



## The Art of Formation Discussion Guide

### Wk. 1 Discussion:

#### **Begin with prayer**

5 min

#### **Teach the check In**

30-40 min

Allow everyone a chance to describe how their week has been. Don't stress if this takes up a lot of time. This portion of the night will become slightly less time consuming over the next couple of weeks as your community becomes more familiar with it. Focus on making the prompts feel conversational and model active listening.

- Fruit: what has been bringing you joy lately?
- Thorn: what have you been struggling with lately?
- Vine: how have you seen or been connecting with God lately?
- Bud: what are you looking forward to?

#### **Discuss the sermon**

15-20 min

Briefly recap (in case someone missed it).

- The series we're in is focusing on how we are formed. The book of Daniel gives us a glimpse into the Babylonian exile and explores how our environment, culture, and powers at be attempt to shape our lives. For the next few weeks we'll be talking about how we have been formed by the world, by life, and by God.
- What's been the most significant life change for you in the last 5 years? How has that impacted your emotions, personality, or schedule?
- Do you think people actually change, or just their actions/circumstances? Explain.

#### **Open your bibles together**

25-30 min

- Read Rom. 12:1-2
- Paul suggests that it is possible for us to "conform to the patterns of the world" or "be transformed by the renewal of our minds". How do these differ? How have you experienced each?
- Read 2 Cor. 5:17



- What has God made new in your life (or the life of someone you know)?
- Read Daniel 1:8
- Daniel chose not to allow Babylon to shape his life. To follow Jesus is to choose to allow God to form us and not the world. What are some areas in your life where you want God to begin or continue to shape?

### **Pray over what everyone has shared**

5 min

### **Talk about covenant & the coming week's practice**

10-15 min

Communicate to everyone that our journey towards formation over the next few weeks is not just for us as individuals, but for your community as well. Take this time to assign roles for everyone and talk through your covenant.

- Assign roles
- Commit to doing this week's practice

Explain that we'll be creating a genogram over the next few weeks to explore how our family dynamic has played a part in our formation.