's notes. They will give you the content focus in a full or simplified form and an outline for running 'Being with God in a balanced life' in two parts.

The facilitator notes and worship powerpoints give you instructions on anything you will need beforehand, preparation checklist and prayers for leaders, the outcomes of the two units, possible opening and reflection discussion questions, signposting suggestions to extra materials, closing prayer suggestions, and review questions for leaders.

One way of dividing the session this may be to use the content of the first unit in a Sunday service, and the second in a group.

However you do it, making sure you include feedback to one another, modelling and the opportunity to respond remains central to the approach of the course.

UNIT THIRTEEN: BEING WITH GOD IN A BALANCED LIFE

Begin with worship (you can use the suggested activity and powerpoint).

FEEDBACK AND OPENING QUESTION

In their pairs from the end of the last session, ask people to feedback to each other how their experience of their response action(s) from last week has been - the emphasis is on mutual encouragement in accountability, not guilt!

Then in pairs ask people to discuss an opening question for 3 minutes. You can use the suggestion in the facilitator's notes or devise your own.

CORE TEACHING CONTENT

Use the powerpoint to present, or read/discuss these questions in the booklet:

- What quality of life does God want for me?
- What kind of "fruit" is God hoping for?
- Why is being with God at the heart of fruitfulness?
- What can make experiencing this balance so difficult?
- Why is Sabbath so important for being with God?
- What are the benefits of Sabbath?
- How do I practise a fruitful Sabbath?



MODELLING/REFLECTION

You can show part of the video, covering the question: How do you rest?

Discuss this question together, offering your own experience as much as possible.

DISCOVERY BIBLE STUDY

Matthew 4:1-11 (Available on separate Worship Aims Bible passage powerpoint)

See the facilitator's notes and instruction sheet for how to do DBS.

PERSONAL RESPONSE AND ACTION FOR COMING WEEK.

Give each person time to reflect privately on the questions: "What is God saying to me and what is my response?" Any actions they take will be self-generated. But the following week they will be encouraged at the beginning to report back to one other person.

Explain that there is no requirement for a response, it is not a test, but an opportunity. We have set aside this time in the expectation that God will draw close to us. Ask people to share their responses in pairs. If they wish to help one another by writing down any actions and praying for each other then encourage them to do so. There is no group feedback, but as facilitator you can share what you feel able in order to model gentle accountability and trust.

SIGNPOSTING, CLOSING PRAYER AND REVIEW.

See facilitator's notes. N.B. Invite people to look at the "Shaping a Rule of Life" handout before next week.

UNIT FOURTEEN: BEING ALONE WITH GOD AND FINDING A GOOD RULE OF LIFE

Begin with worship (you can use the suggested activity and powerpoint).

FEEDBACK AND OPENING QUESTION

In their pairs from the end of the last session, ask people to feedback to each other how their experience of their response action(s) from last week has been - the emphasis is on mutual encouragement in accountability, not guilt!

Then in pairs ask people to discuss an opening question for 3 minutes. You can use the suggestion in the facilitator's notes or devise your own.



CORE TEACHING CONTENT

Use the powerpoint to present, or read/discuss these questions in the booklet:

How did Jesus (and others in the Bible) experience “being with God” in solitude and silence?

What are the benefits of solitude and silence?

How do I practise solitude and silence?

How can the practices which train me to “be with God” and pay attention to Him move from idea to reality?

How can I avoid this being a burden?

MODELLING/REFLECTION

You can show part of the video, covering the question: How do you experience being alone with God?

Discuss this question together, offering your own experience as much as possible.

PERSONAL RESPONSE AND ACTION FOR COMING WEEK.

Give each person time to reflect privately on the questions: “What is God saying to me and what is my response?” Any actions they take will be self-generated.

Obviously this week the suggested response is developing a Rule of Life.

Ask people to reflect on this in pairs – they will never have to report back to the whole group. If they wish to help one another by meeting up outside of the group to do this they can arrange to do so.

There is no group feedback, but as facilitator you can share what you feel able in order to model gentle accountability and trust.

SIGNPOSTING, CLOSING PRAYER AND REVIEW.

See facilitator's notes.

Make sure the participants know about the next module - "Way of Discipleship: Becoming Like Christ" and how to book on.

Please point them to the online evaluation form: www.dio.org.uk/wodf If you have time and capacity they may like to complete it in the meeting, or in their own time. We would be very grateful for the feedback.

Please pass on the names of those who have participated, and the number of sessions they have completed, to the Learning for Discipleship and Mission team - this will be helpful in encouraging future facilitators, and also knowing who has completed Way of Discipleship should they want to explore any licensed ministries.

Thank you so much for your commitment in discipling people through this course! Please continue to pray for your participants and if you have any feedback on the module Guy Donegan-Cross would love to hear from you.

