



First Group Gathering – Welcome

As you prepare to gather with your group, take time to consider the following:

Do – “Do the work!”

- Familiarize yourself with the curriculum content, how it flows, and how to use it.
- Make sure everyone in your group gets a copy of the curriculum. As a group, read the “Welcome” from Rob Sweet on page 5 of the curriculum. Introduce them to Session 1 (i.e. core articles, daily devotionals, wholehearted activities, session summaries).
- Save everyone’s phone number and create a platform for ongoing group communication (i.e. group text, GroupMe app, etc.).
- At the group gathering, pray as a group before everyone leaves.

Desire – “What are God’s desires for you and your group?”

- *Comfortable* – God wants your group members to feel comfortable and welcome in your group. Ask the Spirit of God to comfort every person in your group no matter where they are in life right now.
- *Confident* – God wants you to feel confident and prepared to lead your group. Ask the Spirit of God to give you the confidence to lead your group well this year.
- *Casual* – We want you to create a casual & relaxed environment the first night (i.e. not too structured, maybe even have kids involved, food, icebreaker games, a place for everyone to sit, etc.). Take the time to prepare your home before your group arrives, and have fun with your group!

Feel – “Be group aware.”

- For some people in your group, this may be their first group experience ever. This may cause some nervousness, anxiety, or fear. Be mindful and aware of that this week.
- You should have everyone’s contact information (i.e. phone, email). Before you gather, send a text message or email to every person to encourage them and to let them know you are excited to gather with them this week!

Know – “What matters most?”

- You have been given the opportunity to help people find wholehearted life in Jesus this year. This is why we have groups, and this is why you are leading this Fellowship Group.
- This curriculum is designed to help you and others find wholehearted life in Jesus together. You can trust the content. We encourage you to press into this curriculum and use it as written.

**Session 1: Finding Wholehearted Life in Jesus**

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Do the work. You can’t take your group where you haven’t been.
- Start by reading the Session 1 Summary on page 20. Then, start with Day 1.
- Take time to familiarize yourself really well with the “Essentials of a Healthy Fellowship Group” on page 18 – 19. This is what you are calling your group to in this season. Be sure to bring your copy of the group commitment for everyone to sign a group.

Need an extra copy of the Group Commitment? Download is available on the Group Leader Resource page (<https://www.fellowshipbiblechurch.org/resources/group-leaders/>)

Desire – “What are God’s desires for you and your group?”

- God desires for your group members to be transformed from the inside out. Ask God to begin to transform hearts.
- God wants to transform your heart. Ask the Spirit of God to do that.
- Use the prayer prompts to guide your prayer life this week (RESPOND sections).

Feel – “Be group aware.”

- Your group will be introduced to the Fellowship Group Commitment this week. As the leader, your understanding and ownership of the “Essentials of a Healthy Fellowship Group” will impact how your group responds when you are together.
- This is the first week that your group is using the curriculum daily. Send out an encouraging text to your group members with something that stuck out to you in a devotional. This will encourage your group!
- Reach out to someone in your group this week and ask them to lead the prayer time at group. This will empower group members.

Know – “What matters most?”

- Fellowship Groups exist to help people find wholehearted life in Jesus
- Finding Wholehearted Life Together is all about transformation, not just information.
- Healthy fellowship takes commitment

**Session 2: God's Design —The Whole Heart**

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Do the work. You can't take your group where you haven't been.
- Start by reading the Session 2 Summary on page 36. Then, start with Day 1.
- Watch the Bible Project Video “Word Study: Lev —Heart”
 - Bible Project Website: <https://thebibleproject.com/videos/lev-heart/>
 - YouTube: <https://m.youtube.com/watch?v=aS4iM6KpPYo> (With ads, etc.)
- If you are hosting be sure you have a way for everyone to watch the video together as a group. If someone else is hosting the group be sure to contact the host early in the week to make sure they have a way to let everyone watch the video together.

Desire – “What does God desire for you and your group?”

- God wants everyone in your group to know that He designed their heart to be whole, and the heart is what matters the most to Him.
- God wants us to love Him with our whole heart: thoughts, emotions, desires and choices.

Feel – “Be group aware.”

- This week introduces the theology of the heart. Pray for your people as some may learn about the “heart” for the first time.
- Ask God's Spirit to help anyone who may feel some resistance to the idea that all of life flows from the “heart.”
- Be aware of the emotions stirring in you as you review God's Design for the heart.

Know – “What matters most?”

- Taking time to draw the heart is a great way of helping people process the theology of the heart together as a group. So, be sure to use this time and share each other's creative work.
- “As in water face reflects face, So the heart of man reflects man.” Proverbs 27:19
- God designed your whole heart and it's what matters most to Him.

**Session 3: Our Problem – The Fragmented Heart****Leader Guide: 04**

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Do the work. You can’t take your group where you haven’t been.
- Start by reading the Session 3 Summary on page 52. Then, start with Day 1.
- Set aside some time this week to write your prayer of lament (see Day 5, page 50-51). Be prepared to read your prayer of lament to your group. Reach out to two other people to see if they would be willing to read their laments at the group gathering.

Desire – “What does God desire for you and your group?”

- God wants everyone in your group to know that we all have a heart problem.
- God wants you to be broken over your sin.
- God wants us to re-think how we think about sin.

Feel – “Be group aware.”

- This week may be difficult for some of your group members. Pray for your people.
- The weight of sin can be a heavy weight. Be mindful of the emotions that may be stirring in some people this week (i.e. shame, regret, anxiety, loneliness, fear).
- Be aware of the emotions stirring in you as you write your prayer of lament. Be courageously real with God first, before you are with your group.

Know – “What matters most?”

- Sin leads us away from God’s good design and separates from God.
- Writing your prayer of lament is significant work for you and your group this week.
- Because of sin, we enter this world with a fragmented heart.

Session 4: Good News — A New Heart!

As you prepare to gather with your group this week, take time to consider the following:

**Do** – “Do the work!”**Leader Guide: 05**

- Start by reading the Session 4 Summary on page 70. Then, start with Day 1.
- You will lead your group by sharing your Gospel Story at your Group Gathering. We suggest using the “Gospel Story Guide” on the group leader resource web page to review and edit your story. If you have not written your story, this is a great tool to help you write a 5-7-minute Gospel Story.
- As you read and do your personal work through the curriculum, keep your story in mind. Remember, the point of sharing your story is to talk about Jesus. Jesus (not you) is the hero of your Gospel Story.

Desire – “What does God desire for you and your group?”

- God wants everyone in your group to find wholehearted life in Jesus. The Gospel is the Good News of Jesus rescuing us from separation from God and death -the wages of our sin. This is how we receive a new heart.
- Pray for the Spirit to make the Gospel clear and to use your story to help your group know that wholehearted life is in Jesus alone.

Feel – “Be group aware.”

- Be aware that some people in your group may be unclear about the Gospel and may still think their religious performance or moral behavior is what saves them. Pray that God’s Spirit will open their heart to trust in Jesus alone for their salvation.
- Ask God’s Spirit to help anyone who may be unsure about their response to the Gospel. Pray that God will draw them to Jesus to place their faith in Him.
- The Wholehearted Activity will be the first time your group has journaled to engage their whole heart. (pages 66-68) Be aware of the emotions this stirred in you and what may be stirring in your group this week. Send your group an encouraging text or email when you finish Day 5.

Know – “What matters most?”

- We gain a new heart by putting our faith in the life, death, and resurrection of Jesus for us.
- God will use your Gospel Story to deepen your faith, and help others find wholehearted life in Jesus.

Session 5: We Are Word Centered

As you prepare to gather with your group this week, take time to consider the following:



Do – “Do the work!”

Leader Guide: 06

- Do the work. You can't take your group where you haven't been.
- Start by reading the Session 5 Summary on page 88. Then, start with Day 1.
- Set aside time this week to engage in the wholehearted activity (see Day 5, page 86-87). Be prepared to walk through your activity as an example to your group. Reach out to two other people to see if they would be willing to share their journey through their activity.

Desire – “What does God desire for you and your group?”

- God wants us to recognize His Word as the central authority for our lives.
- God wants us to place Jesus, the Living Word, at the center of all we do.
- God wants everyone in your group to engage His Word with their whole heart.

Feel – “Be group aware.”

- Your group is still learning how to engage Scripture with their whole heart. Pray for your people to go “below the line” as they engage God's Word.
- Be mindful of the emotions that may be stirring in some people this week as they do the wholehearted activity (i.e. encouragement from a promise worked through; shame from a lie they have exchanged for truth in the Word).
- Be aware of the emotions stirring in you as you work through the four quadrants. Be courageously real with God first, before you are with your group.

Know – “What matters most?”

- When we trust Jesus, we get a new heart.
- It's important to engage Scripture with our whole heart.
- All of the Bible points to Jesus.

Session 6: We are Spirit Dependent

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”



- Do the work. You can't take your group where you haven't been.
- Start by reading the Session 6 Summary on page 104. Then, start with Day 1.
- Set aside time to work through the wholehearted activity on Day 2. Be prepared to lead your group by sharing your chosen practice and activity through the four quadrants.

Desire – “What does God desire for you and your group?”

- God wants everyone in your group to know that we can do nothing apart from His Spirit.
- God wants you to practice Spirit Dependence personally.
- God wants us to create space in our lives to see the Spirit's work in us as He leads us.

Feel – “Be group aware.”

- This week is in the middle of our semester. Send a note of encouragement out to your group.
- Reach out to someone in your group and ask them to share their wholehearted activity at this week's Group Gathering.
- Pray for your group this week as they exercise dependence on the Spirit through the practice with which they choose to engage in the wholehearted activity.

Know – “What matters most?”

- Wholehearted life develops when we abide in Christ and depend on His Spirit.
- Working through your wholehearted activity is an act of depending on the Spirit this week.
- We are filled with the Spirit by faith, and we can trust the Spirit to do what we cannot do.

Session 7: We are Better Together

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Start by reading the Session 7 Summary on page 122. Then, start with Day 1.
- Preview the Wholehearted Activity on pages 118-120. Doing the work of reconciliation is one of



the ways we demonstrate the value of being Better Together. This can be a great activity for your group, so be sure to encourage them to press into this activity this week.

- In a few weeks your group will conclude Finding Wholehearted Life Together. Give everyone a heads up this week and begin planning how you will do your group meal. You may want to combine with another Fellowship Group. If you need help or assistance, please be sure to reach out to the Fellowship Group Team.

Desire – “What does God desire for you and your group?”

- Remember when God call us into fellowship with Himself, He calls us into fellowship with His people. His desire this week is for your group to see their need for one another.
- God wants us to pursue each other. Be sure to send an encouraging note, text or email to your group this week. Remind them that this week’s session is all about why we do Fellowship Group. It really does matter.
- Pray for your group to value being together over isolation and independence.

Feel – “Be group aware.”

- Be mindful that the work of reconciliation is not easy. Some people in your group may have some difficult relationships and unique circumstances that make this a very difficult week. Be sure to reach out to them. If you need help with any relational issues in your group or for one of your group members, please be sure to contact your Fellowship Group Team member.
- Be aware of your own emotions and desires that stir in you this week.

Know – “What matters most?”

- God created us for relationships and uses community to bring about wholehearted life.
- Fellowship Groups guard us from “going alone” and encourage us to “go together.” That’s why we should continue to remain active in group life at Fellowship. Being in a group with a dozen people weekly is the best place to grow as a disciple.

Session 8: We are Courageously Real

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Do the work. You can’t take your group where you haven’t been.
- Start by reading the Session 8 Summary on page 138. Then, start with Day 1.



- Set aside some time this week to work through the wholehearted activities to lead your group by sharing your work through wholehearted repentance.
- Preview Session 10 this week (pages 159-175). Check on the plan this week with the group, the hosts, etc. Send reminder emails or texts about the upcoming celebration.

Desire – “What does God desire for you and your group?”

- God wants us to recognize how difficult it is to be real with ourselves and others apart from Him.
- God wants our identity in Christ to guide our thoughts, emotions, desires, and choices.
- God wants us to take off our masks so we can be courageously real with each other.

Feel – “Be group aware.”

- The word “repentance” can evoke confusion, fear, or shame for some. Be mindful of this as you pray for your group this week. We will all most likely expose a lie that is at the root of sinful choices we make. Pray for your group to engage wholeheartedly, and to be encouraged.
- Be mindful, as well, that some may be understanding for the first time how much they are loved and their identity in Christ. Encourage your group in this.

Know – “What matters most?”

- In Christ, we have a new identity that we can live out of.
- Therefore, we can confidently walk with God and others in honest repentance.
- When we tell others about our changed life, we are being Courageously Real.

Session 9: We are Not About Ourselves

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Do the work. You can’t take your group where you haven’t been.
- Start by reading the Session 9 Summary on page 154. Then, start with Day 1.
- This week your group will walk through two wholehearted activities: Day 2, which guides us to



consider someone who needs to hear the good news of Jesus; and Da
our story with our whole heart.

Leader Guide: 10

- Remember, next week you are sharing a meal together. This will be your Group Gathering time for Session 10, too. Check on the planning and send reminders this week to your group.

Desire – “What does God desire for you and your group?”

- God wants us to know our story and how he has rescued us.
- God wants to give us a compassionate love for those who do not know Him.
- God wants us to share our redemptive story winsomely and boldly with all who will listen.

Feel – “Be group aware.”

- Many may feel their story is not good enough to share or even have a fear of sharing their story. Pray for your group this week as they engage the daily sessions with these emotions.
- Pray for the Spirit to bring to mind one person to your group members who desperately needs to hear the good news of Jesus. Send an email out this week to encourage group members.

Know – “What matters most?”

- We are made for God’s glory, not our own. Therefore, we will live for God and the good of others.
- You will need to guide your group in discussion on how, individually and as a group, you can tangibly practice this value through leveraging money, time, and resources for the good of others.

Session 10: Celebrating Wholehearted Life in Jesus

As you prepare to gather with your group this week, take time to consider the following:

Do – “Do the work!”

- Do the work. You can’t take your group where you haven’t been.
- Start by reading the Curriculum Summary on page 170 – 171. Then, start with Day 1.
- Make sure to finalize your preparation for your group meal.

**Desire** – “What does God desire for you and your group?”

- God desires wholehearted life for you and your group. Spend time this week thanking God for the last 10-12 weeks.
- God wants you to celebrate the work that He has done.
- We desire to hear stories of what God has done in your group.

Feel – “Be group aware.”

- We want your group to be encouraged by what God has done. Write notes to each group member to encourage them this week.
- Gathering around a table together is significant. We want your group to feel like they are a part of a family and that they are always welcome.
- This week will feel like “the end,” but it is just the beginning of something great.

Know – “What matters most?”

- Every meal is more than a meal.
- Setting the table matters. Whether it is simple or elaborate, make it meaningful.
- Sharing this meal is a celebration that your group has started their journey to find wholehearted life together.