



ANCIENT PRACTICES FOR A MODERN WORLD: A Rhythm of Scripture Reflection

Pastor Derek Sanford

January 5, 2025

Life Group Discussion

Encouragement: What are your hopes for healthy rhythms this year? One year from now, what qualities of Christlikeness do you hope to have grown in?

Scripture: Read [Psalm 1](#).

- How have you seen the “wicked/sinners/scoffers” influence your life in the wrong way? Have you ever been one of those negative influences on someone else? (Take a moment to confess privately these things and remember Christ’s forgiveness. Repent and turn over a new leaf.)
- Read [Psalm 19:7-10](#); [2 Timothy 3:16-17](#), and [Hebrews 4:12](#). What do these verses tell us about God’s Word?
 - o How have you seen the Word in these ways in your own life?
- Read [Deuteronomy 6:6-9](#) and [Romans 12:2](#). How should we treat the Word and what influence should it have in our lives?
- How does the Word help us to flourish?
- Why does the Word have this effect on us? (See [2 Peter 1:20-21](#) about how God inspired people.)
- What makes it difficult for you to study the Bible regularly?
- Review the [My Chair Tool](#). Make a plan according to the 4 legs of the Chair for this week- What, Where, When, Who. [Consider reading through one of the shorter letters in the New Testament together, such as Philippians, Colossians, or 1 John.]

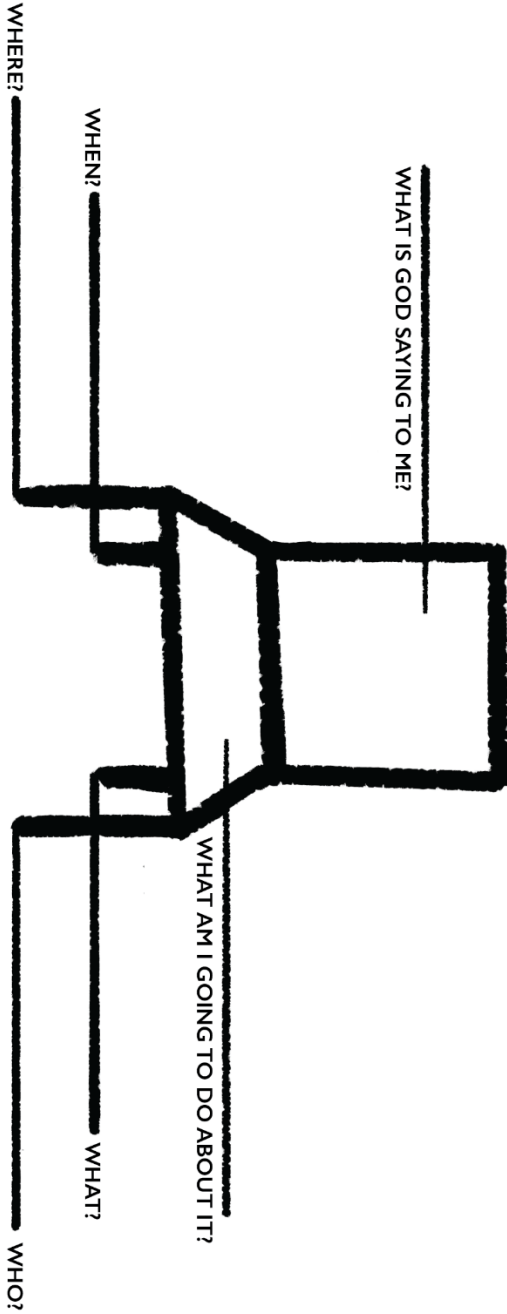
Prayer: Pair up and pray [Ephesians 3:14-21](#) for each other as you seek to know Jesus more through the Word!

Next Steps: Practice finding your Chair each day this week! Let’s encourage each other!

-Consider reading together this month! Grace Church is featuring the School of Prayer on YouVersion. Find it at <https://www.bible.com/reading-plans/26452-the-school-of-prayer>.



My Chair (Savvy Follower) 



whoisgrace.com/dreamdisciple



ANCIENT PRACTICES FOR A MODERN WORLD: A Rhythm of Prayer

Pastor Derek

January 12, 2025

Life Group Discussion

Encouragement: Share something you have learned about prayer through your faith journey.

Scripture: [Matthew 6:9-13](#)

We're going to spend time practicing the Lord's Prayer together. Let's read it out loud first and then I'll guide us through a meditative time of prayer and reflection.

Prayer: *Our Father in heaven, hallowed be your name*

Declaration: You are my loving FATHER, and I am your CHILD

Posture: Relational

Reflection: If you truly saw God as your loving and intimate father, what needs or cares would you bring to Him? Do that right now.

Prayer: *Your kingdom come, your will be done, on earth as it is in heaven.*

Declaration: You are my rightful RULER, and I am your SERVANT

Posture: Responsive

Reflection: You are a servant of God's kingdom in every aspect of your life, at home, at work, at school, at play. Ask God how you can serve him this week in each of these areas. Listen for his guidance and write it down.

Prayer: *Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors.*

And lead us not into temptation but deliver us from evil.

Declaration: You are my generous PROVIDER, and I am DEPENDENT upon you

PRAYER POSTURE: Repentant

REFLECTION: You are dependent on God for everything: your physical needs, your relational needs, and your spiritual needs. Confess to God your tendency toward self-reliance and reaffirm your need for His provision. Then bring any pressing needs to your generous provider in prayer.

Would anyone like to share: What did God say to you? What are you going to do about it?

Next Steps: -Spend some quality time in your Chair this week with the Bible and prayer!

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ANCIENT PRACTICES FOR A MODERN WORLD: A Rhythm of Discipling Relationships

Pastor Derek

January 19, 2025

Life Group Discussion

Encouragement: Who has significantly impacted your Christian faith? How is that relationship different from others in your life?

Scripture:

Read [John 15:1-17](#) slowly, twice.

- What does it look like to be a disciple of Jesus? As we follow Jesus, what should be the primary characteristics of our relationships with God? With Jesus? With each other?
- What is the fruit that Jesus repeatedly refers to? What role does love play in bearing this fruit?

Read [Matthew 28:19-20 \(AMP\)](#) and [Acts 1:8 \(AMP\)](#)

- "Disciple-making is entering into relationships to intentionally help people follow Jesus, be changed by Jesus, and join the mission of Jesus." ([discipleship.org](#)) How did Jesus' relationships with his disciples specifically model this? How does He equip us to do the same?

Read [2 Timothy 2:1-2](#); [Acts 9:26-27](#)

- What are the four generations of a disciple-making model outlined here? How are their roles different? How are they similar? [Paul, Timothy, faithful ones, others]
- How does this progression of relationships relate to what Jesus taught in John 15? How do you think these different types of discipleship relationships are built? [time, consistency, listening]
- Why is it important that followers of Jesus are learning/growing/being challenged while simultaneously leading/teaching/encouraging?
- What would it mean to develop a rhythm in your life for each of these discipling relationships? What would that look like practically? What is most challenging about this for you personally?

Prayer: Give your group a few minutes to identify the potential relationships in their lives: Someone who functions like a '*Paul*' to them, leading, guiding, teaching. Someone they can or do relate to as a '*Barnabas*,' specifically encouraging. Someone they are mentoring in their faith, a '*Timothy*.' Spend time praying for each of these relationships, or, if applicable, praying for God to reveal which relationships of these types He wants you/them to invest in going forward.

Next Steps:

-Intentionally seek out an interaction this week with a '*Paul*' you might pursue, a person you might encourage, and a '*Timothy*' that you can invest in training

-Consider reading together this month! Grace Church is featuring the School of Prayer on YouVersion.

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ANCIENT PRACTICES FOR A MODERN WORLD: A Rhythm of Missional Living

Pastor Derek

January 26, 2025

Life Group Discussion

Encouragement: Do you know someone who lives life on a mission? What is their mission? What keeps them going?

Scripture:

Read [Acts 8:1-8, 26-38](#) as you review Derek's key points:

- Look for missional opportunities during personal difficulties (:1-4)
 - o Why is this challenging?
 - o If you have done this, how did your faith grow?
- Open your heart to people who are not like you (:5-8)
 - o Why is this challenging?
 - o How does this reflect the heart of Jesus?
- Follow the promptings of God (:26-29)
 - o How do we learn to listen to God? Let's brainstorm [reading the Bible regularly, prayer, spiritual friends and mentors, etc.]
- Pay attention to the smallest acts of obedience (:30-31)
 - o How do we get fooled into thinking our lives, actions, or words are insignificant?
- Start where people are and then point them to Jesus (:32-39)
 - o How has someone done this for you in an area of your life? [coach, boss, mentor, teacher, etc.]

Review the four [Dream Disciples roles](#) (Savvy Follower, Compassionate Storyteller, Embedded Influencer, Intentional Friend).

- o How does growth in these four areas help us develop a rhythm of missional living?
- o In which role have you already grown and established rhythms? Share a habit or practice with the group!

Prayer: *Lord, you have saved each of us, called each of us, gifted each of us, and positioned each of us in unique ways. We praise you! And we want to honor you with all that we are- loving you with heart, soul, mind, and strength. Guide us and teach us, help us learn to follow you, tell your story, build friendships, and use our influence for your glory. We want to live breathtaking lives on mission for you... Amen.*

Next Steps:

-In what circumstance of your life is God asking you to live out his mission? Where you live, work, learn, play – think about one specific circumstance. How can you take one small step of obedience?