

Foundations  
Intro & Overview  
Colossians 2:6-7, John 3:1-11

Welcome to our fall series on Foundations where we will learn  
"To walk out this messy process of life with God - together." -Brad Bell

If this is your first week meeting again after summer break, we encourage you to start by spending time reflecting on some highs and lows that have happened in your life since the last time you were together; regardless if that was just last week or 3 months ago:

1. Share your top 3 highlights from the summer. What was something hard you faced? How did you see God at work in both of those areas (both the highs and lows).
2. As we begin another semester together, what are your hopes for your spiritual life this season? What are 1-2 areas you are hoping to grow in?
3. Read through Colossians 2:6-7, followed by John 3:1-11 out loud in your group. What was significant to you from this passage or from the sermon this week and why?
4. There was much mentioned about the Holy Spirit. Can you recall some of what was shared about the person and work of the Holy Spirit? *\*If you need a few reference points: The Holy Spirit is a person, God, always working, in us. We are sealed with the Spirit, filled with the spirit, to be under the influence of the Spirit, yielded to the Spirit, we are baptized in the Spirit, we can grieve the Spirit, quench the Spirit*
5. Are there aspects of the Holy Spirit that are mysterious to you? Comforting? Convicting? Which is most meaningful to you as you consider the work of the Spirit in your life?
6. We know that transformation is initiated and sustained by the work of the Spirit, but it takes a willing heart to be open to the Spirit. In what ways are you struggling with being willful or will-less when it comes to the Spirit? How can you grow to be more willing in your spiritual formation process in this season?

**Closing Challenge**

Prayer of Intention. Spend 2-3 minutes in a prayer of intention, opening to the Spirit, willing to be with God through these next few months. Then, a few of you share with the group some of what came up during your prayer of intention with the Lord.

Close your group time reading through the "Foundations Covenant". Consider as a group committing to these next 10 weeks to living out this messy process of life, together by signing this covenant.

## Foundations Covenant

We are entering into a very unique process of life with God - together. This journey will require a safe environment where individuals can be open and honest. Individuals may share things they have never shared before. These intimate moments need to be received without judgment or condemnation. We are on a journey with God together. We are not here to 'fix' one another but to be present with each other - in love. We want to encourage openness, vulnerability, honesty, and intimacy together. This group dynamic will require a few critical components. First, we ask every participant to agree to confidentiality within the group. This shared confidentiality ensures the sanctity of the group - what is said stays with the group. Second, this requires regular attendance. We acknowledge that life is busy and emergencies arise. However, consistency fosters trust. Your consistent presence is necessary for the group environment to be honest and intimate. If you cannot attend, please inform your leader so they can help lead the group effectively. Finally, we ask for honesty. Your honesty is essential regardless of your position in Christ or the state of your spiritual life. As each individual is open and honest, the group can deepen together.

I commit to:

- Respect Confidentiality
- Attend Consistently
- Honestly Participate

Date: \_\_\_\_\_

Signature: \_\_\_\_\_