

Discipleship Groups

Week 38

As your people gather, welcome them, and help them to greet one another.

When it's time to begin, welcome them as a group. You are in the best position to judge what follow-up may be appropriate at the beginning of each week's session. You are the one in a position to make sure that there is a personal connection from week to week.

You may include the question that the early Methodists asked one another in their small groups: *How is it with your soul?* It is a personal sharing question. Assure your members that they are free to answer it in the way that they interpret it individually. The only wrong answer is an untrue one.

Next, we want a weekly opportunity to pray for one another. Use your judgment of where folks are at to ask, as it seems appropriate, "May we pray for you?" If the individual is amenable, you may have the group gather around for a time of concentrated group prayer for that person.

Finally, discuss together your experiences of WWJD? When did we ask the question? When did we know the answer or not? What difficulty, cost, or blessing came from doing what He would do?

After (1) the initial conversations, (2) the "soul question," (3) the prayer time, and (4) the WWJD debriefing, watch this week's video together. It can be downloaded or played from the website.

Following the video, discuss these things together:

- Who in your life has been for you a great example of self-control?
- For many of us, self-control is not an across-the-board achievement. We control ourselves better in some situations than others. We control ourselves better at some times than others. Accordingly, examine yourself, and share with one another in what circumstances you are better at self-control and in what circumstances you are poorer at it.
- How have you grown in this aspect of discipleship? How have you grown in self-control?
- Share your understanding/experience of the difference between will power and self-control.
- What is your experience of being empowered by the Spirit to do or be more than you could on your own?

Close the group in prayer. Then, before everyone is dismissed, remind the members about your next meeting time and place, as well as encouraging them to pray for one another each day.