



**LEADERSHIP
RETREAT**

2 0 2 3

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DAY 1

6:30pm - Opening Session & Prayer Retreat Introduction

6:45pm - Prayer Retreat

8:15pm - Prayer Retreat Debrief

8:30pm - Dismiss

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8:30am - Doors & Check-in Opens / Breakfast Provided

9:00am - Breakout 1

10:00am - Breakout 2

11:00am - Closing Session

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OneLife Micro Church Handbook



What is the point of a Micro Church?

Defining Our Win

If we asked 100 people or 100 churches the question, “What is the point of a Micro Church?” we could very well get 100 different answers...and none of them be wrong! It’s like asking, “What’s the point of your cell phone?” The answers to that question could be to make calls, use GPS, check email, watch cat videos on YouTube, play video games, read books, listen to music, and the list could go on and on and on.

Much like a cell phone in your life, Micro Churches could seem like they have many different functions or definitions. But the way we define a Micro Church is this:

A Micro Church is a little church that fulfills the mission and core purposes of our larger church.

What is the mission of our church?

“To see people far from God discover Jesus and how their one life can make a difference.”

Since OneLife Church began, that has been the heartbeat and mission statement of our church. In short, we want people coming to know Jesus, and then turning right around and multiplying their faith into someone else. That is discipleship. And that is our ultimate mission.

So how do we get there? That’s where the four core purposes of our church come in!

What are our Four Core Purposes?

1. Experience Jesus
2. Give Jesus My Best
3. Don’t Do Life Alone
4. Multiply Like Jesus

We’re going to hedge our bets!

Sunday mornings serve as a great rally point for our church. It also serves as a great tool to connect newer people as it is an easy entryway into our church family. But we’re betting that Sunday mornings alone are NOT the best means to seeing people fulfill those four core purposes. Instead, we’re hedging our bets that if we can get people into a smaller community - into little churches of 10-15+ people - there’s a higher probability that we’re going to see people embrace and fulfill those core purposes that will ultimately lead them to our mission of discipleship!



How do we form Micro Churches?

Oikos Based Approach

Micro churches only work when they are formed organically or through “oikos”. This is another way of saying that groups only work when they are “your people” rather than an institutional approach that tries to put everyone together from the same part of town or everyone of the same exact age. Or even worse - with no intentionality at all!

The ideal way for Micro Churches to form is through the multiplication of already existing relationships. If a group of four to six people that are already in relationship with one another want to form a Micro Church, we encourage them to invite others from their oikos or “circles of influence” to join the group to fill out the remaining spots.

Realistically, however, there will always be people who are new to town, new to our church, or new to faith that don't yet know other Christ followers in their oikos or haven't yet multiplied other Christ followers. This is often the case for people at OneLife looking to join a Micro Church. In that case, we attempt to help them find a group that will be oikos based for them. This can be found by looking for people who share...

- **Similar life stage.** This doesn't just mean the same age and marital status. Sometimes it doesn't mean that at all! For example, a 40 year old couple having their first baby may have more connection with a 25 year old couple also having their first baby. Or a 35 year old single mom with a teenager may have greater “oikos” with older families than with a group of young, single women.
- **Common interests and experiences.** A question to identify this easily is, “Will we want to hang out when the group isn't meeting?” Sometimes people from completely different stages of life form excellent oikos through shared experience and interests.
- **Existing relationship with someone in the group.** Even if it is merely an acquaintance from a volunteer team or a friend of a friend, having some level of familiarity can help build oikos more quickly.

When do we launch new Micro Churches?

There are two approaches to this:

1. Ongoing launches throughout the year.
2. Launching at one of our annual or semi-annual Micro Church Launch events.

As Micro Churches multiply themselves, as new leaders emerge and indicate a calling to launch a new Micro Church, or as a natural oikos forms a core for a new Micro Church, we will work with the leader(s) or core on a strategic plan to launch, whether it be at one of our larger launch events or on their own for a separate launch throughout the year.



Micro Church Commitment

Once the Micro Church is formed, each member signs the Group Commitment so that expectations are made extremely clear. The commitment helps Micro Church members understand their role in accountability, confidentiality, and multiplication.

Starting Well

The first few months of a new Micro Church will need to be very intentional. Not everyone will be willing to open up and share the deepest secrets of their heart right away, or step right out and serve missionally in the community with a united cause. Those things take time! The first few group meetings might need to focus more on everyone getting to know each other than it does on the sermon discussion guide or other deeper functions. Ideas to help with this might be:

- Having a cookout on the first night after the Micro Church launches
- Inviting everyone to lunch after church at least once per month in the first few months
- Having a guided discussion that revolves more around the group getting to know each other rather than the sermon study guides during the first two to three meetings
- It is strongly encouraged that a Micro Church hold an overnight retreat within the first six months of forming. This can help gel everyone and develop oikos very quickly!

Multiplying Micro Churches

Healthy organisms multiply! We believe that is true of our Micro Churches as well. Additionally, if our Micro Churches do not multiply we will be putting a lid on how much our church can grow! With this in mind, it is important that the group understands from the outset that our goal is for their Micro Church to multiply within 24 months. While we will not intentionally split up a group if the leader feels they would be best served to stay together, in most situations the Micro Church should at the very least be training up an apprentice leader that could start a new Micro Church within 24 months. But ideally, that apprentice would have four to six members of the current group help start the new one.



Micro Church Leaders of OneLife

Who can lead a Micro Church?

Micro Church leaders are not just Small Group or Sunday School leaders. They are pastors of a little church! So, we want to make sure all of our leaders start by feeling called to lead and shepherd their people!

From there, leaders must also be growing spiritually, actively involved at OneLife Church, and - ideally - have been part of a OneLife Micro Church in the past. Strategically, we want our new Micro Church leaders to have been an apprentice leader for at least a semester in an existing Micro Church.

Interested leaders will fill out a Micro Church leader application and then meet with the campus pastor or director to determine if leading a OneLife Micro Church is the best fit.

The Role of Micro Church Leaders

As we said previously, Micro Church leaders are pastors of these little churches. As such they are the lead shepherd of their people! Often, leaders will find themselves facilitating care, spiritual growth, fellowship, discipleship, ministry, and mission!

In short - our Micro Church leaders will be facilitating the Four Core Purposes of OneLife Church with the people of their Micro Church!

1. ***Experience Jesus***
2. ***Give Jesus My Best***
3. ***Don't Do Life Alone***
4. ***Multiply Like Jesus***

Additionally, we often say that leaders don't need to have all the answers but can be people of resources to find the right answers! Basic responsibilities that will help the Micro Church leader do that are listed below. See the Micro Church Leader Commitment for more details.

- Protect the unity of the Micro Church and of our larger church - top priority!
- Communicate weekly with group members
- Identify potential hosts
- Identify apprentices
- Facilitate group discussion and prayer
- Facilitate care for the members of the Micro Church
- Communicate with church leadership about needs in the group
- Manage attendance in Church.Center
- Commit to being involved in group leader development



Micro Church Leader Development

The Micro Church will only be as strong as the leaders who lead it - speed of the leader, speed of the team! So OneLife is continually stepping up its training and development of leaders. We also want to make certain that our Micro Churches are led by leaders who are adequately called, equipped and prepared to lead. At a minimum, the following steps will help resource leaders and are required to be in Micro Church leadership roles:

- Annual Leadership Retreat
- Leadership Roundtables 2-3 times per year on Zoom or in person as scheduled
- Monthly check-in phone call with campus pastor, director or coach

Leading the Group Discussion

Leading the group discussion time with your Micro Church can be one of the most intimidating aspects of leadership! We've put together a weekly resource to help you with that called the Micro Church Study Guide. This guide is posted to our website each Sunday morning and can be found by clicking "Study Guides" from the main menu of our website at onelifeknox.com. It is also available on the OneLife App.

The guide consists of several main sections:

- Announcements - these are important announcements and events at OneLife. Make sure you share these each time you meet! Often there will be a link to a signup so the group can sign up on the spot during your meeting.
- Sermon Notes - this is a quick recap of the points from Sunday's sermon.
- Start Talking - this is an ice breaker section, often beginning with something funny or personal. Be sure to come prepared with your own answers to these questions to help the group get going!
- Start Thinking - these questions are often quite basic with what some may call "Sunday School answers." The goal of this section is to simply get the group thinking about the Scriptures and understanding very basically what it is about.
- Start Sharing - this section is where the truth of Scripture gets applied to each person's life. Do not let the group be shallow here! Press for them to answer honestly by asking follow up questions. Most especially, come prepared with your own answers for these questions to help the group get started.
- Start Doing - this section helps each member of the group take a next step based upon what they have learned. This will often focus on the personal discipleship and multiplication of each group member.

Micro Churches are asked to primarily use OneLife's study guides as the content of their Micro Church meeting. The reason for this is that these study guides are written in a way to further the personal multiplication of each OneLifer, and is done so in a very strategic way for the spiritual formation of our church. If a leader or their Micro Church wants to temporarily do something different because it meets a specific need the group is facing, this should be discussed with the campus pastor or director first to assure the content used lines up theologically with OneLife.



Where Do Micro Churches Meet?

We want Micro Churches meeting in homes rather than at the church campus, because it gives your Micro Church an opportunity to form an identity in a specific location, neighborhood or community around our city! Plus, we want to give the people of the Micro Church the opportunity to take ownership, give someone in the group an opportunity to serve as host, and get the group outside the four walls of the church building. For that reason, it is rare that we will go easy on you and make a room available at the church for your group meeting! However, if a room is needed on occasion, your campus staff will most definitely make that happen!

Caring for the Micro Church

Group leaders are on the front lines of pastoral care. You will often be the first - and sometimes only - one to hear of special needs within your group ranging from medical needs, relationship struggles, spiritual issues and more. You do not have to do it alone! Your campus pastor or director will help you. With that in mind, remember the following:

- Hospital visits - Micro churches serve in this role for our church. However, if it is a serious medical issue and you think church leadership should be aware, let your campus pastor know!
- Baby and wedding showers - Micro churches host showers when needed.
- Funerals - These are a great opportunity for micro churches to show pastoral care to each other
- Counseling - Group leaders are not counselors! OneLife has a great relationship with some local counseling centers and will pay for at least the first three sessions if someone in your group needs to take advantage of this. Contact your campus pastor or director for more information.
- Conflict management - We take Matthew 18 very seriously and ask you to do the same. If someone in your group is at odds with someone else in the group or at the church, encourage them to follow the Matthew 18 example. Go one on one and address it, then go again with another believer, then go a final time with group or church leadership. Again, your campus pastor or director can be a resource to help you through this.

Stepping Down from Micro Church Leadership

Micro Church leaders are held to a higher standard, as taught by scripture (James 3:1). As such, we take very seriously your commitment to lead and protect the unity of the group and the church. Leaders commit to a one-year leadership cycle of their Micro Church. If the leader needs to step down at the end of that year, they are asked to meet with the campus pastor or director as soon as possible to determine next steps for their Micro Church. The leader will be expected to help hand the Micro Church off to the apprentice leader and in doing so, continue to protect the growth of those within the group.



Using Church.Center to Oversee Your Group

Church.Center is our online database that helps us track the growth of our church and each individual OneLifer. As a micro church leader, this is an invaluable tool for your group!

- **Emailing Your Group** - Emailing the group is very simple. While looking at the list of members, click on the  button. From there, it's as simple as writing your email and hitting send.
- **Events** - It is very important to keep your group's calendar up to date. This will be viewable by your group's members and your group's coach. Additionally, the system automatically emails reminders to group members about upcoming group meetings, and it automatically emails group leaders to take attendance. **IMPORTANT:** Please keep your calendar as accurate as possible. If your group needs to reschedule a meeting, this should also be changed in Church.Center.
- **Members** - this is a list of your group members. It will list each member's name, phone number, and email.
- **Taking attendance** - this is a crucial step so that church leadership can track the involvement of each OneLifer! Under the Events tab, you'll see a list of your recent events. Simply click  next to your most recent group meeting and record who was in attendance. The system will send you an automated email reminder to post attendance with a clickable link conveniently inside the email.
- **Resources** - Resources are files (PDF's, documents, images) for group members. You can make them available to group leaders or all group members.
- **Reports** - be sure to check out the different reports that are available to you as a group leader! You can see who has attended your group, various different demographic metrics and more helpful insights for leading your group well.



Micro Church Leader Commitment

As a Micro Church leader, I understand my role is to care for and shepherd the members of my group, and to communicate with church leadership to help them care for and shepherd the members of my group. To be successful, I will actively do the following to the best of my ability:

- Protect the unity of the group and the church - top priority!
- Communicate weekly with group members
- Identify potential group hosts who have the gift of hospitality
- Identify an apprentice leader and begin to develop the apprentice to lead a new group
- Facilitate group discussion and prayer
- Oversee care for the members of the group
- Communicate with church leadership about needs in the group
- Manage attendance in Church.Center
- Commit to being involved in group leader development

Leader Development

The Micro Church will only be as strong as the leaders who lead it - speed of the leader, speed of the team! As a Micro Church leader I understand it is important for me to be continually developing. I commit to making the following a priority and understand it will be required of me to continue leading a Micro Church:

- Annual Leadership Retreat
- Leadership Roundtable 2-3 times per year on Zoom or in person as scheduled
- Monthly check-in phone call with campus pastor, director or coach
- Communicating with my campus pastor, director or coach with any questions or concerns

Having read the Micro Church Handbook and fully understanding the expectations of Micro Church leaders, I commit to leading a Micro Church for the next 12 months.

Signature

Date



GROUP AGREEMENT

Purpose

To provide a predictable environment where participants pursue healthy relationships and spiritual growth

Values and Goals

Relationships

While prayer and discussion of curriculum are key elements, the driving force behind the group is the building of relationships.

Authenticity

The atmosphere should encourage openness and transparency among members. This is an environment where people should feel free to be themselves.

Confidentiality

For authenticity to occur, members must be able to trust that issues discussed within the group will not be shared outside the group.

Respect

Group members should never say anything that will embarrass their spouses or other members of the group.

Availability

A primary responsibility of the group is to prioritize for specific relationships. This requires a willingness to be available to meet one another's needs.

Multiplication

Group members recognize that one of the goals of their group is to start a new group within the life cycle of the group. This allows others to experience the Community Group relationship.

Group Guidelines

1. The group will meet from _____ (mm/yyyy) through _____ (mm/yyyy).
2. The group will meet on _____ (day of week).
3. The group sessions will begin at _____ (am/pm) and end at _____ (am/pm).
4. The group time will typically consist of _____ minutes of sharing, _____ minutes of study/discussion, and _____ minutes of prayer.
5. This group will be a closed group unless all members agree to add members.
6. Group members will attend and participate on a regular basis.
7. Members agree to pray for other group members on a weekly basis.

I commit together with the other members of this group to honor this agreement.

Group Leader(s):
(Sign + Print)

Group Members:
(Sign Only)

Micro Church Leader Quick Reference

SCHEDULE

Announce your meeting dates the first time you meet each semester.

CHILDCARE

Announce your childcare plan. If you are paying a sitter, it's recommended that everyone pay up front for the entire semester.

LOCATION & TIME

Be sure to communicate when and where your Micro Church will be meeting each week.

AGREEMENT

Have your Micro Church sign the Group Agreement during your first meeting. This is available in the Micro Church Leader Handbook.

FUN

Always make sure your Micro Church has FUN! During your first meeting of the semester you may not even get to the group discussion, and that is ok.

ROSTER

Make sure your roster is kept up-to-date in Church Center.

ATTENDANCE

Make sure you take attendance (using the Church Center app) each time your group meets.

STUDY GUIDES

Use the Study Guides (found at onelifeknox.com under the main menu) to help facilitate your group discussion. You can also use the Bible app or go to onelifeknox.com/bible to see the discussion questions.

CARE

Always be the first line of defense for care needs within your group. Lead your group to set up a meal train, visit group members in the hospital, set up a baby shower, wedding shower, etc. And let your Campus Pastor or Director know if there are any very serious care needs that they should be aware of.

COMMUNICATION

Make sure you have contact info for all your group members and are keeping in touch often. *Tip: Group texts work great sometimes but not always, so be careful how you use it.

CHURCH.CENTER

Log in to the Church Center app to fully manage your Group.

MISSION

One of the biggest differences between a small group and a Micro Church is mission! Make it a priority to engage in ongoing mission and service opportunities for your Micro Church using the "See Feel Do" principles.



LEADING GROUP PRAYER

One of the most important things you can do as a leader is teach people how to pray, and how to pray together! Try some of these in your micro church, volunteer groups/VIPs, and discipleship groups.

Guided Prayer

This is a great way to introduce a group to praying out loud together. The model is simple: the leader explains to the group that everyone will fill in the blank of a sentence prayer. This keeps the prayers simple and allows everyone to talk. Plus, it's a great way to connect prayer to your study topic. For instance, if you've just done a study on celebration, guide the group with "God, I celebrate you because ___."

It's important to let the group know the following guidelines:

1. Keep it short and let everyone know there will be time later for longer, more specific prayers.
2. Participating more than once is encouraged.
3. It's okay to repeat a word or thought someone else has already prayed.

Some examples could be:

- God, you are ___.
- God, thank you for ___.
- God, I love you because _____.
- God, help me overcome my fear of ___.
- God, I pray for ___ (someone else's name).

The leader starts to set the example, then group/team members pray their sentence. Then the group leader prays the next example and group leaders follow.



High-Low Prayer

Have each person share the high point of their week and then the low point of their week. Then, much like the guided prayer, lead the group to first thank God for their high point. Or, have the group/team pair up and each person thank God for the other person's high point. Then lead the group to pray over the low point, or to pray for the other person's low point. This could also be done by keeping the group/team together if it is not too large and praying for the person to your left or right.

TSP "Teaspoon" Prayer

Thanks - Have each person share or write on a notecard what they are thankful for.

Sorry - Have each person share or write on a notecard what they are sorry for (confessing).

Please - Have each person share or write on a notecard what they are asking God for.

Then the group could pray for the person to their right, break up into pairs, or break up into genders. The notecards can help the person know what to pray for in the moment for themselves or to pass to the person praying for them.



PROVIDING PASTORAL CARE

It's this simple: stay aware of what is going on in the lives of your people.

Tips and Hints:

1. **Remember Birthdays and Anniversaries - Make time to acknowledge & celebrate!**
2. **Follow Up on Prayer Requests**
 - a. Take prayer requests every time you gather, even if you do nothing else! This will unearth care needs.
 - b. Have someone take notes of requests and send out to the group.
 - c. Follow up personally between group meetings or Sundays via text, email, or call.
 - d. Let your campus pastor or director know of serious needs! Otherwise, church leadership may never find out!
3. **Be First Responders**
 - a. Rally the group to offer practical help like babysitting, yard mowing, etc.
 - b. Attend funerals, hospital visits, etc.
 - c. Provide meals to help in good times and bad! Use mealtrain.com or a similar system to coordinate these.
 - i. *Hint! We recommend providing meals every other day for up to two weeks so there is adequate care, but not intrusion or too much food!*
 - d. Throw a shower for weddings and babies!
 - i. *Hint! A full blown baby shower may not be expected or even deemed appropriate by some group members for second, third, etc. children. But a simple "diaper pounding" or girls night out dinner with simple gifts can show care without going all out!*
4. **Encourage Counseling Resources** - OneLife can even pay for the first three sessions of counseling if finances are a hurdle. Contact your campus pastor or director if you need assistance with this, or direct Micro Church members directly to the counseling center: Ebenezer Counseling - ebenezercounseling.com - 865.670.0988
5. **Don't ask "Do you need anything?"**
 - a. In the South, most people will say "No" and then be sad that no one cared! Instead, come up with a plan of action and ask "Would it be ok if we...?"
6. **Ask for help!**
 - a. You are not expected to shepherd your people alone. Whether it is conflict among members of the group or within the church, a marriage in crisis, someone walking through a spiritual valley, or an unexpected trauma, there are resources that can be provided to you as you lead and care.
 - b. Tell your campus pastor or director! You would be surprised how many people assume church leadership is aware of a care need simply because it was posted on social media or shared in a group or VIP meeting. Not only do we want to know how to pray, but you may need help making a connection or getting a resource.



Micro Church Leader Coaching Guide

The following questions are what will be discussed in your monthly Micro Church coaching conversation:

PERSONAL

- How are you doing - personally, spiritually, family, school/work?

4 CORE PURPOSES

- **Experience Jesus** - How has the weekly worship commitment been within your Micro Church? Has anyone given their lives to Jesus or been baptized (any movement down the number line so to speak)? How are you seeing people experience Jesus regularly in their daily lives (personal habits & disciplines, etc)?
- **Give Jesus My Best** - In what ways has your Micro Church been serving (inside the walls of our campus AND out in the community)? What are some stories from that? What's coming up next? Do you feel like the people of your Micro Church are taking steps to go all in with their time, talent and treasure?
- **Don't Do Life Alone** - How is the group connecting and what have you been doing for fun? How have the group discussions been going? What's something memorable from the discussions you've noticed lately?
- **Multiply Like Jesus** - What life change stories have been coming from within your Micro Church? Are there discipleable people emerging? Has your Micro Church grown recently?

CARE

- Has anyone not shown up recently that you've been concerned about or need to reach out to?
- Are there any bigger care needs we need to know about or can be praying about?

Church Center App

- Is your group roster up-to-date?
- Is your event schedule up-to-date?
- Have you been submitting your attendance?



Volunteer Team Leader Coaching Guide

As you meet with your staff leader monthly, below are many of the items you will discuss to help you grow in your leadership role and lead your team to its fullest potential.

1. What spiritual conversations have you been having?
2. On a 1 to 10 scale, how well have Sundays been going to accomplish the vision for your team? Why?
3. What has been going well? What has been the biggest area of improvement on Sunday mornings?
4. What hasn't been going well? What area needs to be improved the most? What steps can be taken to improve?
5. How has VIP been received by the team? What specific skills or vision have you been focusing most on?
6. Does it seem everyone is in their sweet spot? Are there any team members that need to move to a different role?
7. What communication were you able to have with team members, not including scheduling, over the past week? Are there any care needs we should know about?
8. What are you doing for fun with your team outside of Sundays?
9. Has anyone not been showing up or not responding to being scheduled? How can we follow up?
10. How have new additions from Test Drive been assimilated?
11. Who is a potential future leader on your team that may be an apprentice? How are you investing in them and what have they experienced lately?
12. Is there anything you need in order to be more successful?



“NIGHT OF PRAYER” EXPERIENCE

Have you ever considered that maybe we talk too much when we pray? The Night of Prayer experience is designed to help you learn to **listen** to the promptings of the Holy Spirit. God desires to provide you with information and thoughts that you’ve never considered - but we can’t hear it unless we first stop to listen.

Tonight, use all of your senses in prayer. Even allow your distractions to be used by God to hear from Him. Respond by writing things down or adding them to your worry list (see below).

Most importantly, start by expecting the Spirit to lead **you!** Treat this like a “staff meeting” with God where you want to hear what his plan is for you, rather than telling him your plans. These are some things to consider:

- **Be led.** Don’t lead.
- **Anticipate.** Crave new thoughts, visions, and ideas from the Holy Spirit.
- **Be open.** Use this information as a guide for your time, but ultimately let the spirit direct your time.
- **Be flexible.** If you feel that you are getting stuck and are not moving forward, change what you’re doing, go on a prayer walk, etc.

Principle: Disciples must learn the skill of hearing from the Holy Spirit.

How to experience this meeting...

- Don't pray the way you have prayed in the past. Make it interactive with your eyes open!
- Don't stay in one position for too long - more than 15 minutes or so. Sit, walk, stand, relocate.
- Pray aloud, in a soft whisper. Allow this to be a two-way communication style. He has plans for you that you must hear and respond to.
- Sing and worship as you walk and pray.
- Read the Scriptures.
- Draw pictures of what the Spirit shows you.
- When the Spirit prompts you, plan or organize. Brainstorm with the spirit. Ask him questions and follow up. Make to-do lists.
- Allow this to be a time of re-ordering your ministry and even life priorities.
- Allow your distractions to be used by God to take you where He leads you. If you can’t get your mind off of something, allow the Spirit to use it. Don’t fight it, follow it!



What to Pray...

1. Connect with God

- a. Realize His presence.
- b. Confess.
- c. Worship Him.

2. Pray for others

- a. Ask specific things for them.
- b. Use Paul's prayers for others in the New Testament.
- c. Ask for others what you are praying for yourself.
- d. Pray for potential leaders you can apprentice or people you can multiply your faith to.

3. Pray for yourself

- a. Guidance and wisdom
- b. Godliness
- c. Concerns and needs

4. Pray the scriptures

- a. Read a passage
- b. Meditate on small portions or even individual words
- c. Read the passage as a prayer, as if you wrote it back to Jesus
- d. Ask the Holy Spirit to show you something from the scripture
- e. Write down what you sense the Spirit is saying to you through the scriptures



Start With a Worry List

Problems and concerns can sometimes preoccupy our minds. Preparing a worry list can help to free us from the distraction of our concerns and help us move toward their resolution. Try the following suggestions in preparing your own worry list.

1. Give some thought to current conflicts, problems, concerns, or frustrations. List anything that is “bugging” you. No matter how small an item is, if it is of concern to you, list it. Ask God to reveal to you anything else which is a point of concern.
2. Number each of these items in order of significance.
3. Every worry that you have in the world should be on that piece of paper. Nothing else should concern you – it is all there! When you are satisfied that all of your concerns have been listed, go on to step 4.
4. Go through the list item by item. On each item decide one of two things: one, that you can do nothing about it because it is past or beyond your control, or two, that you can do something to resolve that issue. If there is nothing you can do about a given item, then spend some time in prayer about it. If you feel that you can take action on a particular item, you should also pray about it, then make a “to do list” of things you plan to do specifically to help resolve it. After you have gone through many of these concerns, you will have several items on a “to do list”.
5. You may want to dispose of your “worry list” if it has some rather personal or pointed items which could be embarrassing or awkward if others were to read them. It is not uncommon for an individual to have around 20 items on a “worry list” when it is compiled on a monthly basis!



These Areas Will Help Balance Your Time – P.R.A.Y.

Praise

“Praise be to God!” -Psalm 68:35

Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. This is a great way to begin your prayer time.

- Start by personalizing the words of Psalms. Psalm 46:10
- Open the book of Psalms to find another passage that you relate to.
- Begin by personalizing a Psalm to your situation.
- Speak the words of Psalms adoration as though you've written them.

Repent

“Repent and be changed, that your sins may be blotted out, so that times of refreshing may come from the presence of the Holy Spirit” -Acts 3:19

Repentance is a sincere turning, in both the mind and heart, from self to God. It is not so much about behavior as it is your heart stance toward the Father, recognizing that our sin is offensive to God. It is allowing the Holy Spirit to lead you away from yourself and to the place that the Spirit is leading you.

- Journal about the areas where the Spirit is at work moving you to a point of greater obedience.
- Confess the areas where you have turned away from the Father and allowed sin to take hold in your life.
- Listen to what the Spirit says to you about the areas of disobedience that have prevented the Spirit's free access to your life.
- Be specific and ask for help and strength to continue to walk in the power of the Holy Spirit.

Ask

“Make your requests known to God.” - Philippians 4:6

Tell God what concerns you from your worry list, no matter how small it seems to you. Do you really think any of your requests are too big for God the Creator? What do you sense the Spirit is telling you about these?

- Pray through the items that became a to-do list. Ask God for wisdom on how to resolve each of those. Write down what you sense the Spirit is telling you about the solutions.
- Pray through the items that are beyond your control. Give them to God and ask for his answers! Write down what He is teaching you as you go through the list.

Y's



“You gave these disciples (Ys) to me... The good news message you gave me, I gave them... And they took it, and they are now convinced followers... I pray for them. I’m not praying for the God-rejecting world. But for the disciples that you gave me...” - John 17:6-11

Pray for the young followers who you are investing in who are showing themselves to be discipleable. These individuals will be the basis of fuel that God will use to ignite a movement!

- Ask the Father, “What needs do You want me to pray for in my "Y's" life?”
- Ask the Father to bind and remove the evil at work in the lives of your "Ys"
- Ask the Father to destroy the strongholds that Satan has built and hinders the "Ys" in our culture from hearing and receiving the Holy Spirit;
- Ask the Spirit to begin showing you how you can lead your “Ys” to live their life on mission
- Ask the Spirit to show you who you can invest in to multiply leadership
- After asking each of these, write down the thoughts and promptings that come to mind

Ask God These Questions

Pray these questions and simply wait on God to show you the answers. Write down what you sense Him telling you.

1. Am I experiencing Jesus every day? What can I do to experience You more?
2. Am I giving Jesus my best? Show me where I’m withholding my best from You.
3. Am I doing life alone? Show me where I am not being real and vulnerable with other Christ followers.
4. Am I multiplying like Jesus? Show me those I can intentionally multiply my faith with.



Sample:

#1 Produce A List of Concerns/Worries 20 min

#2 John 14-16 15 min.

14:3 Heaven is still being prepared

14:13 Jesus' involvement in prayer

14:15,21 Obey!! (15:7,10)

16:26 "Then you shall present your petitions over
my signature."

#3 Confession time (walk & pray) 5 min.

Reviewing "How to Spend a Day in Prayer" 10 min.

Psa. 145- Reading, Praise, Worship 15 min.

145:3,6 We have a great God!!

145:4 He will work with my children

145:9 I'm thankful for God's mercy!

145:15 God meets needs—He has met mine!

145:17 I want to grow in holiness

#4 Pray for ~~low~~ Spiritual Fruit People 10 min.

Prayer for other people (walk & pray) 10 min.
Those who responded yesterday

Do List:

1. Follow up with _____ from a spiritual conversation
2. Apologize to _____ about _____
3. Write a note to _____

Conclusions 20 min.

1. Quiet time and memory review must be daily things I "never" miss!
2. Pray and work towards a balanced life!!

