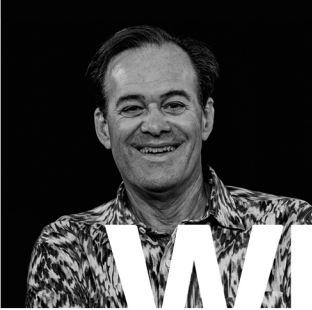


8 WEEKS



WE ARE SUNNY BROOK





WE



ARE



SUNNY



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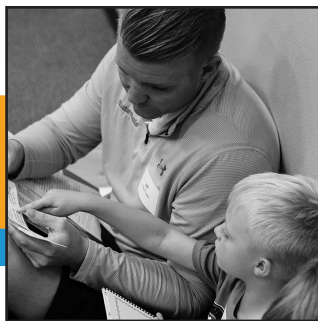
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BROOK





Why We Go To Church

WEEK 1

SMALL GROUP STUDY

Kicking it off:

Discuss with honesty: why do you come to church?

Big Idea:

When we come together for worship, we should see God, see our sin, see our Savior, and see our mission.

Key Scriptures:

Isaiah 6:1-8

"In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. And they were calling to one another: "Holy, holy, holy is

the Lord Almighty; the whole earth is full of his glory." At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. "Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty." Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. With it he touched my mouth and said, "See, this has touched your lips; your guilt is taken away and your sin atoned for." Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

Discussion:

Read Isaiah 6:1-8 and discuss the following:

1. At the beginning of Isaiah's

vision, he describes the holiness of God. What, in his description, gives you insight into that holiness?

2. What was Isaiah's response to God's holiness? (verse 5)
3. It's been said that when we see ourselves in relation to God's holiness, our only inclination can be to worship Him. How do you see that play out in your own life?
4. Discuss what difficulty you may have in experiencing the significance of God's holiness in your own life. What barriers may keep you from that?
5. After Isaiah's confession of his own sin, we see his sin atoned for in verse 7. What role does confession play in your own life?
6. A heart for God's mission, and a willingness to be sent followed Isaiah's confession of sin. What significance does confession play in your willingness to commit yourself to God's mission?
7. In this week's message, there were 4 things we should see when we come to church: God, our sin, our Savior, and our mission. Which of these is most challenging for you to see?

8. What insight does this passage give you into your heart and attitude in coming to church? How might you be better prepared to worship each week as you come?

Wrapping It Up:

Commit yourself to be here every single week during this 8 week series, and to have a heart open to how God will speak to you through this study.

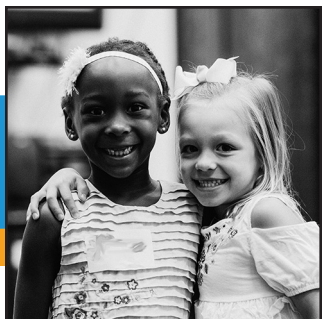
Prayer Focus:

Pray for this series and for our church – that God's holiness would come into view, and that there would be a revival of people committed to God's mission and a willingness to be sent into our community and into the world.

MEMORY VERSE:

"Woe to me!" I cried. "I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty."

ISAIAH 6:5



Connect

WEEK 2

SMALL GROUP STUDY

Kicking it off:

What's the best "team" you've ever been a part of? What characterizes that group?

Big Idea:

Life is better connected.

Key Scriptures:

Pg 7

Discussion:

1. Read John 13:34-35. What does Jesus' statement teach his followers about relationships in God's kingdom?
2. Read 1 Corinthians 12:27, Romans 15:7; James 5:16; Galatians 5:13, 6:2. What do you learn about relationships in the body of Christ from these passages? Discuss each one and how you are doing in each area mentioned. Identify one area that you can work on together as a group.
3. Read Romans 16:16, 1 Corinthians 16:20, 2 Corinthians 13:12, and 1 Thessalonians 5:26. The Apostle Paul repeated this command 4 times, exhorting followers of Christ to develop relationships of affection. Paul was constantly moving around. Why would the truth of this command have been important for him? What does the truth of this command mean for us?
4. Read 1 Peter 4:8. Discuss what barriers exist that prevents greater affection in your relationships. How might you overcome those barriers and love others more deeply?
5. It's been said that love is a verb. If that's true, what actions do you believe best demonstrate the love to

which Jesus calls us?

Wrapping It Up:

Discuss what steps you are willing to take to love one another, and to love others, in Jesus' way.

Memory Verse:

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."
John 13:34-35

Prayer Focus:

Pray for all the new small groups that will be forming this week, and that our groups at Sunnybrook will reflect the love to which Jesus calls us.

Key Scriptures

2 Corinthians 13:12

"Greet one another with a holy kiss."

1 CORINTHIANS 12:27 NLT

"All of you together are Christ's body, and each of you is a part of it."

Romans 15:7

"Accept one another, then, just as Christ accepted you, in order to bring praise to God."

James 5:16

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

Galatians 5:13

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love."

Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

1 Peter 4:8

"Above all, love each other deeply, because love covers over a multitude of sins."

1 Corinthians 16:20

"All the brothers and sisters here send you greetings. Greet one another with a holy kiss."

John 13:34-35

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

1 Thessalonians 5:26

"Greet all God's people with a holy kiss."

Romans 16:16

"Greet one another with a holy kiss."



Serve

WEEK 3

SMALL GROUP STUDY

1 Corinthians 12:7, 12, 21, 26-27 NLT

Kicking it off:

What's the most humble or unselfish act of service that you've ever personally witnessed?

Big Idea:

Jesus came not to be served, but to serve, and to give His life as a ransom for many. As His followers, we are called to do the same.

Key Scriptures:

Matthew 20:28

"For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

Ephesians 2:10

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

"A spiritual gift is given to each of us so we can help each other. The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. The eye can never say to the hand, "I don't need you." The head can't say to the feet, "I don't need you." If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad. All of you together are Christ's body, and each of you is a part of it."

Philippians 2:2-3 NLT

"Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves."

1 Peter 2:9 MSG

“But you are the ones chosen by God, chosen for the high calling of priestly work, God’s instruments to do his work.”

Galatians 6:9-10

“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.”

Discussion:

1. Read Matthew 20:28. What example did Jesus set for those who choose to follow Him? What challenges do you face in reflecting His purpose?
2. Read Ephesians 2:10. What does it mean to be “God’s handiwork”? According to this passage, for what purpose did God create you?
3. Read 1 Corinthians 12:7, 12, 21, 26-27, and Philippians 2:2-3. What is the purpose of spiritual gift and why do different people have different spiritual gifts? Why are no gifts more important than others?
4. What spiritual gifts has God given you and how are you

using them? In what ways can you more fully use your spiritual gifts? (If you are not sure what your spiritual gifts may be, we have a helpful spiritual gifts assessment available on our website under media and resources.)

5. Read 1 Peter 2:9. Who is chosen by God? According to this passage, what is “priestly work”? What do you suppose God’s work entails?
6. Read Galatians 6:9-10. What perspective does this give you regarding serving others?

Wrapping It Up:

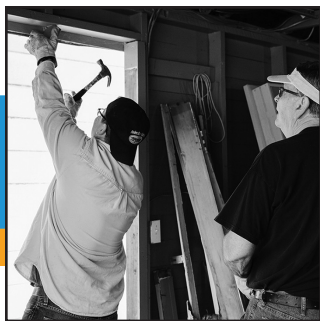
Discuss how you might make yourself more available for serving, whether in the church, in the community or in the world. Consider how you might serve together as a small group.

Prayer Focus:

Together take some time to pray for all the volunteers who work each week, both inside and outside the church, to carry out our mission.

MEMORY VERSE:

“For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.” Matthew 20:28



Give

WEEK 4

SMALL GROUP STUDY

Kicking it off:

Share about your upbringing and how it has affected the way you view money or status.

Big Idea:

We serve a generous God, and we seek to reflect His generosity in the giving of our money, time and talents.

Key Scriptures:

Mark 10:17-22

"As Jesus started on his way, a man ran up to him and fell on his knees before him. "Good teacher," he asked, "what must I do to inherit eternal life?" "Why do you call me good?" Jesus answered. "No one is good—except God alone. You know the commandments: 'You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false

testimony, you shall not defraud, honor your father and mother. "Teacher," he declared, "all these I have kept since I was a boy." Jesus looked at him and loved him. "One thing you lack," he said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me. At this the man's face fell. He went away sad, because he had great wealth."

Matthew 6:33

"Seek first the kingdom of God and His righteousness, and all of these things shall be added unto you."

Malachi 3:10

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that

there will not be room enough to store it."

Matthew 10:8

"Freely you have received; freely give."

Discussion:

1. Read Mark 10:17-21. What do you learn about the young man in Mark's description? Why do you suppose he used the word inherit, and what is significant about this term?
2. How do you think this man's upbringing impacted his view on wealth and status and his ability to be fully committed to following Jesus?
3. In what ways can you relate to this man?
4. Read Matthew 6:33. How does this passage highlight the priority in God's kingdom verses earthly wealth and status?
5. Read Malachi 3:10. This is the only instance in Scripture that God invites us to test Him, the whole tithe being a tenth of one's resources. Why do you suppose God does this? What promise is there for those who obey?
6. Have you ever taken God up on this invitation and what has been the result? If not,

what is holding you back from receiving His blessing in this way?

7. Read Matthew 10:8. In what ways can your life reflect this generosity philosophy?

Wrapping It Up:

Discuss in your group ways that you can live generously. Then pray for one another that you may be transformed more and more to live in this way.

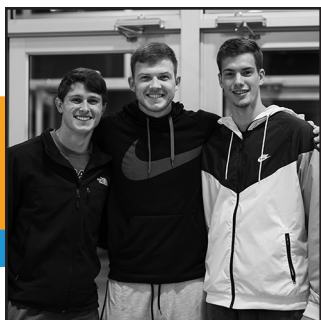
Prayer Focus:

Pray for God to move in our church to cultivate a spirit of generosity, and that our generosity reflects the extravagant generosity of God.

MEMORY VERSE:

*"Freely you have received;
freely give."*

MATTHEW 10:8



Invite

WEEK 5

SMALL GROUP STUDY

Key Scriptures

Kicking it off:

Discuss who first invited you to church or into a relationship with Jesus and how that has impacted your life.

Big Idea:

Our relationship with Christ starts with His invitation to follow Him. And we are called to follow suit - we INVITE people to church, into our homes and small groups, and most importantly, we invite others to follow Jesus too.

LUKE 14: 15-24

“When one of those at the table with him heard this, he said to Jesus, “Blessed is the one who will eat at the feast in the kingdom of God.”

I must go and see it. Please excuse me.’ “Another said, ‘I have just bought five yoke of oxen, and I’m on my way to try them out. Please excuse me.’

Jesus replied: “A certain man was preparing a great banquet and invited many guests. At the time of the banquet he sent his servant to tell

“Still another said, ‘I just got married, so I can’t come.’ “The servant came back and reported this to his master. Then the owner of the house became

those who had been invited, ‘Come, for everything is now ready.’ “But they all alike began to make excuses. The first said, ‘I have just bought a field, and

angry and ordered his servant, ‘Go out quickly into the streets and alleys of the town and bring in the poor, the crippled, the blind and the lame.’ ““Sir,’

the servant said, 'what you ordered has been done, but there is still room.' "Then the master told his servant, 'Go out to the roads and country lanes



MATTHEW 4:19
"Come, follow me," Jesus said, "and I will send you out to fish for people."

and compel them to come in, so that my house will be full. I tell you, not one of those who were invited will get a taste of my banquet."



ACTS 18:26
"When Priscilla and Aquila heard him, they invited him to their home and explained to him the way of God more adequately."

Discussion:

1. Read Luke 14:15-24. This parable of Jesus was told in the midst of a very status driven culture where there was the "in" crowd the "out" crowd. He had been invited to a banquet in the home of a very prominent Pharisee, and they were watching Jesus carefully in order to condemn Him. As Jesus is observing people take their places at the table in order of their "status", he tells this parable about the kingdom of God. Who is invited? Who turns down the

invitation and who accepts it? Why?

2. How would this parable have sounded to the Pharisees sitting at the table who were all about who is "in" and who is not?

3. How would this parable have sounded to those who were the "not invited" type?

4. What does this parable tell you about Jesus' view of status?

in your life/schedule so that you can invest and invite on a more regular basis?

5. On a scale of 1 to 5, with 1 being indifferent and 5 being passionately committed, how much concern do you have for those who do not yet know that they are invited to be part of God's family, and how does that influence your perspective on welcoming others, no matter what their status?

6. Read Matthew 4:19 and Acts 18:26. Jesus explicitly invites his disciples to follow Him, and then we see His followers invite others into their home so they might share with them about God. Discuss how you might practice this more as individuals and as a small group.

7. What do you need to adjust

Wrapping It Up:

Identify someone whom you genuinely want to get to know better and would like to introduce to Jesus. What is a next step you can take to develop your relationship? Pray together for the people you identify.

Prayer Focus:

Spend some time praying that we can be a church that is inviting and welcoming to all people, and that we are bold in our invitation to follow Jesus.

MEMORY VERSE:

"Come, follow me," Jesus said, "and I will send you out to fish for people."

MATTHEW 4:19



Stop Just Going to Church WEEK 6

SMALL GROUP STUDY

Kicking it off:

Describe your family's relationship to church growing up.

Big Idea:

Don't just go to church, BE the church!

Key Scriptures:

Psalm 92:12-15

"The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age they will stay fresh and green, proclaiming, "The Lord is upright; he is my Rock..."

Jeremiah 17:7-8

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will

be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

Isaiah 61:3

"They will be called oaks of righteousness; a planting of the Lord for the display of His splendor."

John 15:8,16

"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last..."

Discussion:

1. Read Psalm 92:12-15, Jeremiah 17:8, Isaiah 61:3, and John 15:8,16 These passages describe the

productivity that comes from being planted in the Lord and in His house. What observations do you make about the “productivity” mentioned?

2. In your words, how would you describe being “planted” at Sunnybrook?
3. What do you think it is about being planted in the house of God, in the church, that leads people to flourish?
4. Why do you think it’s so easy to think of church as not much more than a building or weekend activity?
5. Can you share some experiences that have helped changed how you view your role in the church?
6. What caused you to take the step of joining a small group? Have you seen any fruit from it? If you’re not currently in a small group, what’s holding you back?
7. Do you have room to become more rooted and planted in our church? What might be in your way?

Wrapping It Up:

It’s been said that the best time to plant a tree is 20 years ago, and the second best time is

today. What will you do today to become deeply rooted so that you might live “for the display of His splendor”?

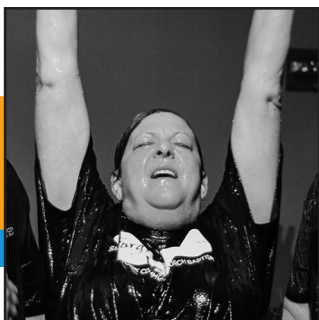
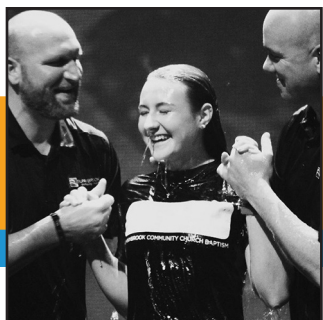
Prayer Focus:

Pray this prayer together and for all who are attenders at Sunnybrook: God, we don’t want to just go to church, we want to be Your Church. We are each different and You have brought us together, in so many different ways, to grow and flourish where You plant us. We ask You to give us the courage to keep putting our roots deep in the places that You lead us. In Jesus’ name, Amen.

MEMORY VERSE:

*“This is to my Father’s glory,
that you bear much fruit,
showing yourselves to be my
disciples.”*

JOHN 15:8



Baptism

WEEK 7

SMALL GROUP STUDY

Kicking it off:

What various understandings of baptism have you grown up with or been exposed to?

Big Idea:

Believer baptism is a public expression of faith by someone who has put their trust in Jesus, and become his follower; it's a powerful means of God's grace by which He strengthens faith.

Key Scriptures:

1 Corinthians 10:1-2

"For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. They were all baptized into Moses in the cloud and in the sea."

Exodus 14:5-30

"When the king of Egypt was

told that the people had fled, Pharaoh and his officials changed their minds about them and said, "What have we done? We have let the Israelites go and have lost their services!" So he had his chariot made ready and took his army with him. He took six hundred of the best chariots, along with all the other chariots of Egypt, with officers over all of them. The Lord hardened the heart of Pharaoh king of Egypt, so that he pursued the Israelites, who were marching out boldly. The Egyptians—all Pharaoh's horses and chariots, horsemen and troops—pursued the Israelites and overtook them as they camped by the sea near Pi Hahiroth, opposite Baal Zephon. As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. They said to Moses, "Was it because there were no graves in Egypt

that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!" Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still." Then the Lord said to Moses, "Why are you crying out to me? Tell the Israelites to move on. Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. I will harden the hearts of the Egyptians so that they will go in after them. And I will gain glory through Pharaoh and all his army, through his chariots and his horsemen. The Egyptians will know that I am the Lord when I gain glory through Pharaoh, his chariots and his horsemen." Then the angel of God, who had been traveling in front of Israel's army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them, coming between the armies of Egypt

and Israel. Throughout the night the cloud brought darkness to the one side and light to the other side; so neither went near the other all night long. Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. The Egyptians pursued them, and all Pharaoh's horses and chariots and horsemen followed them into the sea. During the last watch of the night the Lord looked down from the pillar of fire and cloud at the Egyptian army and threw it into confusion. He jammed the wheels of their chariots so that they had difficulty driving. And the Egyptians said, "Let's get away from the Israelites! The Lord is fighting for them against Egypt." Then the Lord said to Moses, "Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen." Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing toward it, and the Lord swept them into the sea. The water flowed back and covered

the chariots and horsemen—the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived. But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. That day the Lord saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore.”

Exodus 13:21

“By day the Lord went ahead of them in a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light, so that they could travel by day or night.”

Romans 6:4

“We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”

Acts 2:38

“Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.”

Discussion:

1. Read 1 Corinthians 10:1-2. Why back in Moses’ day,

baptism wasn’t actually practiced the way we do now, in the church. Paul, speaking about baptism, is giving picture or an image of Israel getting baptized with Moses in the cloud and the sea after their deliverance from years of slavery and bondage from the Egyptians. Rabbi Michael Goldberg gives us insight into this when he says, that the exodus was for Israel, what the crucifixion would become for Christianity: the master story, the primary narrative where we get our bearings for all the rest of Scripture and history and life. Discuss what Israel’s deliverance and Christ’s crucifixion have in common.

2. Read Exodus 13:21 and 14:5-30. Keep in mind that God was in the process of delivering the people of Israel from slavery in Egypt. They were fleeing from the Egyptians when all of this took place. What was the original role of the pillar of cloud? (13:21) What role did the cloud play after the people began to be pursued by the Egyptians?
3. When you consider Paul’s example, how was the Israelites’ crossing of the

Red Sea a helpful picture of baptism to the Corinthians?

4. The Israelites would reasonably have been apprehensive of crossing between the waters of the Red Sea. What reservations do you have about fully trusting in Jesus?
5. If you have been baptized, what led you to do so? Like the vengeful human army pursued the Israelites before their deliverance, what 'pursued' you and was defeated by your trusting in Jesus, as demonstrated in your baptism? Share details as you are comfortable, so others may be encouraged.
6. Read Romans 6:4. In this passage, we are told "we too may live a new life". When the Israelites went into the water (the Red Sea) they did so in fear and trepidation, but then came out into something new, dancing and celebrating. How would you describe your baptism experience?
7. Read Acts 2:38. To repent means to turn away completely from your old life. As you are baptized you are going forward into a new one. The story of the people of Israel parallels this as they fled from their old life and

went forward into the new life God had for them. If you have taken this step, give thanks to God for His great deliverance – and share with others this good news. If you have not, consider repenting of your old way of life, placing your faith and trust in Jesus, and following Him in baptism.

Wrapping It Up:

Read together Exodus 15:1-18 (pg. 20-21), the celebration song that the Israelites sang after coming through the Red Sea experience. Then give praise and thanks to God for your deliverance from the bondage of sin.

Prayer Focus:

Pray together for all the people who publicly professed their faith on baptism Sunday, that they may continue to walk in freedom and in the new life they have been give.

MEMORY VERSE:

"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life."

ROMANS 6:4

Then Moses and the Israelites sang this song to the Lord:

*"I will sing to the Lord,
for he is highly exalted.*

*Both horse and driver
he has hurled into the sea.*

*"The Lord is my strength and my defense[a];
he has become my salvation.*

*He is my God, and I will praise him,
my father's God, and I will exalt him.*

*The Lord is a warrior;
the Lord is his name.*

*Pharaoh's chariots and his army
he has hurled into the sea.*

*The best of Pharaoh's officers
are drowned in the Red Sea.*

*The deep waters have covered them;
they sank to the depths like a stone.*

*Your right hand, Lord,
was majestic in power.*

*Your right hand, Lord,
shattered the enemy.*

*"In the greatness of your majesty
you threw down those who opposed you.*

*You unleashed your burning anger;
it consumed them like stubble.*

*By the blast of your nostrils
the waters piled up.*

*The surging waters stood up like a wall;
the deep waters congealed in the heart of the sea.*

*The enemy boasted,
'I will pursue, I will overtake them.*

*I will divide the spoils;
I will gorge myself on them.*

I will draw my sword

*and my hand will destroy them.’
But you blew with your breath,
and the sea covered them.*

*They sank like lead
in the mighty waters.*

*Who among the gods
is like you, Lord?*

*Who is like you—
majestic in holiness,
awesome in glory,
working wonders?*

*“You stretch out your right hand,
and the earth swallows your enemies.*

*In your unfailing love you will lead
the people you have redeemed.
In your strength you will guide them
to your holy dwelling.*

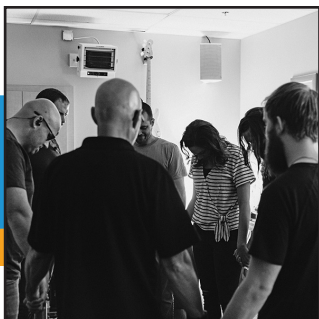
*The nations will hear and tremble;
anguish will grip the people of Philistia.*

*The chiefs of Edom will be terrified,
the leaders of Moab will be seized with trembling,
the people[c] of Canaan will melt away;
terror and dread will fall on them.*

*By the power of your arm
they will be as still as a stone—
until your people pass by, Lord,
until the people you bought pass by.
You will bring them in and plant them
on the mountain of your inheritance—
the place, Lord, you made for your dwelling,
the sanctuary, Lord, your hands established.*

*“The Lord reigns
for ever and ever.”*

EXODUS 15: 1-18



Communion

WEEK 8

SMALL GROUP STUDY

Kicking it off:

What's the best dinner experience you've ever had?

Big Idea:

The communion table is a place where everyone's welcome, nobody's perfect, and community for all is possible through the death and resurrection of Jesus Christ for all who believe.

Key Scriptures:

1 Corinthians 11:17-30

"In the following directives I have no praise for you, for your meetings do more harm than good. In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. No doubt there have to be differences among you to show which of you have God's approval. So then, when

you come together, it is not the Lord's Supper you eat, for when you are eating, some of you go ahead with your own private suppers. As a result, one person remains hungry and another gets drunk. Don't you have homes to eat and drink in? Or do you despise the church of God by humiliating those who have nothing? What shall I say to you? Shall I praise you? Certainly not in this matter! For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the

Lord's death until he comes. So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. That is why many among you are weak and sick, and a number of you have fallen asleep."

Discussion:

1. Read 1 Corinthians 11:17-30. The apostle Paul is instructing the church in Corinth because they had lost sight of the special nature of the communion meal, treating it only as a time to satisfy individual hunger. How does Paul say we should prepare to receive communion?

2. What are the physical aspects of communion and the symbolic meanings of

each aspect?

3. Discuss the importance of communion being done by the church "together".

4. Why is communion an important part of worship for Christians?

5. When you prepare for communion (verse 28), what goes through your mind? How can you be better prepared for the practice of taking communion?

6. If you do not yet follow Jesus, What do you think about the idea of a special, symbolic, shared meal to remember Jesus that Christians regularly observe? Given that nobody's perfect, what reservations do you have about joining those who know Jesus?

7. If you have already surrendered your life to Jesus but have not yet experienced communion, has there simply been no opportunity, or do you have reservations, concerns, or feel in some way unready? Discuss and encourage one another in this.

Wrapping It Up:

Paul is clearly addressing the issue of unity in the church as he speaks about communion. Discuss what you can do to dispel divisions and promote unity in the body of Christ at Sunnybrook.

Prayer Focus:

Pray together: Lord Jesus, you ordained communion for your church to practice. Help us to be properly prepared before we come to your table – especially to be at peace with all. Each time we receive, please deepen our understanding and our fellowship with others that we might know you better and serve you more productively. Amen.

MEMORY VERSE:

"Everyone ought to examine themselves before they eat of the bread and drink from the cup."

1 CORINTHIANS

11:28

Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
 - Take time to prepare.
 - Make sure to give a warm enthusiastic greeting to each person.
 - Verbally communicate the environment that you hope to create.
 - Ephesians 4:1-3
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
 - What is the purpose of our group?
 - What is the vision for our group?
 - What are your expectations?
 - What do you hope to gain from this group experience?
 - What are some things we value as a group?
 - What are some healthy guidelines we need to have in place?Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
 - Truth and grace/Bible study and life
 - Encouraging and challenging one another
 - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

Group Agreement

OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: _____

OUR VALUES

Group Attendance: To give priority to the group meeting. We will call or email if we will be late or absent.

Safe Environment: To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

Respect Differences: To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

Confidentiality: To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

Encouragement for Growth: To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

Welcome for Newcomers: To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

Shared Ownership: To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

Rotating Hosts/Leaders and Homes: To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

OUR EXPECTATIONS

- Refreshments/mealtimes _____
 - Childcare _____
 - When we will meet (day of week) _____
 - Where we will meet (place) _____
 - We will begin at (time) _____ and end at _____
 - We will do our best to have some or all of us attend a worship service together.
 - Our primary worship service time will be _____
 - Date of this agreement _____
 - Date we will review this agreement again _____
 - Who (other than the leader) will review this agreement at the end of this study _____
-



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