

LIVING STONES DISCIPLESHIP GROUP



THIRD SEMESTER
UNIT 1



"[Y]ou yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ."

1Peter 2:5

UNIT 1: How's Your Soul?



IN THIS SESSION

- :: Post Holiday check-in with your group
- :: Spiritual check-up for your soul
- :: Preparing for next four months

UNIT 1: How's Your Soul?

// OPENING SCRIPTURE

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

Hebrews 10:24-25

// OPENING PRAYER

// FOLLOW-UP FROM PREVIOUS UNIT

Memory Verse :: N/A

Homework :: N/A

UNIT 1: How's Your Soul?

// Post-Holiday Check-In...

:: It's a new year, the holidays are over. Most folks are back to work. Those after-Christmas credit card statements are just now hitting mailboxes. Now what? Back to the same routine?

:: For many Christians the holidays are a busy time of year. Calendars are quickly filled with Christmas shopping, work parties, family Christmases, school plays, New Years celebrations, and everything else. Time for daily Bible reading and prayer gets crowded out. This leaves many of us spiritually and emotionally exhausted.

:: For other Christians, the holidays are a lonely time of year. Some have lost family members or are estranged from family. They see the busyness of everyone else and feel alone.

:: So this unit is a different unit. There was no work to prepare. Instead, it's a sort of spiritual check-up. The Psalmist wrote, **"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you..."** (Psalm 42:5-6) We see the psalmist in-tune with his soul. That's what this unit is about—a spiritual check-up. How's your soul?

:: Be honest with your group members. This is a safe place.

// Christmas & New Years

(Below are some discussion questions related to the holidays. Go around the room and share with your group.)

:: How were your holidays? What did you do? Did you travel? Who did you see?

:: What is your favorite thing about Christmas?

:: For many of us, Christmas comes and goes by so quickly it leaves us feeling like we missed out on something. What are some ways you can be more “intentional” with your time/energy next year?

:: Are there some particular temptations for you that are unique to Christmastime, or just to the holidays in general?

// Check the Spiritual Vitals

:: How are you doing, spiritually? From a scale of “On-the-Mountaintop-With-Jesus” to “About-to-Go-All-Samson-on-Some-Philistines”, how you doing?

:: How’s your devotional life? (i.e. daily bible reading and memorization, prayer life, church attendance, etc.) What’s going well? What needs strengthened? What lifestyle changes should take place?

:: How’s your marriage?

// Preparing For the Next Semester

:: The LivingStones curriculum for the next semester may some of the more challenging units we’ve dealt with so far. We will spend time working through God’s mission. We will look at how God’s mission affects each one of us. We’ll see our responsibility to the mission of God.

:: The next semester will deal with evangelism, resource management for God’s mission, financial stewardship for the sake of mission. You will be challenged to seek the Lord about going on a short-term or long-term mission trip. We will ask the Lord to open doors for our group to reach the lost in our communities and families.

:: Use the next couple weeks to prepare your heart to commit to being humbled and challenged by the Bible texts, by your group, and by the Spirit of the Lord.

UNIT 1: Post-Holidays Check-In

PRAYER REQUESTS // PRAISE REPORTS

Go around the room and have each person share a prayer request and/or a praise report. Members should commit to praying for these requests.

PLEASE RESPECT YOUR GROUP'S PRIVACY AND COMMIT TO PRAYING FOR YOUR BROTHER'S/SISTER'S NEEDS

UNIT 1: How's Your Soul?

HOMEWORK ASSIGNMENT

:: Memorize the following verse(s):

**"for while bodily training is of some value, godliness is of value in every way,
as it holds promise for the present life and also for the life to come."**

1Timothy 4:8

:: Complete the Unit 2 worksheets and activities (when applicable).

:: Pray for the needs of your brothers/sisters in your group.

:: Ensure you are able to attend the next session.