

Having a good conversation

As you develop your relationships within the group here are some principles that can help you to make the most of your time together as Running Mates:-

Listen - always: Being heard is indistinguishable from being loved. We need a listening ear more than solutions. Giving 'feedback' can be a real help: e.g. *'are you saying...'*

Affirm – whenever possible: we all need reassurance that we are on the right lines, especially in difficult situations, when we have stepped out in a courageous way, or when we meet with disagreement or hostility. Share scripture as God leads you.

Help – whether or not you can see what needs doing: the real help a person needs is not being told what to do, but being helped to *work out for themselves* what to do. We are all more likely to make something work if *we* have decided what needs to be done: rather than because we have been told that something is what we ought to say or do.

Challenge – occasionally: to *'provoking one another to love and good works'*. Help people see things from a different angle or wider perspective. It is best done through questions rather than giving directions: e.g. *'what about...?'* *'Have you thought of...?'*

Love involves opening up new possibilities with each other.

Disagree – openly: Better to be honest than put any pretence into the relationship. Being real is holier than being 'nice'. However, if we feel the need to disagree, let's do so openly and say what action or attitude we do not agree with. Do not attack the person or their motives. The godly way to disagree is to say it to their face, not behind their back. Agree to honour each other and build trust together.

Life Groups for Running Mates

Take time to prayerfully 3-4 find the 2 or three people who can share in the joy of 'doing life' together. (You may choose to do this as part of your home group) As a group try to identify an hour or so regularly to meet together for sixty to ninety minutes.

The main purpose of the group is to:

- 🕊 **share** joys and struggles in seeking to live as disciples
- 🕊 **listen** together to God through the scriptures
- 🕊 **support** one another to live out our faith
- 🕊 **pray** for each other in the power of the Holy Spirit
- 🕊 **grow** in our faith and to grow more like Jesus

Life Groups enable us to disciple one another

Keep it simple but commit to one another.

Share together to encourage each other to grow as disciples.

The 7 Questions are offered to provoke you to think about your own growth and the growth of those you're discipling and sharing life with. They add a challenge to conversations and encourage a whole-life approach. If you have honest conversations on a regular basis about these questions - setting some goals - keeping accountable - then you, and those you're discipling WILL grow in faith in life.



7 Catalytic Questions

SPIRITUALLY: What has God been speaking to you about, and what are you doing about it?

EMOTIONALLY: What practical and prayerful steps are you taking to address your character flaws? Looking beneath the surface of your emotional health.

PHYSICALLY: What are you doing to cultivate good physical health?

MENTALLY: How are you protecting your mind from unhelpful thoughts and images?

RATIONALLY: What decisions are you facing, that need wisdom and courage from God?

RELATIONALLY: How can you improve your relationships with people?

MISSIONALLY: How are you making a Kingdom impact through words and actions?

When you meet you may choose to focus on one of these questions. It is likely that some will be more of a challenge than others so **encourage** each other to include those questions at times!

As you **share and explore** together there will be opportunities for new insights, reflections on how God has been at work in the group and lessons you can share with each other.

As you **share life** together as disciples remember to **pray** for each other. Allow time for listening to God and the prompting of the Holy Spirit. As confidence grows, **lay hands on** one another asking for a **fresh filling** of the Holy Spirit; **commit** the challenges of the coming week to God in prayer; **focus** on Jesus, seeking to please him and to be like him.