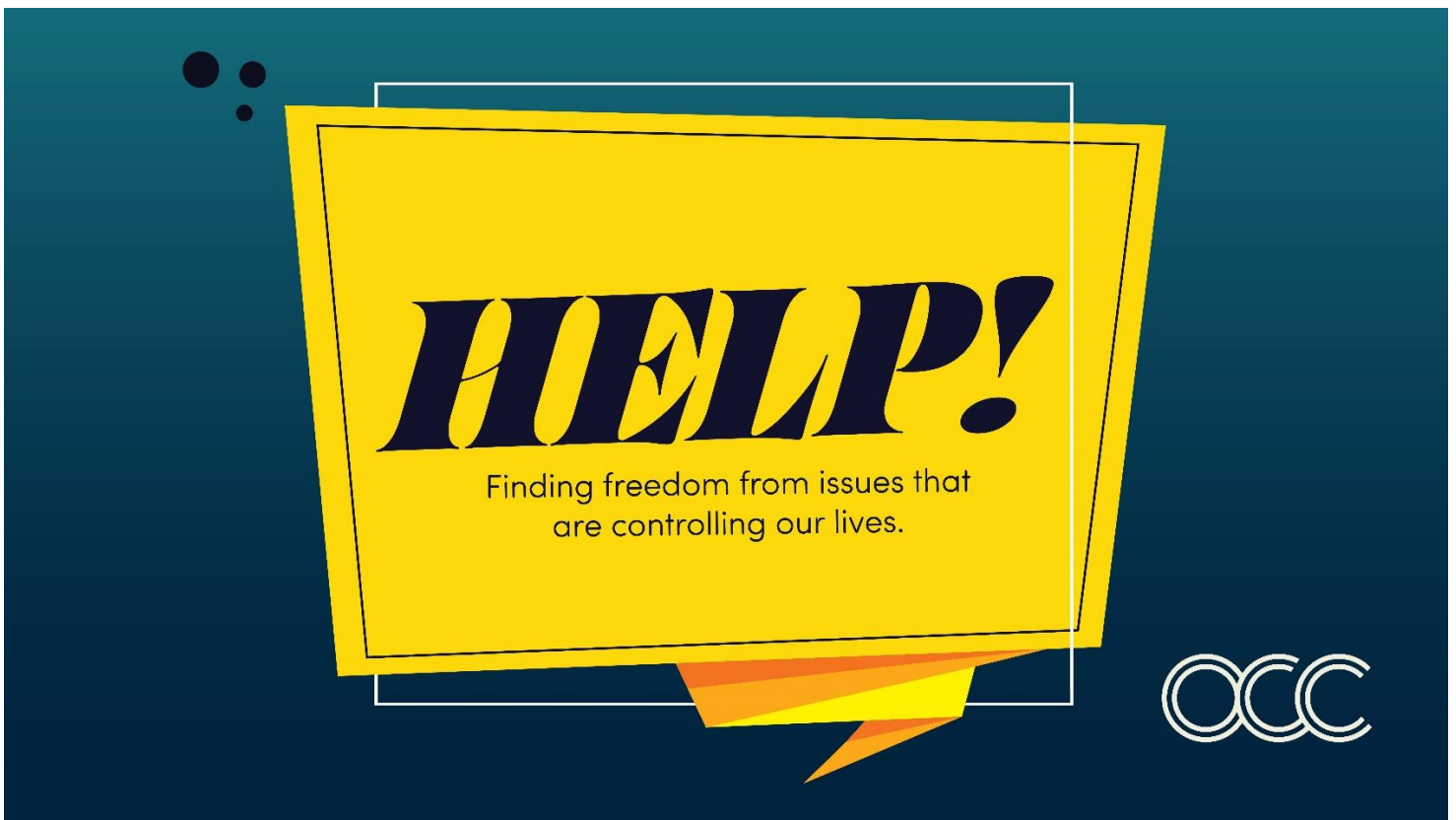


GROW GROUP GUIDE



Let us discover together what Scripture says about finding freedom from the issues that are controlling our lives.

April 14 – May 25, 2024

This study is designed to be used in a small group but can also be done in the context of a family, with friends, or as an individual.

What is a GROW Group?

At OCC our vision is to see everyone, everywhere – experience and be transformed by the love of God. And GROUPS are critical to the vision as this is *where* church happens. Here people are living out, growing, and practicing their faith in community with one another.

GROW GROUPS are groups of **4-10 people** who gather online or in person **weekly for 90 minutes** to connect, pray, and study the Bible together. These could be made up of your family members, roommates, a circle of friends or even coworkers. It could be your nearby neighbors, folks you know at OCC or some OCCers you've never met before!

Regardless of who you are in a group with - the goal is the same... to GROW in community.

1. GROW in connection with & care for ONE ANOTHER.
2. GROW in intimacy with JESUS and His Word.
3. GROW in responsiveness to Jesus' mission of LOVE.

What is the SCHEDULE?

Grow Groups during the **HELP series** will meet weekly for **6 weeks from April 14-March 25, 2024**. These groups could evolve into a regular ongoing group, but that is completely up to you and the members. **You get to pick the day & time your group meets!**

What is the FORMAT?

GROW groups follow a **Discovery Based method (DBS)** of reading and studying Scripture. In this format, there is not an "expert" or teacher, but your role is more of a facilitator, allowing everyone the opportunity to learn and discover God's truths from the source Himself. This method is very simple and easy to apply and reproduce!

Here are a couple of quick videos which explain the basic format of the DBS Method.

- "Disciple Making Movements" – 4 min ([English](#) / [Spanish](#))
- "Discovery Bible Reading" – 4 min ([English](#) / [Spanish](#))

FACILITATION TIPS //

- Avoid the temptation for you or anyone to be the teacher or expert! Removing the dynamic of "experts" fosters participation. Rotate facilitation each week.
- Allow everyone an opportunity to share what they are learning, even if you must call on people to share. For families: Let your youngest share first!
- Encourage everyone to only share revelation from the specific passage you are studying. Avoid bringing in prior knowledge from past sermons, podcasts, books, commentaries, etc. For those with lots of Bible knowledge this is going to be a challenge!
- Seek to honor one another's time by starting and finishing on time. To do this, encourage people to give their answers in "sentences, not paragraphs."

SUPPORT //

- Group Leader Resource Page: www.occ.org/group-leaders
- Groups Pastor: Laura Abelarde, LauraA@occ.org

FACILITATION GUIDE

WEEK 1 (4/14): Admit

Connect // (25 min)

Connect with one another.

- ✓ *Do a brief check in with each of the group members. Prayer over any concerns that come up.*
- ✓ *Have several people share briefly about an experience when they had to admit they couldn't do something on their own and needed help. Share what that experience felt like.*

Read // (5 min)

Listen to what the passage has to say...

- ✓ *Ask someone to read **Romans 7:14-21***
- ✓ *Ask someone to re-read the passage perhaps in another version.*
- ✓ *Ask someone to re-tell the passage in everyday words or do as a whole group.*

Observe // (30 min)

Discover together what the Scripture is saying regarding admitting we need help. Resist the urge to teach. Ask these questions...

- ✓ *What got your **attention**? Any words or phrases that stood out?*
- ✓ *What do you think Paul is trying to say here in this passage?*
- ✓ *What do we discover about **ourselves** in this passage?*
- ✓ *What do we learn about **admitting we need help**?*

Apply // (10 min)

Share how God is asking us to **apply** these learnings to everyday life by asking these questions...

- ✓ *What is God saying to you personally from this passage? What is one application you can do this week?*
- ✓ *Ask everyone to create & share an **"I will"** statement for the week. (Ex. "I will commit to...") Encourage **SMART** statements. (Specific, Measurable, Achievable, Realistic, Timebound)*
- ✓ *Who is someone you can share what you've learned with this week?*

PRAY & WRAP UP // (5 min)

- ✓ *Pray as a group to wrap up.*
- ✓ *Send the "I will" statements out to the group after the meeting to help keep everyone accountable!*

WEEK 2 (4/21): Self-Examination

****Rotate facilitation in your group as much as possible!****

Connect // (25 min)

Connect with one another!

- ✓ *General welcome, check in, and sharing about “I Wills” from previous week. Pray over any concerns that come up.*
- ✓ *Ask if anyone has ever gone through a process of self-examination or taking inventory of things that are controlling their lives? Ask what their experience was like?*

Read // (5 min)

Listen to what the weekly passage of Scripture has to say, follow these steps...

- ✓ *Ask someone to read **2 Corinthians 13:5-11**.*
- ✓ *Ask someone to re-read the passage perhaps in another version.*
- ✓ *Ask someone to re-tell the passage in everyday words or do as a whole group.*

Observe // (30 min)

Discover together what the Scripture is saying regarding why we need to examine our lives. Resist the urge to teach. Ask these questions...

- ✓ *What got your **attention**? Any words or phrases that stood out?*
- ✓ *What do you think Paul is trying to say here in this passage?*
- ✓ *What do we discover about **ourselves** in this passage?*
- ✓ *What do we learn about **why it’s important for us to examine our lives**?*

Apply // (10 min)

Share how God is asking you to **apply** these learnings to everyday life by asking these questions...

- ✓ *What is God saying to you personally from this passage? What is one application you can do this week?*
- ✓ *Ask everyone to create & share an “**I will**” statement for the week. (Ex. “I will commit to...”)*
*Encourage **SMART** statements. (Specific, Measurable, Achievable, Realistic, Timebound)*
- ✓ *Who is someone you can share what you’ve learned with this week?*

PRAY & WRAP UP // (5 min)

- ✓ *Pray as a group to wrap up.*
- ✓ *Ask if anyone would be willing to facilitate the group next week. Normalizing shared leadership is one of our values!*
- ✓ *Send the “I will” statements out to the group after the meeting to help keep everyone accountable!*

WEEK 3 (4/28): Confession

****Rotate facilitation in your group as much as possible!****

Connect // (25 min)

Connect with one another!

- ✓ *General welcome, check in, and sharing about “I Wills” from previous week. Pray over any concerns that come up.*
- ✓ *Have a few people share about their overall experience with confession. Is it easy? Difficult? Why or why not?*

Read // (5 min)

Listen to what the weekly passage of Scripture has to say, follow these steps...

- ✓ *Ask someone to read **James 5:13-16**.*
- ✓ *Ask someone to re-read the passage perhaps in another version.*
- ✓ *Ask someone to re-tell the passage in everyday words or do as a whole group.*

Observe // (30 min)

Discover together what the Scripture is saying regarding our need to confess. Resist the urge to teach.

Ask these questions...

- ✓ *What got your **attention**? Any words or phrases that stood out?*
- ✓ *What do you think James is trying to say here in this passage?*
- ✓ *What do we discover about **ourselves** in this passage?*
- ✓ *What do we learn about **the importance of confession**?*

Apply // (10 min)

Share how God is asking you to **apply** these learnings to everyday life by asking these questions...

- ✓ *What is God saying to you personally from this passage? What is one application you can do this week?*
- ✓ *Ask everyone to create & share an “**I will**” statement for the week. (Ex. “I will commit to...”)*
*Encourage **SMART** statements. (Specific, Measurable, Achievable, Realistic, Timebound)*
- ✓ *Who is someone you can share what you’ve learned with this week?*

PRAY & WRAP UP // (5 min)

- ✓ *Pray as a group to wrap up.*
- ✓ *Ask if anyone would be willing to facilitate the group next week. Normalizing shared leadership is one of our values!*
- ✓ *Send the “I will” statements out to the group after the meeting to help keep everyone accountable!*

WEEK 4 (5/5): Forgiveness

****Rotate facilitation in your group as much as possible!****

Connect // (25 min)

Connect with one another!

- ✓ *General welcome, check in, and sharing about "I Wills" from previous week. Pray over any concerns that come up.*
- ✓ *Have a few people share about a recent experience where they had to ask forgiveness from someone with whom they hurt. How did that experience go?*

Read // (5 min)

Listen to what the weekly passage of Scripture has to say, follow these steps...

- ✓ *Ask someone to read **Matthew 5:21-26**.*
- ✓ *Ask someone to re-read the passage perhaps in another version.*
- ✓ *Ask someone to re-tell the passage in everyday words or do as a whole group.*

Observe // (30 min)

Discover together what the Scripture is saying regarding making amends. Resist the urge to teach. Ask these questions...

- ✓ *What got your **attention**? Any words or phrases that stood out?*
- ✓ *What do you think Matthew is trying to say here in this passage?*
- ✓ *What do we discover about **ourselves** in this passage?*
- ✓ *What do we learn about **the importance of making amends**?*

Apply // (10 min)

Share how God is asking you to **apply** these learnings to everyday life by asking these questions...

- ✓ *What is God saying to you personally from this passage? What is one application you can do this week?*
- ✓ *Ask everyone to create & share an "**I will**" statement for the week. (Ex. "I will commit to...") Encourage **SMART** statements. (Specific, Measurable, Achievable, Realistic, Timebound)*
- ✓ *Who is someone you can share what you've learned with this week?*

PRAY & WRAP UP // (5 min)

- ✓ *Pray as a group to wrap up.*
- ✓ *Ask if anyone would be willing to facilitate the group next week. Normalizing shared leadership is one of our values!*
- ✓ *Send the "I will" statements out to the group after the meeting to help keep everyone accountable!*

WEEK 5 (5/12): Ongoing Work

****Rotate facilitation in your group as much as possible!!****

Connect // (25 min)

Connect with one another!

- ✓ *General welcome, check in, and sharing about “I Wills” from previous week. Pray over any concerns that come up.*
- ✓ *Share in the group around the question of how difficult or easy is it to “stay on track” in your spiritual walk with Jesus or letting go of the things that tend to control you? Explain.*

Read // (5 min)

Listen to what the weekly passage of Scripture has to say, follow these steps...

- ✓ *Ask someone to read **I Corinthians 10:1-13.***
- ✓ *Ask someone to re-read the passage perhaps in another version.*
- ✓ *Ask someone to re-tell the passage in everyday words or do as a whole group.*

Observe // (30 min)

Discover together what the Scripture is saying regarding the ongoing work this will take. Resist the urge to teach. Ask these questions...

- ✓ *What got your **attention**? Any words or phrases that stood out?*
- ✓ *What do you think Paul is trying to say here in this passage?*
- ✓ *What do we discover about **ourselves** in this passage?*
- ✓ *What do we learn about **how this work of admitting and letting go is ongoing**?*

Apply // (10 min)

Share how God is asking you to **apply** these learnings to everyday life by asking these questions...

- ✓ *What is God saying to you personally from this passage? What is one application you can do this week?*
- ✓ *Ask everyone to create & share an “**I will**” statement for the week. (Ex. “I will commit to...”)*
*Encourage **SMART** statements. (Specific, Measurable, Achievable, Realistic, Timebound)*
- ✓ *Who is someone you can share what you’ve learned with this week?*

PRAY & WRAP UP// (5 min)

- ✓ *Pray as a group to wrap up.*
- ✓ *Ask if anyone would be willing to facilitate the group next week. Normalizing shared leadership is one of our values!*
- ✓ *Send the “I will” statements out to the group after the meeting to help keep everyone accountable!*

WEEK 6 (5/19): Helping Others

****Rotate facilitation in your group as much as possible!****

Connect // (25 min)

Connect with one another!

- ✓ *General welcome, check in, and sharing about “I Wills” from previous week. Pray over any concerns that come up.*
- ✓ *Have a few people share about an experience where someone came alongside them and helped get them back on the right path? What was that experience like for them?*

Read // (5 min)

Listen to what the weekly passage of Scripture has to say, follow these steps...

- ✓ *Ask someone to read **Galatians 6:1-6**.*
- ✓ *Ask someone to re-read the passage perhaps in another version.*
- ✓ *Ask someone to re-tell the passage in everyday words or do as a whole group.*

Observe // (30 min)

Discover together what the Scripture is saying regarding helping others in this journey. Resist the urge to teach. Ask these questions...

- ✓ *What got your **attention**? Any words or phrases that stood out?*
- ✓ *What do you think Paul is trying to say here in this passage?*
- ✓ *What do we discover about **ourselves** in this passage?*
- ✓ *What do we learn about **the importance of helping others in the journey**?*

Apply // (10 min)

Share how God is asking to **apply** these learnings to everyday life by asking these questions...

- ✓ *What is God saying to you personally from this passage? What is one application you can do this week?*
- ✓ *Ask everyone to create & share an “**I will**” statement for the week. (Ex. “I will commit to...”)*
*Encourage **SMART** statements. (Specific, Measurable, Achievable, Realistic, Timebound)*
- ✓ *Who is someone you can share what you’ve learned with this week?*

PRAY & WRAP UP // (5 min)

- ✓ *Pray as a group to wrap up.*
- ✓ *Thank the group for their commitment. Talk about next steps from here. Do people want to continue? Some may. Some may not – that’s okay. You may. You may not – that’s okay too!*
- ✓ *Let Pastor Laura know of the groups desire.*
- ✓ *See if anyone would want to start their own GROW group and connect them with Pastor Laura.*
- ✓ *Consider organizing a group celebration get-together!*
- ✓ *Send the “I will” statements out to the group after the meeting to help keep everyone accountable!*