



# Core Groups

Core Groups gather regularly with 2-3 people of the same gender for the purpose of accountability and prayer. Below are some guidelines to help as your Core Group begins.

“**Let us go right into the presence of God** with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ’s blood to make us clean, and our bodies have been washed with pure water.<sup>23</sup> Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.<sup>24</sup> Let us think of ways to motivate one another to acts of love and good works.<sup>25</sup> And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. *Hebrews 10:22-25*”

## Asking Questions

We use a simple model to guide discussions within our Core Groups, and we believe that it is a quick and easy way to get to the heart of things.

### UP

#### Are you pursuing Jesus?

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. *Matthew 6:33*

**Example questions:**

- In what specific ways did God speak to you through the Bible this week?
- What was the deepest prayer on your heart this week?
- When you listened to God, did he speak to you? What did He say?

### IN

#### How are you?

Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect. *Romans 12:2*

**Example questions:**

- What feeling was most prevalent this week? Why?
- Did I allow my negative thoughts and feelings to be an entry point into prayer?
- Am I defeated, apathetic or burned out in any part of my life?

### OUT

#### Are you loving others?

Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples. *John 13:34*

**Example questions:**

- When is the last time you spoke to someone about your faith?
- Were you a wise steward with the resource of spare-time you were given?
- Did you treat strangers and friends in a way that is consistent with the character of God?

# Responding

A healthy Core Group will include confession, accountability, encouragement, and prayer in their responses. This might be a little strange at first if you don't know your group members really well, but as you build trust we encourage you to go deeper.

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## Confession

So, let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. *Hebrews 4:16*

### Examples:

- *In what areas was I tempted to sin this week? Did I disobey God in anything?*
- *Is there anyone who I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?*
- *Is there anything I want to keep a secret that should share?*

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## Accountability

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. *James 5:15-16*

### Examples:

- *Out of everything we've discussed, this is the "one thing" I need you to ask me and keep me accountable on*
- *Since I struggle in this certain situation, can you help me think of better way to handle it next time and then ask me about it afterwards?*

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## Encouragement

Be happy with those who are happy, and weep with those who weep. *Romans 12: 15*

### Examples:

- *I can really tell you are working hard with this.*
- *Look at how much you've been growing already in this area.*
- *I'm so proud of the way you handled that situation, you're doing so well*

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## Prayer

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. *Philippians 4:6*

### Examples:

- *Thanking the Lord for the blessings He has given or done that week*
- *Asking the Lord for guidance or wisdom for specific circumstances that were mentioned during the group*
- *Praying for the church, community, city, country*

## Marks of a Healthy Core Community

- Hard questions are not required, but we are not afraid of them.
- We answer questions with honesty and vulnerability.
- When someone shares, we respond with grace, but are willing to speak truth in love.
- When we are tempted to "fix" the other person, instead we turn to Jesus in prayer.
- We spur each other on towards love and good works.