

3/3 GROUP MEETING FORMAT

We call this a Three Thirds format as the meeting is split into three main parts – look back, look up and look forwards.

LOOK BACK



Care and Worship – Loving God and loving one another lie at the heart of the first third. Spent time in worship expressing your love for God. Spend time checking up on how everyone is generally. Don't allow this to take over as more significant personal needs are best cared for outside the gathering. Pray for one another.



Check Up – Pick up on how folk have been able to put into practice the things that the Lord challenged them on in the last meeting
How did you obey?
Who did you train?
Did you share your story or God's story with anyone?



Vision - Remind the group of why they are meeting, to grow themselves in faith and also to be stirred into action as the Lord leads us to put his word into practice.



LOOK UP

This is what some would call a Discovery Bible Study where you look up to God and listen to him speak through his word as you reflect on four simple questions and allow all to speak. This is not the place for a sermon or for one person to dominate, but for all to share their reflections on what the Lord is saying to them through his living word. The four simple hand signals help us remember the questions.



Pray – Ask the Lord to speak to you through the passage that you are about to read (see later for some suggested passages).



Read the passage

What did you like?



What did you find challenging?



Read the passage again



What does it teach about God?



What does it teach about people?



LOOK FORWARD

This is where we ask the Lord what we need to do as a result of reading his word and listening to him. Real discipleship involves not simply listening to the Lord, but acting upon what he says to us. Jesus said, *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”* (Matthew 7:24-25)



Pray and listen to God. How can you obey? Who can you train? Who can you share with?

Share your commitment with the group. So that next week you can be encouraged to hear how you have put what the Lord has said into practice. You can find it helpful to ask three questions here under the acronym **OTS**

1. How will I **O**bey what the Lord has said?
2. Who will I **T**rain? (or share the lessons that I have learned and thus be discipling another).
3. Who will I **S**hare my faith with in the week ahead? (Being faithful to the great commission)

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

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