

# GROUP LEADER INSTRUCTIONS

## WHY ESTABLISHING FOUNDATIONS?

At the end of the Sermon on the Mount, Jesus describes two different people who both build a house. The first person builds his house on a rock and the house stands firm when the storm comes. The second builds his house on sand and when the storm comes, the house falls. Both men built a house. Both houses faced a storm. Only the house with the right foundation was left standing.

As we go through Establishing Foundations in our groups this fall, our goal is that you and your group members would lay a strong foundation for your life so you too can stand firm as a disciple of Jesus. By the end of this process, you'll be established in three areas: the faith, the Bible and prayer, and the church.

As always, our goal is discipleship, not subject matter expertise - you don't need to be an expert in this content to lead it. All you need to be doing as a leader is following Jesus and encouraging others to follow him along with you. Working through this content weekly, deepening our foundations in the Word, and doing it alongside each other will be a powerful foundation for us as we build disciplines that bring us closer to Jesus.

## HOW DO I USE THESE GUIDES IN MY GROUP?

- Each week, encourage your group members to complete the content for the chapter before group. Of course, not everyone in your group will have completed this content – this is true anytime we study a book in our groups! Encourage people to come and participate no matter how much of the chapter they've done, while also challenging them that they will build the best foundations if they engage the content throughout the week.
- Use the group guide for the associated week to discuss that chapter. The group guide is just a jumping off point - don't stress about completing it all, especially if there is a particular part of the chapter your group is eager to discuss.
- This guide is a great chance to empower someone in your group to lead the discussion on a given week. You can have people in your group choose a week to lead and get the group guide from [aletheia.org/establishing](http://aletheia.org/establishing) to prepare.

## WHAT DO WE DO OUTSIDE OF GROUP?

- Encourage people to do one exercise a day - there are five total to complete throughout the week, giving you two grace days to use as needed.
- Create a group Whatsapp, group text thread, or another way of communicating throughout the week about what is encouraging you and what you're finding difficult to understand. You'll all be more likely to complete the exercises and get more out of them if you're doing it together!

- Some groups have found it effective to set up a time to do an exercise together once or twice a week virtually! Everyone hops on a call, works through the exercise themselves, shares what they're learning, and prays together. This would not have to be led by the group leader if your group (or a subset of your group) chose to do it.
- Talk openly about the ways this is difficult. Everyone struggles in different ways to get daily time with God; completing these exercises is not a way to 'earn' God's love, but it IS a way to build powerful daily disciplines of time in God's word and in prayer. "Though the righteous fall seven times, they get up again"(Prov 24:16) - don't let yourself get discouraged when you get behind, but see this as an opportunity to get back up and continue to draw close to God!

### **WHAT OTHER RESOURCES ARE OUT THERE?**

- Our Establishing Foundations website ([aletheia.org/establishing](http://aletheia.org/establishing)) has resources for each week of the book, including the group guide, a podcast episode about each chapter, and additional resources for each week.
- The Bible Project ([bibleproject.com](http://bibleproject.com)) is a great additional resource for questions that come up about specific books of the Bible or general topics throughout Scripture.
- Your section leader and Pastors are here to be resources to you as well! If specific questions come up that you don't know how to answer, or you need more general support or resources throughout this process, lean on them for those things as well.

### **WHAT ABOUT NON-CHRISTIANS? CAN THEY JOIN?**

- A core value of our groups is that non-Christians are always welcome to join us. Establishing Foundations is no different!
- If you have a group member or attendee who isn't a follower of Jesus yet, encourage them to lean in and discover what the Bible says about following Jesus through this study. This is a great way to learn what it means to be a Christian as they decide whether that's a step they're ready to take.
- Ask them proactively how their experience of group is and what you can do to make it most helpful for them. We are confident this experience will bless them and the rest of your group as you study together!