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eight**

LEADER GUIDE

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## Introduction

The 8 Starter Groups are 8-week groups focused on the 8 traits of a growing disciple. These groups are designed for people who are new to Oak Pointe or who haven't joined a group yet to connect with others and go deeper into what it means to follow Jesus. Our goal is that these groups place people on a lifelong journey where they develop Christ-like character and grow in their relationship with God.

The groups are led by seasoned life group leaders who guide their groups through the material and provide a warm environment that fosters growth and connection among the group members. This experience serves not only as a guided tour of how to follow Jesus, and how to do that specifically at Oak Pointe, but also as a first step toward forming a life group long-term. Our intention is for The 8 to be a place where significant, Christ-centered friendships are established.

Upon completion of this 8-week journey through The 8, the leader assists group members with decision-making about their next steps. Our hope is that most groups will stay together and identify a person who will step in as the new leader of the group going forward, while the current leader steps into a mentoring position as "coach" for that new leader.

The coach will help the new leader create a one- to two-year plan for the group and maintain an ongoing mentoring relationship with the new leader. Some groups will choose not to stay together, and in this case the coach will help each member take their next step based on where they're at on their journey.

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## A Quick Note for Leaders on the 8 Traits

These 8 traits aren't anything new. You can find them throughout Scripture in descriptions of how God's people relate to Him, themselves, and others. They are characteristics that, over time, ought to come to define you as a Christian. Here's a quick overview of what each trait is all about:

**1. Worship: *How does my love for Jesus show?*** In my life? My work? My family? My neighborhood? And, yes, in my participation in corporate worship: singing, confession of sin, receiving God's Word so that it might dwell richly in my life. To worship God is to love God more than anything or anyone else.

**2. Listen: *How am I living out God's Word today?*** Listening is hearing and doing the words of God. A real disciple not only hears what Jesus says, but takes it to heart and lives it out. This requires you to be reading it daily (even if only in bite-sized portions) and to know what His Word says, which will require study and meditation through prayer.

**3. Pray: *What am I talking to God about?*** Prayer is an ongoing conversation with God about anything and everything. It allows us to honestly confess our sin before Him on a daily basis without fear. Prayer also leads us to ask for God to restore His good design for me and my life, rather than my own designs.

**4. Restore: *How am I facing the things that hold me down?*** Am I honestly facing the things that are preventing me from growing in Christ? Am I in relationship with others who can help me see my blindspots? Restore is allowing God, by His Word and Spirit, to heal us at the deepest levels. While professional counseling is needed in some cases, we believe a lot of this work can be done by you, with the right set of tools, in community with other people.

**5. Connect: *Who are my 2am friends?*** Do I have friends that I can speak honestly with about my struggles? About my faith? Do I have friends that I could call at 2AM, who would be there? Disciples who Connect form deep, Christ-centered relationships that reflect the "one another" commands of Scripture.

**6. Give: *Where am I serving and giving*** for the work of God's kingdom? Give is being generous with time, talent, and treasure. In the gospel, we see exactly how giving God is: He gave himself up for us at greatest cost to himself. Our giving and serving as disciples reflects God's giving nature. Giving is simply our thankful response for all God has done for us in Christ.

**7. Go: *Who is in my top 3?*** Go is taking the initiative to help others take a step toward Jesus. It leads us to ask questions like: Who are the three people that I am seeking to share my faith with right now? Am I being public with my faith and seeking to connect with them in community that overlaps with faith?

**8. Multiply: *Who am I pouring my life into?*** Who is pouring their life into me? Multiply is helping form another disciple who will form another disciple. It's life-on-life discipleship with one person pouring into the next. As disciples, we teach others to grow in grace, train them with what we have learned in ministry, and challenge them to multiply into the lives of others as well.

There's a structure there if you look closely and it lines up with our mission as a church:

**Knowing Jesus and Making Him Known.** Nothing ground-breaking, just what the church has been about since, well, forever. The first four traits (Worship, Listen, Pray, Restore) relate to what it means and looks like to know Jesus. The second four traits relate to how we make Him known to our family, neighbors, co-workers, and world. We could have chosen fewer, or we could have expanded it, but ***the key thing is not the number of traits, but the sort of person they describe.*** A person who is being intentional about these things is someone who truly is knowing Jesus and making Him known.

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## General Guidelines for Leading Your Group

**1. Be sure to work through the lesson content before each session.**

Becoming familiar with the material and instructions will allow you to comfortably lead your group. Spend time writing a few notes of your own about the lesson, so that you can more naturally anticipate the questions those in your group may have about the content.

**2. Create space for everyone in the group.** Your goal as a Group Leader is to ***lead*** others as they grow in their understanding and love of God, His gospel, and the ways Christ by His Spirit transforms each person. This takes time + intentionality. Part of being intentional as a group is setting boundaries for sharing within the group. For this, we like to remind people of the ABC's of sharing in groups:

**A:** Be audible.

**B:** Be brief. Share what you're thinking, but be mindful of others in the group who will also want to share from their experience/perspective.

**C:** Be Christ-centered. The goal of The 8 Traits is to help you grow as a disciple of Jesus. Conversations should be centered around Him.

**3. Have extra copies** of this study guide available for each participant at the first two sessions.

**4. Each session will require 90-120 minutes to complete.** Respect everyone by beginning and ending on time.

**5. Set up the room** where you will meet in a way that will comfortably seat everyone, preferably at a table so that everyone can see each other. Arrive at least 15 minutes ahead of time to greet group members individually as they come in.

**6. The nature of this material easily lends itself to lengthy sharing.** One of your greatest challenges as the Group Leader will be to keep the group focused and to share within the time frames allotted for each part of the session.

- 7. If your group is large,** you may want to break into smaller groups of three to four people so that everyone has a chance to participate.
  - 8. Lead by example.** When appropriate, it will be helpful if you lead by example—being vulnerable and open with life examples from your own journey. Remember, we are only experts on our own journey.
  - 9. Respect where each person is in their journey with Christ.** The Holy Spirit will prompt and lead each person differently and at different paces through this material. Remember that people change slowly—that includes you!
  - 10. Growing in knowing and loving Christ is the core of The 8 Traits.** Encourage those in your group to spend time during the week praying about the passages you've explored together.
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## Additional Suggestions

- 1. Avoid answering your own questions.** Feel free to rephrase a question.
- 2. Encourage more than one answer to each question.** Ask, "What do the rest of you think?" or "Anyone else?"
- 3. Try to be affirming whenever possible.** Let people know you appreciate their contributions.
- 4. Try not to reject an answer.** If it is clearly wrong, ask, "What in the passage led you to that conclusion?"
- 5. Avoid going off on tangents.** If people wander off course, gently bring them back to the subject at hand.

# Specific Guidelines for Each Session

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## Lesson 1: Introduction + Worship

### Before the Session

- **Read the Introduction + Lesson 1.** Take notes of things you think might be helpful or challenging for your group. Some of these may be covered in the Leader's Guide, while others may not. It's a good idea in either case to think of ways to help those in your group grow in their understanding of the trait and overcome some common cultural obstacles that might stand in the way of their understanding.
- **Read through the Introduction Questions.** Use these as your Icebreaker. Start with asking everyone's names and then ask them to share one interesting fact about themselves.

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## Introduction: The 8 Traits of a Disciple

- **Start by reading the Introduction together.**
- **Ask Questions from the Introduction.** Remember that this is the first time many in the group will be meeting one another, so allow the group to get comfortable. Don't rush through the questions. Allow time for people to digest the questions and then respond. Hold back from offering your thoughts or answers until most of the group has been able to share.
- **Question 1:** The word "disciple" is understood in a variety of ways, so it is important to clarify what Christians mean by the word and, in particular, what we mean when we use it here at Oak Pointe.
- **Questions 2 + 3:** During the first week we want you as a group leader to get a good idea of the backgrounds folks in your group are coming from. With this in mind, it is important for everyone in the group to share and process these questions together. It will help both with group cohesion and with providing you, as a leader, with a sketch of where each person in your group is at in relationship with God.

Be sure to affirm that regardless of where someone is at on their journey we are glad to have them in the group and that questions are a good thing!

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## Lesson 1: Worship

***How does my love for Jesus show?*** In my life? My work? My family? My neighborhood? And, yes, in my participation in corporate worship: singing, confession of sin, receiving God's Word so that it might dwell richly in my life. To worship God is to love God more than anything or anyone else.

- ***Start by reading Trait #1 together.***
- ***Then work through the Questions.*** Remember as you lead the discussion that Christian worship may be an unfamiliar concept for some. Even for those familiar with it, worship as a way-of-life may be new. Many Christians think of singing songs as their primary form of worship, but when we examine the pages of Scripture worship appears simply as a way of going about your day, week, month, year, and life. Take, for example, Deuteronomy 6's admonition to talk about God's good law within the home: when you wake up, when you sleep, as you walk along the road, when you head to Chipotle (or whatever the ancient near eastern equivalent was). It was an everyday, ordinary kind of worship that permeated every aspect of a person's day.

### Notes on the Questions

- ***Question 1:*** As you lead your group through these questions allow them time to process the passage. Formulating thoughts about anything takes some time, especially when concepts are unfamiliar and prone to misunderstanding (living sacrifices? altars?). Separate the questions and give your group time to look at the passages. Circling, underlining, noting things that the passage tells us about worship.

Romans 12:1-2 tells us our very lives are meant to be lived as though they belong to God (because they do!). Our lives are to be holy and pleasing to God, which means that everything we think, say, and do should be within the good boundaries that God has given to us in His Word.

Let your group process the passage and then, since God's Word is not merely meant to be heard but also acted upon, ask them how they think it might look to make their lives a "living sacrifice," "holy," and "pleasing to God."

- ***Question 2:*** Each week we will try to have a balance of questions that put your group into the text of Scripture and then connect to the heart and where people are at in relationship to God/others at that moment. There is no need for people to censor themselves here.

Encourage people to be as open and honest as they can be. What is said in this group stays in this group. Learning to share in this way is a key aspect of the Christian life. As we learn to voice what's really happening inside our hearts, we can begin doing the same as we worship, listen to, talk with, and experience restoration from God.

### Notes on Application:

- We want people to pick out **1-2 ways** they will respond each week to what they have heard and learned. It is also important to tie these applications to God's Word as a starting place. After all, that's how He has chosen to reveal himself to us. Prayer, as we will see, is picking up the other side of the conversation that God has already started in His Word. Encourage those in your group to allow Him to set the agenda as they find ways to worship Him this week.
- Encourage those in your group to make note of how things went and check back with them next week to see how they experienced worshipping God. This will allow for opportunities to make further suggestions on ways that they can continue this practice moving forward. **FOLLOW UP is a CRUCIAL part of the group.** Members feel valued when you follow up and you are able to shepherd them as they step into formative Christian practices (reading Scripture, prayer, etc.).

### Recommended Resources

These recommended resources will be helpful for anyone wanting to dig deeper into what it means to worship God in all of life.

*True Worshipers*, Bob Kauflin

*Work: It's Purpose, Dignity, and Transformation*, Dan Doriani

*Sing!*, Keith and Kristen Getty

*Rhythms of Grace*, Mike Cospo

*Family Worship*, Donald Whitney

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## 2. Listen

***How am I living out God's Word today?*** Listening is hearing and doing the words of God. A real disciple not only hears what Jesus says, but takes it to heart and lives it out. This requires you to be reading it daily (even if only in bite-sized portions) and to know what His Word says, which will require study and meditation through prayer.

- ***Start with the Icebreaker.***



- **Then read Trait #2 together.**
- **Then work through the Questions.** This is the second week of the group. Be sure that everyone has been able to introduce themselves and remind everyone of the ABC's of the group: A: Be audible. B: Be brief. Share what you're thinking, but be mindful of others in the group who will also want to share from their experience/perspective. C: Be Christ-centered. The goal of The 8 Traits is to help you grow as a disciple of Jesus. Conversations should be centered around Him.

### Notes on the Questions

- **Question 1:** Remember as you lead your group through these questions to allow them time to process the passages. Separate the questions and give your group time to look at the passages. Circling, underlining, noting things that the passage tells us about listening to God.
- **Question 2:** If your group struggles to come up with practical ways that the Word of Christ dwells richly in our ordinary days, then here are few ideas: 1) God's Word dwells richly in my day when I read Scripture and apply it to my relationships, my work, and my thoughts and attitudes. 2) The Word of Christ dwells richly in my life when I think about the ways the gospel has and is transforming my desires, attitudes, thoughts, and actions. 3) Try taping a key verse to your bathroom mirror so you see it soon after waking up and right before going to bed.

If people in your group are unfamiliar with how to read the Bible, you can teach them the OIA method: Read a passage of Scripture slowly and then: *Observe:* What does it? *Interpret:* What does it mean? *Apply:* How should I change?

- **Question 3:** Some potential "voices" people may listen to other than God: Image. Criticism. Fear. Pride. Control. Anxiety. Approval. Achievement. Materialism. Legalism. Dependence.
- **Question 4:** Be sure to review the *Additional Thoughts About Listening to God's Voice* section. Think through your own answers in advance. Many people will not struggle seeing how God speaks through Creation, but they may struggle with Canon (accepting the authority of the Bible). One way to help those who struggle with the authority of Scripture in their life is to suggest that it shouldn't really surprise us if we don't like everything that God says. After all, that's part of the gospel message: we are broken by sin so, of course, we will have blindspots and ways of thinking that are out of line with what God says about himself, us, and others. That's actually something that God is at work restoring in His children: a right

understanding of the world. The hard part is that this means God, by His Word and Spirit, will be continually correcting our misshapen hearts and reordering them around the gospel and what He says is true. Additionally, it is important to affirm that Christians come to enjoy God speaking through Canon over time. It's uncomfortable at first, but it is part of the process of growing to maturity in Christ (or what Christians have traditionally called "sanctification").

## Notes on Application

- **The 5 C's** Take some time in advance of meeting to think through some ways that those in your group could grow in their understanding of each of the 5 C's. The recommended resources list might be helpful. Groups, Studies, and Classes are also great. If you are not sure of a way they might pursue growth, then suggest that you could speak with a pastor and get back with them.
- Encourage your group to read Psalms 1 & 2 this week. These are simple passages and they are actually meant to be read alongside one another. One gives a view of individual relationship with God and the other provides a more global/cultural view. The key part of this application is to ask God in faith that He will actually help you to live out His Word in the coming week! If someone is unsure about what they think about God and His Word, then challenge them to just try it and report back on what happened.

## Recommended Resources

These recommended resources will be helpful for anyone wanting to dig deeper into how to listen to God through His Word. Also included is at least one resource for families to listen to and live out God's Word together.

*Habits of Grace*, David Mathis

*One to One Bible Reading*, David Helm

*Women of the Word*, Jen Wilkin

*Dinner Table Devotions*, Nancy Guthrie

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## 3. Pray

**What am I talking to God about?** Prayer is an ongoing conversation with God about anything and everything. It allows us to honestly confess our sin before Him on a daily basis without fear. Prayer also leads us to ask for God to restore His good design for me and my life, rather than my own designs.

- *Start with the Icebreaker.*
- *Then read Trait #3 together.*
- *Then work through the Questions.*

## Notes on the Questions

- **Question 1:** Read Luke 11:1-4 aloud, then have each person spend a few minutes quietly observing what this passage tells them about God and us as people created by God. The goal of this is to help form a spiritual habit in reading Scripture of slowing down and carefully considering the words in relationship to who God is (those in your group may not have a thorough understanding of who God is and what He says, but this will get the conversation started and you can clarify what Christians believe along the way).
- **Question 3:** Read these passages together and this time see if people can summarize what they just read. It doesn't have to be pitch-perfect in terms of Christian doctrine at this point (you can always correct misunderstandings), but it helps those in your group to get in the practice of trying to comprehend what God is saying through His Word.

Give your group ideas of how they might start talking with God "without ceasing," and how praying to God with a heart that understands what has happened in the gospel on their behalf will make them thankful and can help relieve anxious thoughts. **Psalm 139 is a great spot to start** for asking God to search your heart and help you understand yourself, your tendencies toward sin, and how God might want to transform your desires.

- **Question 4:** This form of prayer may be familiar to some in your group. Really encourage the group to spend a few moments quietly writing out a prayer. The words don't have to be perfect just honest. Psalm 51:17 says that our sacrifice to God is "a broken spirit; a broken and contrite heart you, God, will not despise." That's how we should always approach God in prayer: keenly aware of our own sinfulness and confident in the pardon we have received by God's grace to us in Christ.

## Application Notes

- **Read through** a few of the Psalms in advance, so you can suggest or summarize one
  - Adoration:** Psalm 18, 103, 139
  - Confession:** Psalm 6, 25, 32, 38, 51, 102, 130 and 143

- Silence and solitude are crucial parts of the Christian life. We need undistracted time on a regular if not daily basis to be with God through prayer. Cultivating this habit is often difficult. Encourage your group that, much like investing, even small deposits of prayer now can yield a greater prayer habit later.

### **Recommended Resources**

*Answering God*, Eugene Peterson

*Every Season Prayers*, Scotty Smith

*Prayer*, Timothy Keller

*Prayers of the Bible*, Susan Hunt

*Prone to Wander: Prayers of Confession and Celebration*, Barbara Duguid

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## 4. Restore

***How am I facing the things that hold me down?*** Am I honestly facing the things that are preventing me from growing in Christ? Am I in relationship with others who can help me see my blindspots? Restore is allowing God, by His Word and Spirit, to heal us at the deepest levels. While professional counseling is needed in some cases, we believe a lot of this work can be done by you, with the right set of tools, in community with other people.

- ***Start with the Icebreaker.***
- ***Then read Trait #4 together.***
- ***Then work through the Questions.***

### **Notes on the Questions:**

This may be a week where people open up quite a bit. Be sure to pray in advance of meeting that you would be sensitive in how you respond to the things people share. We talk a lot about *No shame. No same.* This is one of the places where we put that phrase into practice.

- ***Question 1:*** One aspect of putting on your “new nature” and letting the Spirit “renew your thoughts and attitudes” occurs through prayer. Our lives are changed from the inside out, so we need to pray for change at the heart level where change occurs. As you pray for personal/social/political change, focus on real heart issues. Instead of saying just: “pray that I’ll get better from my sickness,” say something like: “my current sickness is really drawing out my bitterness, my tendency toward self-pity and discouragement. I’ve also been complaining a lot lately and wounding those around me. ***Could you pray that God would use this experience to mold my character, to make me more like Him, so that others can see***

**what a great God we follow?"** Does this sound odd? It is the heart of Christian prayer: in coming before our loving Father we ask for what He desires to be true in our hearts, lives and world. We confess the things that don't align with His design for us, so that we might bless Him we align ourselves with Him.

Also, remember that heart change takes time. Shepherding is the skill of **knowing** where people need to grow (the skill of spiritual diagnosis) and **getting** people (not necessarily giving people) what they need to grow. One of your jobs is to connect people with what they need. Do they need accountability? (perhaps a discipleship group or accountability group) Do they need Christ-centered community? (perhaps a Life Group or Life Study). The life study classes are designed to be a safe environment to deal with things below the surface that impact our relationships with God and others."

- **Question 2:** Asking God to search your heart and help you know yourself, your sin, and your tendencies toward sin can be a fearful request. Encourage those in your group with the words of Psalm 139: God is the one who "created my inmost being." You can trust that He both desires and knows what is best for you. Not only that, but He sent His Son to live the life you should have lived, but also to die the death that you deserved. He has already taken the guilty verdict for you. Court is adjourned. Now you can be completely honest with Him about your sin, lies you've believed, and everything in between because you are perfectly accepted by your heavenly Father. When you know that you have the Father's love, then you can begin to ask these sorts of questions without fear (These are supplemental questions to help the discussion go deeper as needed):
  - Is God working in your life?
  - Have you been repenting for sins lately?
  - Are you building your life on Christ's free justification or are you insecure and guilt-ridden?
  - Have you done anything simply because you love Jesus?
  - Have you stopped doing anything simply because you love Jesus?
  - Do you see the fruit of the Spirit growing?
  - Do you think God is happy with you?
  - Do you see yourself as growing spiritually?
- **Question 3:** Ways of pain are best described as patterns of thinking about oneself, others, and God that do not align with what God says. Sometimes we call these blindspots because it's difficult to see the flaws in our own thinking. Proverbs 16:2 says that "All a person's ways seem pure to them, but motives are weighed by the Lord." God's Word (and others showing us what it says and how it applies to us) helps us to see these patterns more clearly. As the

phrase suggests, this will be painful. It's painful to learn that you've been trusting something other than God, and the natural tendency is to run away from confronting these things. Again the thing to do is to point people to the gospel which tells us: ***"Cheer up! Your sin is worse than you think! But God's grace to you in Christ has pardoned you and is far more sufficient to cover over your sin than you ever dared imagine!"***

It's critical to realize that when we confess our sins, we never inform or shock God. In fact, the Greek word for confession, *homologeō*, literally means 'to say the same thing as'—that is, when we confess our sins, we are simply agreeing with what God already knows...So along with confessing specific sins, we also confess a sufficient gospel. The better our grasp of the gospel, the more honest our confession of sin will be. Confession of sin is about getting to the root of our sin, the subterranean desires that lead to the external actions. This means that the confession portion of your prayer will not aim for "spot repentance" of sins, but deep repentance that identifies aspects of unbelief **and** deepening trust that God's grace really does wash them away.

***This also means that when we have been sinned against*** whether grievously or in a less traumatic way, we must learn to say the same thing as God about that sin: "It was wrong. It grieves God that someone sinned against you in this way. God is the one you can trust to perfectly judge this particular sin." But also, "God can transform this evil into something that ultimately shapes my trust of Him in a greater way."

### **Application Notes**

- Be sure to thank everyone for sharing as you close. This may be a good week to personally follow up with anyone in your group who has shared something deeply personal or that seems significant.
- Reiterate that our life studies classes are specifically for creating community where restoration takes place. Today's study is only a brief introduction into that topic.

### **Recommended Resources**

*How Does Sanctification Work?*, David Powlison

*The Enemy Within*, Kris Lundgaard

*Maturity*, Sinclair Ferguson

*Gospel Christianity I, II, III*, Timothy Keller & Redeemer Presbyterian Church

*Respectable Sins*, Jerry Bridges

*The Gospel for Real Life*, Jerry Bridges

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## 5. Connect

**Who are my 2am friends?** Do I have friends that I can speak honestly with about my struggles? About my faith? Do I have friends that I could call at 2AM, who would be there? Disciples who Connect form deep, Christ-centered relationships that reflect the “one another” commands of Scripture.

- ***Start with the Icebreaker.***
- ***Then read Trait #5 together.***
- ***Then work through the Questions.***

### Notes on the Questions

Our hope is that groups will decide to stay together to form a life group after completing The 8. We want to help them gently break down barriers to joining a group and create a realistic perspective of what a life group is all about.

- **Question 1:** Answers will vary. One theme you might bring up is that Christian community provides a context where others can remind us of the gospel and give us support for the enduring battle of smashing our idols and becoming followers of Christ with undivided hearts. Community also provides a context in which our sin and idolatry can be exposed and where others can “speak the truth in love” to us. Involvement in a rich network of Christian relationships is similarly indispensable to producing changed lives. In fact, the quality of one’s relationships within the Christian community is a key indicator of a person’s spiritual maturity.

### Application Notes

- This would be a great place to suggest (either this or next week) a few ways that people in your group could begin to create “one another” community at Oak Pointe Church. We believe that life groups are the long-term goal for discipleship and community, but we know that not everyone is ready for this level of commitment. Other types of groups can be temporary settings to learn skills and grow in certain areas before entering a life group, while stepping out for a season, or while participating in a life group.
- Take time to point your group to [giftstest.com](http://giftstest.com) to take a spiritual gifts assessment. The group members can take the assessment during the week and come back to discuss their results the next week when they cover Give.

## Recommended Resources

*A Meal with Jesus*, Tim Chester

*Called Together*, Jonathan Dodson

*Side by Side*, Ed Welch

*Instruments in the Redeemer's Hands*, Paul David Tripp

*The Peacemaker*, Ken Sande

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## 6. Give

***Where am I serving and giving*** for the work of God's kingdom? Give is being generous with time, talent, and treasure. In the gospel, we see exactly how giving God is: He gave himself up for us at greatest cost to himself. Our giving and serving as disciples reflects God's giving nature. Giving is simply our thankful response for all God has done for us in Christ.

- ***Start with the Icebreaker.***
- ***Then read Trait #6 together.***
- ***Then work through the Questions.***

## Notes on the Questions

- **Question 1:** Giving often is a difficult topic to discuss with others. One key to framing the discussion is acknowledging that some in your group will find this topic difficult. Think through ways to help your group navigate processing what God says about himself, us, and how we should respond.
- **Question 2:** A second key is to eventually bring the conversation back around to what God has done for us in Christ. 2 Corinthians helps us to see that even after we've experienced God's grace in Christ, it may be difficult for us to give cheerfully ("as if we're crazy" is what the word means). So emphasize that this sort of giving whether of time, talent, or treasure is something that you grow into as you increasingly entrust all aspects of your life to God.
- **Question 3:** It's important for God's people to learn to plan out how they will give. Again this isn't only in relationship to financial giving. Christians must grow in stewarding their use of time, energy, and availability. Most people in our culture have scheduled themselves into oblivion. Shepherd your group in seeing that "purposing in your heart" to give (and then doing it!) is one way to grow as a disciple.



## Application Notes

- Spend some time in advance of meeting marveling at the grace you've received in the gospel. Encourage your group to do the same. When we see the extravagance of God's grace, it's hard to give grudgingly or under compulsion.

## Recommended Resources

*The Grace of Giving*, John Stott

*Redeeming Money*, Paul David Tripp

*The Things of Earth*, Joe Rigney

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## 7. Go

**Who is in my top 3?** Go is taking the initiative to help others take a step toward Jesus. It leads us to ask questions like: Who are the three people that I am seeking to share my faith with right now? Am I being public with my faith and seeking to connect with them in community that overlaps with faith?

- ***Start with the Icebreaker.***
- ***Then read Trait #7 together.***
- ***Then work through the Questions.***

## Notes on the Questions

The questions this week will be highly experiential. Be sure to let the passages of Scripture guide the discussion that flows out from people's experiences. Sometimes you can do this by offering a connection from someone's story to the Scripture you've just read: "Yeah, I think that's exactly what Peter is saying when He says "be prepared to share the reason for your hope."

- **Question 4:** Encourage those in your group to share their stories. You can do this a couple of ways, but be sure to allow enough time for people to share. Look for aspects of each person's story that you can affirm.

## Application Notes

- This is a good week to encourage those in your group to set aside a good amount of time for reflection and prayer. Planning out ways to intentionally be public in your faith takes time and intentionality (and persistence!).

## Recommended Resources

*The Gospel Comes with a House Key*, Rosaria Butterfield

*One to One Bible Reading*, David Helm

*Making Sense of God*, Timothy Keller

*Loving the City*, Timothy Keller

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## 8. Multiply

***Who am I pouring my life into?*** Who is pouring their life into me? Multiply is helping form another disciple who will form another disciple. It's life-on-life discipleship with one person pouring into the next. As disciples, we teach others to grow in grace, train them with what we have learned in ministry, and challenge them to multiply into the lives of others as well.

- ***Start with the Icebreaker.***
- ***Then read Trait #8 together.***
- ***Then work through the Questions.***

### Notes on the Questions

- **Question 2:** The characteristics described here are essential. Christian discipleship is not simply about quickly creating a way to communicate information about the gospel to others. Discipleship is about becoming the sort of person whose life is completely shaped by and centered on Christ. This means that while disciples may multiply quickly (sharing the gospel with others and walking alongside them as they grow in their understanding of it) the main goal is not efficiency. Multiplication is about multiplying Christ-likeness in people, rather than multiplying "doers" of specific aspects of ministry. Both being and doing are needed, but "doing" without growing in Christ-likeness will lead to remaining in spiritual infancy.
- **Question 3:** Everyone should look to find some to lead, walk alongside, and learn from in the Christian life. If people in your group are unsure about who these people may be, then process it alongside them (perhaps you're someone who would be a Paul or Barnabas to them). Help them think through their relationships and the places God has planted them.

Multiplication may be slow. In fact, most spiritual growth takes time. We have to be prepared for the journey. The road is long. Multiplication happens, but it doesn't happen

quickly all the time (though it does move quickly at times!). In Acts 20, Paul describes his ministry in Ephesus as "house-to-house" where He shared the gospel in ways that would be helpful for people to understand how Christ brings change to their lives. How did He multiply himself? He did it at dinner tables. He got into deep relationship with people and spent time with them. In sum: We want multiplication that goes deep in matters of the gospel and life.

### **Application Notes**

- This is the final week, so offer to meet with people after the group to help them plan their next step. You could even take some time during this gathering to do that.
- **Ask your group to take the 8 Traits Assessment.** Please set aside a few minutes for them to complete this.

### **Recommended Resources**

*Spiritual Mothering*, Susan Hunt

*Multiply Together*, Brad Watson

*Serving a Movement*, Timothy Keller

*Zeal without Burnout*, Christopher Ash