

GROW GROUP GUIDE



BECOMING HUMAN

Discover what Scripture says about what it means to be human through the lens of God becoming human.

Sept 24 - Nov. 11, 2023

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 BECOMING HUMAN series will meet weekly for **7 weeks from Sept. 24 - Nov. 11th**. 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 (9/24): Intro Week

Connect // (30-40 min)

- ✓ Keep this week very simple and relational. Make sure every voice is invited and heard.
- ✓ Open this week with introductions, especially for those who are new to the group.
- ✓ Have everyone share a bit about themselves: Name, neighborhood, family, job, connection (if any) to OCC, why they joined the group, etc.
- ✓ Use this week primarily to get to know the people in your group.

Intro Series // (10 min)

- ✓ Take some time to talk about what they can expect in the upcoming series in terms of format for Bible study, schedule, location, time, etc.
- ✓ Maybe walk through the facilitation guide and how the flow will look each week.
- ✓ Share a brief overview of what the series is about. Here is a brief synopsis from Pastor Pat if that's helpful:
In the Gospel of Mark, we see Jesus Christ as "Son of Man." By God becoming human, we look to Jesus to learn what it means to be human – from life to death and everything in between!
- ✓ Ask if anyone has any questions.

Pray // (10 min)

- ✓ Ask if anyone has a need/prayer request or knows of anyone with a need?
- ✓ Pray for any needs/concerns that come up.

WRAP UP // (5 min)

- ✓ Ask everyone to bring something small to the group next week that is special to them or represents something about them. Ask them to prepare to share why that particular object is meaningful to them.

WEEK 2 (10/1): Identity

Connect // (25 min)

Connect with one another.

- ✓ Have everyone briefly share about the special object they brought and why it is meaningful to them.
- ✓ Ask if anyone has a prayer concern or knows of anyone with a prayer concern.
- ✓ Pray for any concerns that come up.

Read // (5 min)

Listen to what the passage has to say....

- ✓ Ask someone to read **Mark 1:1-11**
- ✓ 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 our identity. Resist the urge to teach. Ask these questions...

- ✓ What got your attention? Any words or phrases that stood out?
- ✓ What does this passage have to say about our humanity?
- ✓ What does this passage tell us about Jesus' humanity?
- ✓ How does Jesus show us what it means to be human?
- ✓ Where do you see hope in this passage?

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 3 (10/8): TEMPTATION

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

Connect // (25 min)

Connect with one another!

- ✓ General welcome and check in on “I Wills” from previous week.
- ✓ Ask what people are feeling grateful for this week.
- ✓ Ask if anyone has a need/concern or knows of anyone with a need.
- ✓ Pray for any needs/concerns that come up.

Read // (5 min)

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

- ✓ Ask someone to read **Mark 1:12-20**.
- ✓ 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 temptation. Resist the urge to teach. Ask these questions...

- ✓ What got your attention? Any words or phrases that stood out?
- ✓ What does this passage have to say about our humanity?
- ✓ What does this passage tell us about Jesus’ humanity?
- ✓ How does Jesus show us what it means to be human?
- ✓ Where do you see hope in this passage?

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 (10/15): BODY

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

Connect // (25 min)

Connect with one another!

- ✓ General welcome and check in on “I Wills” from previous week.
- ✓ Ask how people have experienced God’s love this week.
- ✓ Ask if anyone has a need/concern or knows of anyone with a need.
- ✓ Pray for any needs/concerns that come up.

Read // (5 min)

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

- ✓ Ask someone to read **Mark 3:1-6**
- ✓ 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 our body. Resist the urge to teach. Ask these questions...

- ✓ What got your attention? Any words or phrases that stood out?
- ✓ What does this passage have to say about our humanity?
- ✓ What does this passage tell us about Jesus’ humanity?
- ✓ How does Jesus show us what it means to be human?
- ✓ Where do you see hope in this passage?

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 (10/22): SUFFERING & DEATH

Rotate facilitation in your group as much as possible!!

Connect // (25 min)

Connect with one another!

- ✓ General welcome and check in on “I Wills” from previous week.
- ✓ Ask what is one thing that feels heavy this week. Make room for everyone to share.
- ✓ Pray over the needs/concerns that come up.

Read // (5 min)

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

- ✓ Ask someone to read **Mark 8:31-38**.
- ✓ 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 suffering & death. Resist the urge to teach.

Ask these questions...

- ✓ What got your attention? Any words or phrases that stood out?
- ✓ What does this passage have to say about our humanity?
- ✓ What does this passage tell us about Jesus’ humanity?
- ✓ How does Jesus show us what it means to be human?
- ✓ Where do you see hope in this passage?

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 (10/29): OTHERS

Rotate facilitation in your group as much as possible!

Connect // (25 min)

Connect with one another!

- ✓ General welcome and check in on “I Wills” from previous week.
- ✓ Ask how they experienced love from someone else this week.
- ✓ Ask if anyone has a need/concern or knows of anyone with a need?
- ✓ Pray for any needs/concerns that come up.

Read // (5 min)

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

- ✓ Ask someone to read **Mark 9:30-37**.
- ✓ 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 *others*. Resist the urge to teach. Ask these questions...

- ✓ What got your attention? Any words or phrases that stood out?
- ✓ What does this passage have to say about our humanity?
- ✓ What does this passage tell us about Jesus’ humanity?
- ✓ How does Jesus show us what it means to be human?
- ✓ Where do you see hope in this passage?

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 7 (11/5): PURPOSE

Rotate facilitation in your group as much as possible!!

Connect // (25 min)

Connect with one another!

- ✓ General welcome and check in on “I Wills” from previous week.
- ✓ Ask what is one thing that has stood out most to them from this study.
- ✓ Ask if anyone has a need/concern or knows of anyone with a need?
- ✓ Pray for any needs/concerns that come up.

Read // (5 min)

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

- ✓ Ask someone to read **Mark 12:28-34**.
- ✓ 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 purpose. Resist the urge to teach. Ask these questions...

- ✓ What got your attention? Any words or phrases that stood out?
- ✓ What does this passage have to say about our humanity?
- ✓ What does this passage tell us about Jesus’ humanity?
- ✓ How does Jesus show us what it means to be human?
- ✓ Where do you see hope in this passage?

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!