

# MyFriends 08: Form a Group & Discover the Basics with Lifestyle Practice

START COURSE

## MyFriends 08: Form a Group & Discover the Basics with Lifestyle Practice

Welcome to **MyFriends**.

This course material is designed to be used with your facilitated course.

This eighth module covers Forming a Group and Discover the Basics. These two sessions look at how to engage the spiritually interested as we help them towards a decision.

The key objectives are:

- God's heart is for communities and encouraging those in our daisy chain to share their experiences with others who might be interested in connecting with Jesus around God's story.
- Learn ways that we can bridge our conversation to intentionally invite our friends and family to engage through Bible Discovery.
- The Bible Discovery Process is an intentional group discipleship process to see people come to know Jesus. It is a powerful, reproducible, and obedience-based discipleship model to see individuals and families reached who learn a model that can be replicated in seeing a movement of multiplying disciples.
- Bible stories used in the Discovery Process are modelled and replicated as each new generational chain is formed.

# Form a Group

## Read the following passage twice

*We meet Paul and Barnabas at a point in their journey where they have prayed and shared with people in Iconium, Lystra, Derbe, and Antioch seeing people connected with Jesus and each other, learning to follow Him.*

<sup>21</sup> They preached the gospel in that city and won a large number of disciples. Then they returned to Lystra, Iconium and Antioch, <sup>22</sup> strengthening the disciples and encouraging them to remain true to the faith. "We must go through many hardships to enter the kingdom of God," they said. <sup>23</sup> Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust. <sup>24</sup> After going through Pisidia, they came into Pamphylia, <sup>25</sup> and when they had preached the word in Perga, they went down to Attalia.

<sup>26</sup> From Attalia they sailed back to Antioch, where they had been committed to the grace of God for the work they had now completed. <sup>27</sup> On arriving there, they gathered the church together and reported all that God had done through them and how he had opened a door of faith to the Gentiles. <sup>28</sup> And they stayed there a long time with the disciples.

**Acts 14:21-28**

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

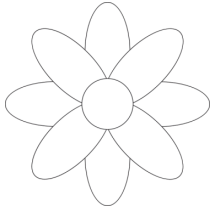
# How to Form a Group

## How do you know when to form a group?

You now have one or two people who have experienced Jesus and connected with or want to discover more about Him. The next step is to form a group. Remember God's heart is for your friend, their family, and their friends who don't know Him (Acts 2:39). We can encourage those in our daisy chain to share their experiences with others who might be interested in connecting with Jesus around God's story.

### Discuss in your group:

- ✓ How do you know when to form a group? How do you know when people are ready?
- ✓ What are some ways you can invite your friends to discover God's story together?



## Challenge

Go to your daisy chain and ask the Holy Spirit who is ready to form a Bible Discovery group. Share on your WhatsApp or Messenger group who that person is so you can be praying together for them.

# Bible Discovery Method

## What is a Bible Discovery Group?

The Bible Discovery process is a simple way to connect around God's Word using questions about who God is, who we are as people, and what difference that will make in our life today. Our role in this process is to facilitate discussion trusting that the Holy Spirit will reveal truth and how it can be applied in a person's life. This is a transferable and proven method as one of the most effective ways that God is growing and multiplying groups of new believers around the world.

### **Bible Discovery distinctives include:**

- Holy Spirit directed (John 14:26 and 16:13).
- Centred on the Word of God.
- Leadership is shared between all participants.
- Helps people to read the Bible and walk with Jesus every day.
- What you learn is applied personally and shared in community for accountability.
- Easily transferable, which allows for groups to form and multiply quicker.

## Conversation Tips

- Encourage everyone to participate in the conversation but allow people to pass when they want to.
- Stick to the Bible passage.
- Ask the Holy Spirit to help you understand the passage.
- Value the opinion of others.
- Have a different person facilitate the discussion each time you meet.
- Sharing personal issues should not take up more than 1/3 of the group's time.
- Split groups of more than seven people.
- For large passages, have people retell the story in sections.

**Why is it important for our friends to see practical life change as they learn more about Jesus?**

## **Life Principles and The Basics**

There are two types of groups you could form using the Bible Discovery Method - Life Principles or Discover the Basics. **Life Principles** is designed for the person who is interested in what Jesus has to say about life. **Discover the Basics** is for when your friend is ready to discover God's story over ten gatherings from creation to Jesus.

Don't stop at one-on-one discipleship. Encourage the people you're meeting with to identify friends and family in their networks who are on a spiritual journey and would like to connect together around God's story.

## **Life Principles**

Life Principles are topical studies that help those exploring the Bible to see the practical impact in the daily issues that we face. These studies are designed for 1:1 or 1:2 Bible Discovery groups.



*Life Principles can be accessed through the MyFriends Web App*

### **MyFriends Web App**

You can access the MyFriends Web App at: [myfriends.network](https://myfriends.network)

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

## **Life Principles**

- ✓ MONEY (Luke 18:18-30; Luke 19:1-10)
- ✓ COMPARING (Luke 18:9-17)
- ✓ RECONCILIATION (Matthew 18:21-35)
- ✓ RELATIONSHIPS (Luke 10:29-37)
- ✓ JUDGMENT (John 8:3-11)
- ✓ FORGIVENESS (John 3:14-21)
- ✓ ENEMIES (Luke 6:27-36)
- ✓ CONFLICT (Matthew 5:21-26)
- ✓ THE POOR (Matthew 25:33-46)
- ✓ WHAT IS IMPORTANT? (Matthew 6:19-33)
- ✓ GOOD ENOUGH? (Luke 18:9-14)
- ✓ SELF (Mark 10:18-27)

- ✓ INVESTING WISELY (Matthew 25:14-30)
- ✓ SPOKEN WORDS (Matthew 15:1-20)
- ✓ THANKFULNESS (Luke 16:19-31)
- ✓ CONTROL (Luke 16:1-15)
- ✓ STRESSED? (Matthew 6:25-34)
- ✓ ACCEPTANCE (Luke 15:11-32)
- ✓ FREE SPEECH? (Matthew 12:33-37)
- ✓ WISDOM (Matthew 7:24-27)
- ✓ RESPOND? (Matthew 13:1-9,18-23)
- ✓ WHAT ABOUT FAITH? (Mark 4:26-34)
- ✓ WHY AM I HERE? (Matthew 22:34-40)

## Have a Go!

Find a partner and choose one of the Life Principles on the MyFriends App and take turns asking the questions.

# Discover the Basics

## The Basics

If you have a few seekers that are interested in going on a 10-week journey exploring Christianity taking you from creation to the Cross, then we encourage you to take the group through The Basics.

*The Basics can be accessed through the MyFriends Web App*

## Discover the Basics

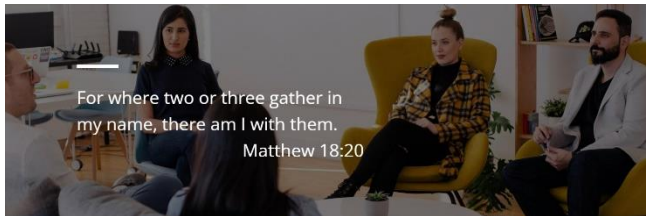
1. GENESIS 2:4B-25 ~ THE GARDEN
2. GENESIS 3 ~ THE CHOICE
3. GENESIS 6:5-7:24 ~ A FLOOD
4. DEUTERONOMY 5:6-22 ~ TEN THINGS
5. JEREMIAH 31:31-34; ISAIAH 59:1-2 ~ A NEW AGREEMENT
6. ISAIAH 52:13-53:12; JOHN 1:29-34 ~ THE SERVANT
7. LIFE OF JESUS ~ A FILM
8. MATTHEW 6:9-15 ~ TALKING WITH GOD
9. MATTHEW 7:24-29; JAMES 1:22 ~ WISE OR FOOLISH?
10. ROMANS 6:3-14 ~ NEW LIFE

If you have a group going through The Basics and some people can't make it for one of the gatherings, consider doing a Life Principle instead so that those who are absent don't miss out on God's story.

## Have a go!

Find a partner and choose one of The Basics on the MyFriends App and take turns asking the questions.

## 3/3 Group Meeting Format

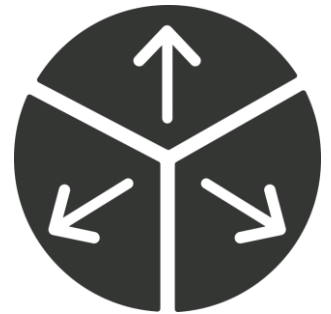


What you model during a Bible Discovery group will be copied and used by others when they form their own groups.

### Three Thirds Group Meeting Format

Bible Discovery groups use the Three Thirds principle where your group time is split into three main parts.

1. Look Back
2. Look up
3. Look Forward



#### Three Thirds Group Meeting Format

The Three Thirds format helps to ensure that you have enough time to cover each part of the Bible Discovery group. This is to avoid spending too much time catching up and then not having enough space to look at God's Word or talking about applying it.



#### LOOK BACK

Loving God and loving one another lie at the heart of the first third. Spend time in worship expressing your love for God. Spend time checking up on how everyone is generally. Pray for one another.

Check up - Pick up on how people have been able to put into practice the things that the Lord has challenged them on in the last meeting.

Remind the group of why they are meeting, to grow themselves in faith and also to be stirred into action as the Lord has led them.



#### LOOK UP

Bible Discovery Study - Look up to God and listen to him speak through his word as you reflect on the passage.

- Read the text quietly
- Read the text out loud
- Retell the text (from memory – closed Bibles)
- Contributions from the group to complement the discussion

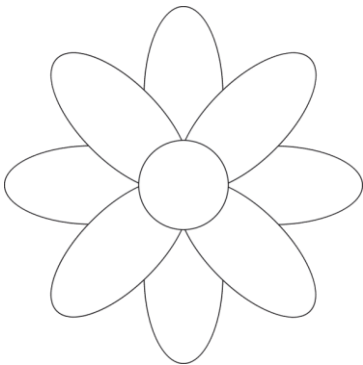
## ➔ LOOK FORWARD

Ask the Lord what we need to do as a result of reading his word and listening to him. Discipleship isn't just listening to the Lord it also includes

acting upon what he says to us.

End in prayer, asking for the Lord's help to follow him and to put into practice all that he has spoken to you and the group.

### Challenge



Review your daisy chain.

- Who can you add?
- Who are you prompted to pray for?
- Who can you care for?
- Who can you share your experience of God in your life?
- Who can you connect with Jesus' story?
- Who can you invite to connect with Jesus or Discover the Basics of God's story with their friends?

## 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?



3. What points from the last MyFriends Training session challenged you or prompted questions?



## Look Up

### Bible Discovery Practice

The **Basics** takes you on a journey through the story of the Bible from creation to Christ. Practice leading one of the Basics studies with someone using the Bible Discovery questions on the [MyFriends web app](#).



## Look Forward

1. What do you see as some strengths and weaknesses of the Bible Discovery questions?
2. Is there anyone on your daisy chain that the Holy Spirit is prompting you to start a group within the coming week?
3. What practical next steps do you need to take? Share this step with the group and ask someone to pray for you as you take this step in the power of the Holy Spirit.

### Action Steps

1. Practice a Bible Discovery group with some friends.
2. Who from your daisy chain can you invite to start a group with?  
How and when will you do it?