

Week 8: Intentional

FACILITATOR'S NOTE:

Regarding COVID: While stress from the COVID-19 pandemic is still high, be sure to check in with group members with what has come to be known as **CPR** (Care, Prayer, Remember):

- **Care** refers to loving and supporting each other, from helping one another with tangible needs, rejoicing in celebrations together, and supporting personal struggles with encouragement and empathy
- **Prayer** refers to bringing our worries and needs before God and depending on him for the answers as we pray for each other, our community, and the world
- **Remember** refers to reflecting on God for who He is, what He has done in our lives, and what He is capable of doing

For more resources on care and prayer, check out the Slack channels.

Using the Discussion Questions:

- Start your group discussion with the "Check-in" question to help your members reflect back on their week and follow up on last week's application challenge.
- Review the "Big Idea" to help you gain clarity around the heart of this week's message.
- Read this week's scripture passages together and guide your group through the "Discuss" questions to initiate meaningful dialogue around key concepts or insights from this week's message.
- Move your group discussion to a deeper level by leading them through questions in "Apply". Use discernment to customize these application questions to meet the needs & dynamics of your group.

NOTE: You do not have to cover all the "Discuss" or "Apply" questions.

- Connect with God together as a group through this month's "prayer practice", which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

CHECK-IN	As you reflect on the past week events, have you seized a moment to encourage, guide, or inspire someone in your circle of influence?
BIG IDEA	<p>The Bridge is a place where people are inspired to act with a deep sense of purpose and to carry out God's will. We were intentionally designed by God to live a purposeful live. We discover our identity and purpose through a relationship with Jesus.</p> <p>When we live for God's intention, we will experience an abiding joy. Living for God's glory is the greatest achievement we can accomplish with our lives. Following Jesus means we make Him the highest priority and give Him absolute obedience while we make plans and carry out every activity.</p>
DISCUSS	<p>Read Matt 16:26, John 1: 35-50</p> <ol style="list-style-type: none"> 1. What in the sermon spoke to you, challenged you, or was a new thought to you? 2. Do you know of someone who has a higher cause or noble goal that he/she is willing to put it over their own comfort and desires? Please share.

	<ol style="list-style-type: none"> 3. Hebrews 11:8 By faith, Abraham obeyed... even when God asked him to leave his hometown to somewhere unknown. Peter obeyed and casted out the net after fishing fruitlessly all night. If God asks you to go somewhere or do something out of the ordinary, how prepare are you to respond with obedience no matter what? 4. Does it scare you when you hear that God demands your absolute obedience? If Jesus obeyed God and died on a cross for us to have an abundant life, why is it so hard for us to obey God in everything we do? 5. Think about a decision you have faced before, where God's Word differed from the world view. How have you chosen to follow God's guidance disregard your feelings and the voices from the world?
<p>APPLY How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> 1. Are there any life events (feelings or experiences) that hinder you from putting God first and give Him your full trust and obedience? How do we receive the healing power from God to move forward? 2. In what areas of your life are more difficult for you to put God first in your plans and activities? Finances, relationship, schedule, career, or recreation? 3. How can you develop a habit of considering God's intention for you first when you plan, act, and speak? 4. How do we grow our faith and trust in God and strengthen our attitude of obedience? 5. What influence we will have on people around us if we intentionally live a life that will put God first and give God absolute obedience?
<p>PRAYER PRACTICE (15 minutes)</p>	<p>Please use ONE of these two options to lead your group through prayer. Choose the one that fits best with your group:</p> <p><u>1. Palms Down, Palms Up Prayer Practice</u></p> <p>Step 1: Sit in a comfortable position with as little background distraction as possible. Turn off cameras and audio on Zoom. Take a few deep breaths.</p> <p>Step 2: (Allow 2 minutes) Put your palms down as a symbol of letting go. Talk to God as if he was sitting across from you. Tell Him what's on your mind as if your best friend were sitting beside you. Talk about your hurts, your distractions, your cares, what happened today or what made you happy or you are looking forward to. Share whatever comes to mind.</p> <p>Step 3: (2 minutes) Now turn your palms up as a symbol of surrender and receiving. Sit in silence listening to God. It is natural for your mind to wander. When it does, gently bring it back to focus on God, listening to what He has to say in response to you.</p> <p>Step 4: (5 -7 minutes) Debrief with the group. Let these questions guide</p>

you:

- What was your experience during this exercise?
- What did you hear God say to you?

OR

2. Write down prayer requests for the group.

Either leader or another member can write.

Step 1: Begin the time of prayer by asking each member of the group to share one thing they need help with.

Step 2: Explain to the group that we will be praying for each other's prayer requests. Ask those who feel comfortable to pray for one of the requests given.

Step 3: Ask someone to pray first, then allow others to join in and pray afterwards.

Step 4: After all requests have been prayed for, the leader will allow a time of silence (approx. 1 minute), then will close the meeting by praying for any missed prayer requests and close the practice in a final prayer. (Leader can use the following or do his/her own)

"Lord may we discover who we are in You. Give us ears to hear your calling. Help us Lord to be obedient to use the gifts you have given us for the benefit of others. Use us to bring change to our communities, to comfort those who need comfort and to serve those you put in our path." Amen