



## MyFriends 01: Introduction & Love with Lifestyle Practice



Welcome to **MyFriends**. This is an introduction and overview of your **MyFriends** course that is facilitated in person or virtually. This course material is designed to be used with your facilitated course. Use it on your device in your session. A printable version of this module is also available in the Resources section.

This first module is all about introducing you to a new lifestyle as well as helping you see that God has an amazing and relentless love for you.

The key objectives are:

- To orient you to the new MyFriends lifestyle and set you up for success on the journey.
- To understand that God loves us with a crazy, radical and relentless love that is self-sacrificing, all powerful and unconditional.
- To understand how the gospel is shared through relational streams - God's heart is for us, our families and many who are far off.
- Our motivation to love others well and reach the nations is fueled by our experience of God's love for us.

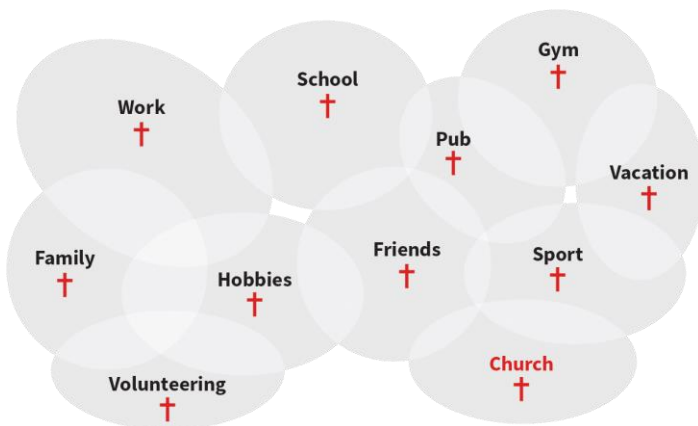
# Introduction to MyFriends

## The Challenge

*Aussies are interested in spiritual things, but not often interested in going to church. So how will they get to know Jesus?*

**The reality: 'Globally, 98% of Christians are neither envisioned nor equipped for mission in 95% of their waking lives. But, just imagine if they were...'**

Mark Greene, Executive director, London Institute of Contemporary Christianity



What are your social spaces?

This picture illustrates the reality that many of our social spaces in life are outside of church. We believe God has sent us into those spaces to reveal Jesus' life and invite our friends to connect with His story wherever they are.

Rather than asking, "How can I bring people to church?", why not ask, "How can I help people experience Jesus where they are and discover God in their own community?".

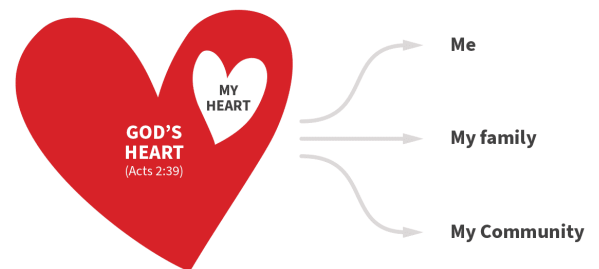
**If we learn the way of Jesus in love and mission, could we see every community have every opportunity to know Jesus and gather around Him?**

## Our Motivation

Our motivation is the Father's heart. If our heart is aligned with God's heart, then we can have faith that the vision in Acts 2:39 is possible because it aligns with God's will.

"The promise is for you and your children and for all who are far off—for all whom the Lord our God will call."

- Acts 2:39



## Our Prayer for You

Over the next few months, our prayer is:

- ▶ **Everyone** will see a lifestyle shift towards mission and see their lost friends experience Jesus.
- ▶ **Some** of you will help friends and family connect with Jesus and see them baptised.
- ▶ **A few** of you will see a group of new believers gather around Jesus to discover God's story.

We are motivated by God's heart (Acts 2:39) to develop a lifestyle over time that mobilises participants to live a disciplemaking lifestyle that connects people in their relational circles to Jesus and helps them do the same. Our goal is to give participants confidence that they can form a Bible Discovery group around God's story with the DNA for second and third generation groups to form.

## Goals and Process

MyFriends is not a program but a lifestyle that seeks to follow Jesus' model of disciplemaking.

The goal is to learn how to love, pray, and care for people, help them experience and know Jesus personally, and form Bible Discovery groups with people in our

social circles. We do this in a learning community that provides accountability and support.

The MyFriends Lifestyle is typically practiced over several months. The content is split between Training and Lifestyle Practice sessions.

## Training



Your group will learn the MyFriends Lifestyle principles with a trained facilitator. The lifestyle is summarised in the MyFriends disc.

## Lifestyle Practice

Lifestyle Practice complements the MyFriends journey for your small group by encouraging you to grow together as you learn mission lifestyle principles and implement them within a supportive community.

You will receive a lot of input during the Training sessions. These Lifestyle Practice times give you space to ask questions, receive feedback, share ideas, and have accountability to help you develop a lifestyle that connects others to Jesus.

This is an opportunity for your group to dig deeper into a mission lifestyle. You will use the Three Thirds Process (**Look Back, Look Up, and Look Forward**). This is a simple and transferable way to break down your time for reflection, input, and identifying next steps.



## Learning in Community

**If 10% of a community commit 100% to something together, they will reshape the culture of the whole community.**

The Tipping Point, Rensselaer Polytechnic Institute

Tip: A community on mission prays for each other as they go.

How?

You can share stories, prayer, and praise points with your instant messaging group.



As you begin to put into practice the MyFriends lifestyle on a daily basis, a great way to pray for and encourage each other is to **create a social messaging group** to share in real time what you're finding helpful and challenging.

## Your Commitment

- ▶ MyFriends is NOT a program to follow; it's a lifestyle we learn by practicing principles we see modelled in the life of Jesus.
- ▶ Your commitment is to participate in all training and Lifestyle Practice sessions as you don't just hear but also practically apply what you're learning on a daily basis.

## Life Style Overview

### Distinctives

These are the distinctives of MyFriends.



#### Distinctive 1 - Jesus life is Our Focus

Jesus' life is our focus as we practice His way of love, mission, and community.

#### Distinctive 2 - It takes Time to shape new habits

Training and Lifestyle Practice takes place over time to shape new habits which lead to a lifestyle of mission.





### Distinctive 3 - Simplicity

MyFriends uses a simple framework of tools, language, and practices to make it easy for people to share with others.

### Distinctive 4 - Movement DNA

MyFriends uses a DNA of discipling that leads to forming and multiplying groups of new believers.



### Distinctive 5 - Community

Learning with people you know who follow Jesus, and reaching the people you know who are far from Jesus.

### Summary

These five distinctives highlight how we are seeking to follow Jesus' example, developing a missional lifestyle over time that is simple and transferable. Our end goal is to form groups of new believers that will multiply. All of this is best achieved through a supportive community.

### Some Help on the Journey

Below are some tools that will help you as you embark on this journey. Take a moment to download/bookmark them now.



## Videos

The MyFriends Training series: <https://vimeo.com/showcase/10517460>(opens in a new tab)

The MyFriends Gather Series: <vimeo.com/showcase/7195136>(opens in a new tab)



### MyFriends App

You can access the MyFriends Web App

at: <myfriends.network>(opens in a new tab)

Open the MyFriends App in your web browser and then download it to your desktop or phone.

## Your Actions to get ready for your MyFriends course

1. Download the "Moodle" App from the App Store if you would like to access the course content on your mobile device for your sessions. Once you have downloaded the Moodle App you will be asked to add your site address ([www.movementbuilders.org.au](http://www.movementbuilders.org.au)(opens in a new tab)) and then log in using your username and password. Here is a [YouTube video](#)(opens in a new tab) about how to set it up.
2. Access and download the MyFriends App - <myfriends.network>(opens in a new tab)
3. Visit and bookmark the [MyFriends Training Videos](#) (opens in a new tab)and [MyFriends Gather Series](#)(opens in a new tab).

# Experiencing God's Love

**God loves us with a crazy, radical and relentless love that is self-sacrificing, all-powerful and unconditional.**

## 1 John 4:9-19

<sup>9</sup>This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. <sup>10</sup>This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. <sup>11</sup>Dear friends, since God so loved us, we also ought to love one another. <sup>12</sup>No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

<sup>13</sup>This is how we know that we live in him and he in us: He has given us of his Spirit. <sup>14</sup>And we have seen and testify that the Father has sent his Son to be the Savior of the world. <sup>15</sup>If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. <sup>16</sup>And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them. <sup>17</sup>This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. <sup>18</sup>There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

<sup>19</sup>We love because he first loved us.

## Read the above passage

- What stands out to you in this passage?
- What do you learn about God and people in this passage?
- What principle of mission did you discover that you can apply today?

# Jesus' Relational Streams

## Discover

**Read John 1:35-46 and map out the relational connections that you see happening in this passage.**

### John 1:35-46 (NIV)

#### John's Disciples Follow Jesus

<sup>35</sup> The next day John was there again with two of his disciples. <sup>36</sup> When he saw Jesus passing by, he said, "Look, the Lamb of God!"

<sup>37</sup> When the two disciples heard him say this, they followed Jesus. <sup>38</sup> Turning around, Jesus saw them following and asked, "What do you want?"

They said, "Rabbi" (which means "Teacher"), "where are you staying?"

<sup>39</sup> "Come," he replied, "and you will see."

So they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon.

<sup>40</sup> Andrew, Simon Peter's brother, was one of the two who heard what John had said and who had followed Jesus. <sup>41</sup> The first thing Andrew did was to find his brother Simon and tell him, "We have found the Messiah" (that is, the Christ). <sup>42</sup> And he brought him to Jesus.

Jesus looked at him and said, "You are Simon son of John. You will be called Cephas" (which, when translated, is Peter).

#### Jesus Calls Philip and Nathanael

<sup>43</sup> The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, "Follow me."

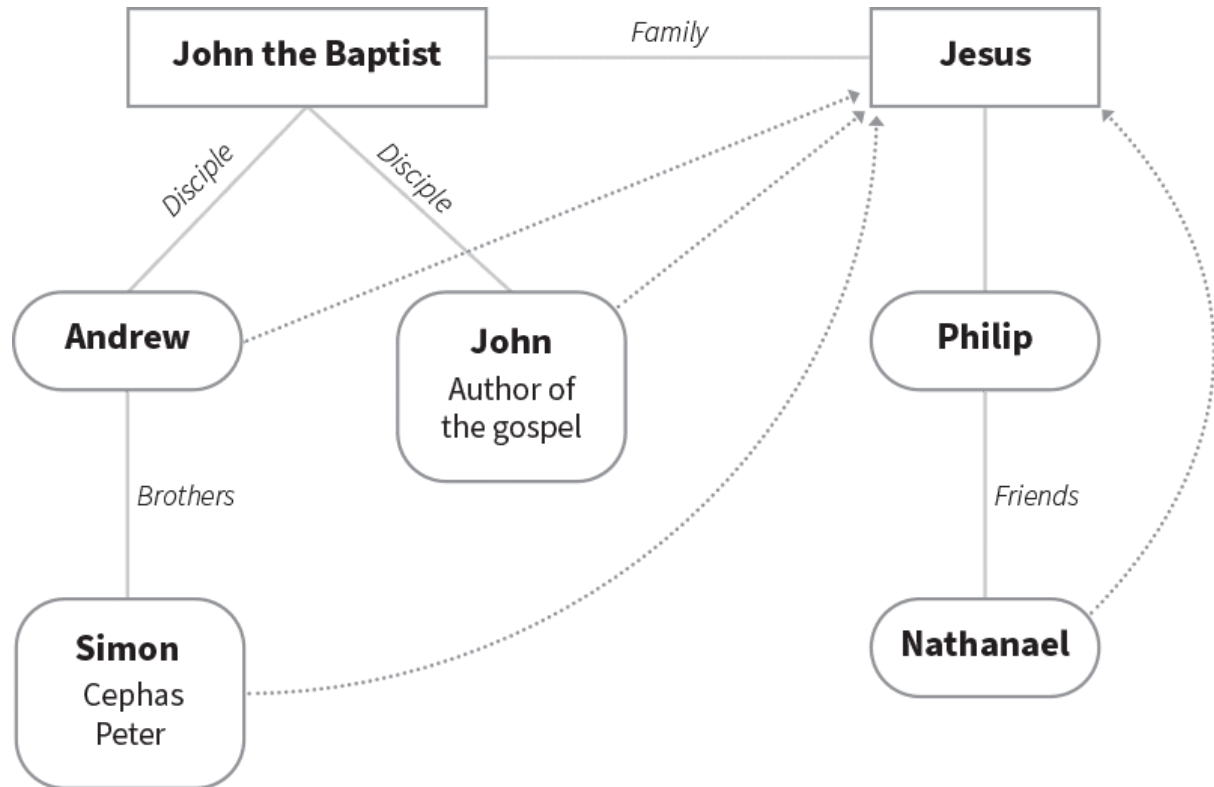
<sup>44</sup> Philip, like Andrew and Peter, was from the town of Bethsaida. <sup>45</sup> Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph."

<sup>46</sup> "Nazareth! Can anything good come from there?" Nathanael asked.

"Come and see," said Philip.

## Jesus' Relationship Map

As Jesus began his ministry, who were the people he connected with? What was his invitation?



## Our Relational Streams

We are all pencils in the hand of a writing God, who is sending love letters to the world.

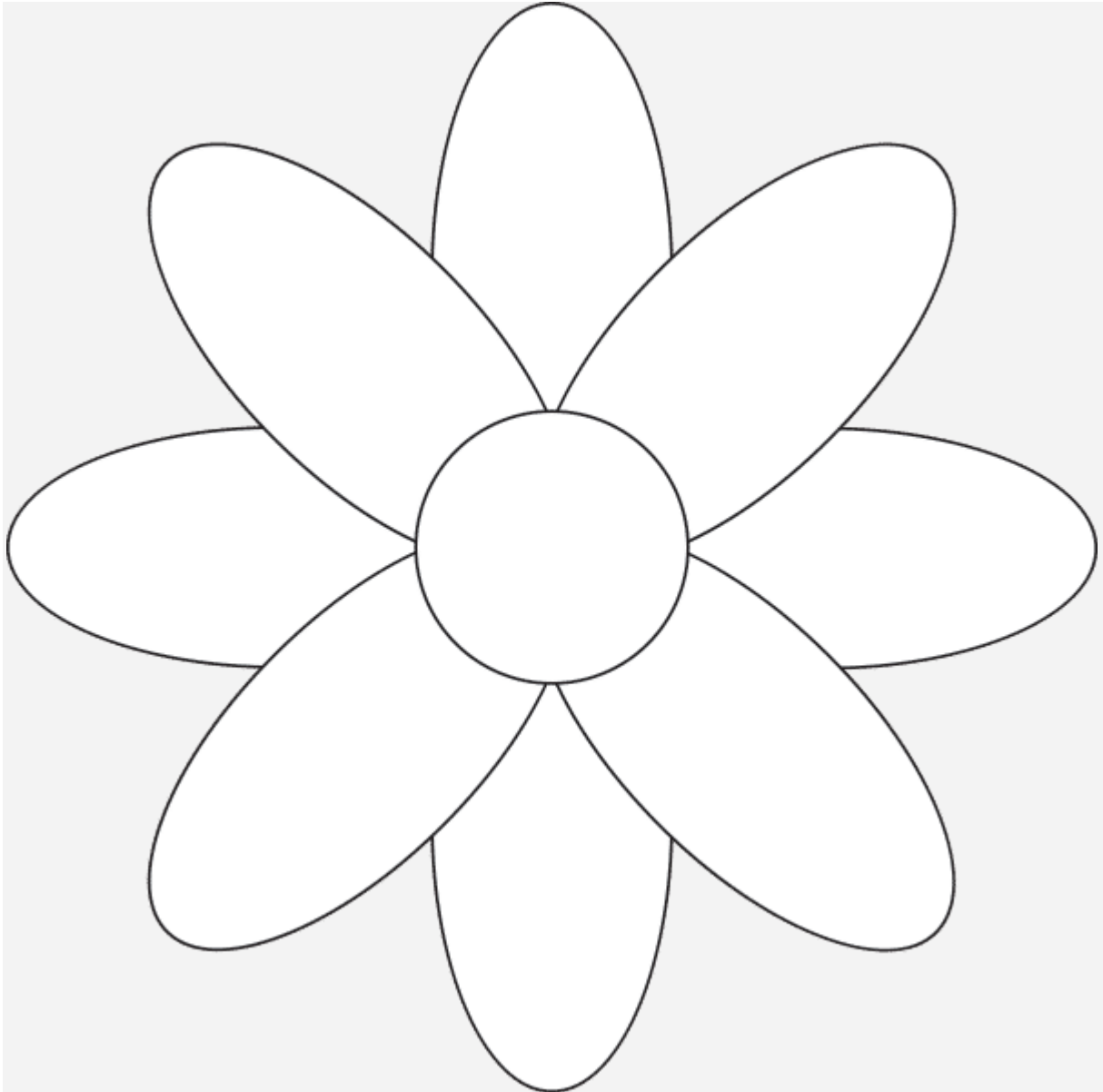
*Mother Theresa*

## The Daisy Chain

Go to the daisy chain and begin to write down your social networks and the people you know who don't have a relationship with Jesus.

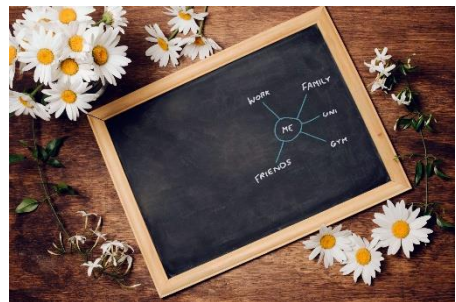
Pray daily over the next month for the people on your daisy: For example: *"Father, give me your heart, lead me by your Spirit, use me where you have sent me and with those you have shown me today."*

Every person can map-out their social connections using a daisy illustration.



### **What does your Daisy Chain look like?**

1. What are your social networks? A sports club, work, friends, your neighbourhood, ...
2. Who is in each of those social networks?
3. Highlight a few people to pray for.



**“Father, give me your heart, lead me by your Spirit, use me where you have sent me and with those you have shown me today. Amen”**

## Lifestyle Practice

# Look Back



*"The promise is for you and your children and for all who are far off - for all whom the Lord our God will call." - Acts 2:39*

Consider Jesus' principles of love and mission (as summarised on the **MyFriends disc**) and your **daisy chain** as you reflect on these questions.



## Reflection Questions

1. How have you experienced God at work in and through your life this week?
2. What did you learn about God, yourself, or others this week?

# Look Up

Find a quiet place to watch **Father's Love Letter** video.

<https://www.fathersloveletter.com/>

- Which scriptures resonated with you? Why?
- How do you feel after watching this video? What stood out to you? Is there anything that you want to do in response?
- Pray the Scriptures in *The Father's Love Letter* video. You might like to share a prayer in your discussion forum or on your messaging group.

# Look Forward

- What is the Holy Spirit prompting you to do in developing a lifestyle of love and mission? Is the Holy Spirit prompting you to do something specific with a person on your daisy chain?
- What practical next steps do you need to take?
- As you look forward to the MyFriends experience, what are a couple of things you are hoping to get from the process?
- Share the answers to questions 2 and 3 on your messaging group or course forum and ask someone to pray for you as you take this step in the power of the Holy Spirit.

## Action Steps

Take time this week to intentionally notice God's love for you and the people in your life.

1. Notice how you experience God's love in your life. What difference does having God in your life make to you?
2. Who are some of the unchurched people in your life that you are reflecting God's love to?
3. Complete your Daisy Chain. Download the "Moodle" App from your App Store if you would like to access the course content on your mobile device for your sessions. Once you have downloaded the Moodle App you will be asked to add your site address <https://movementbuilders.org.au> and then log in using your username and password. Here is a [youtube video\(opens in a new tab\)](#) about how to set it up.
4. Access and download the MyFriends App - [myfriends.network\(opens in a new tab\)](#)
5. Visit and bookmark the [MyFriends Training Videos\(opens in a new tab\)](#) and [MyFriends Gather Series\(opens in a new tab\)](#).