



CHANGE GROUP



GUIDE

2 ————— 3
MEN OR WOMEN
SEEKING CHANGE BY
THE MEANS OF CHANGE
GOD, HIS WORD, PRAYER
& HIS COMMUNITY

2023—2024

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INTRODUCTION

The intention of **change groups** is to produce just what the name suggests, change. Change groups are for everyone and consist of groups of 2-3 men or women who meet together regularly to be changed by Jesus through scripture, prayer, and friendship.

We aren't seeking mere behavioural change, nor are we seeking change that is disconnected from the means of change - those are **God, His Word, Prayer,** and **His Community**. The change that God will bring through the aforementioned vehicles is true transformation.

BIWEEKLY SCHEDULE

FALL

September 3-16: 1 Corinthians 1
September 17-30: 1 Corinthians 2
October 1-14: 1 Corinthians 3
October 15-28: 1 Corinthians 4
Oct 29 - Nov 11: 1 Corinthians 5
November 12-25: 1 Corinthians 6
Nov 26 - Dec 9: 1 Corinthians 7
December 10-23: 1 Corinthians 8
Dec 24 - Jan 6: 1 Corinthians 9

WINTER

January 7-20: 1 Corinthians 10
Jan 21 - Feb 3: 1 Corinthians 11
February 4-17: 1 Corinthians 12
Feb 18 - Mar 2: 1 Corinthians 13

SPRING

March 3-16: 1 Corinthians 14
March 17-30: 1 Corinthians 15
Mar 31 - Apr 13: 1 Corinthians 16
April 14-27: 1 Timothy 1
Apr 28 - May 11: 1 Timothy 2
May 12-25: 1 Timothy 3
May 26 - June 8: 1 Timothy 4

SUMMER

June 9-22: 1 Timothy 5
June 23 - July 6: 1 Timothy 6
July 7-20: 2 Timothy 1
July 21 - Aug 3: 2 Timothy 2
August 4-17: 2 Timothy 3
August 18-31: 2 Timothy 4

HOW TO START A CHANGE GROUP

- Decide on **people** for your group. (1 or 2 friends of the same gender.)
 - If you don't have anyone to be in a Change Group with, talk with your City Group leader or Pastor and we can help you find some people.
- Decide on **day & time** for your group in order to keep consistency. (Every week or every other week.)
 - Use "**Sample Meeting Schedule**" as a guide for your meeting time.
- Decide on specific **scripture** to read. We have provided strong suggestions.
 - See, "**How to Study Scripture**" and "**How to Choose a Book of the Bible to Study**".
- Commit to have **prayer** to be a significant part of this group: for one another, for celebrations, for struggles, and for a couple people who are not Christians (pray for them by name).
- Commit to **scripture** guiding change in your life. As scripture guides the change that Jesus wants to bring into your life, allow your Change Group partner to pray for you and keep you accountable.

Accountability question examples (Aimed to get at heart motivation.):

- Have you looked at pornography this week? Follow up question - what motivated you to OR not to look at it?
 - Have you been people-pleasing this week? How? Why? - how have you been trying to control your world? In what ways? What is your hope in doing that?
 - Have you been communicating and demonstrating the gospel? With whom? Why?
 - Are you being generous with your time, talent, and treasure?
- (Optional) Read "[Gospel-Centered Discipleship](#)", by Jonathan K. Dodson as a Change Group.

SAMPLE MEETING SCHEDULE

- 6:30-6:55 PM - Read scripture and have a discussion (see sections on How to Study 1 Corinthians & the letters to Timothy).
- 6:55-7:05 PM - Work through accountability questions (you develop these in light of the scripture reading).
- 7:05-7:20 PM - Confess, repent & pray for one another in response to the questions and the text.
- 7:20-7:25 PM - Pray by name for people you are investing in & hoping they meet Jesus.
- 7:25-7:30 PM - Make plans together for the next meeting & in between. (Think through how to be on mission together in your friendship.)

HOW TO STUDY THE FIRST LETTER TO THE CORINTHIANS

The question has often been asked, "How do I study Scripture with others in order to see transformation happen?"

"[One-to-One Bible Reading: A Simple Guide for Every Christian](#)", by David Helm is an excellent resource in answering this question. In the book he gives questions to follow related to each specific genre. In studying each text, regardless of the genre, the COMA method (Context, Observation, Meaning, Application) should be used.

1. Ask the Spirit of God to teach and transform through the Word & community.
2. Read the passage aloud.
3. Ask some **CONTEXT** questions of the text:
 - What can you learn about the Corinthians from what is written?
 - What clues are there about Paul and his circumstances as well as those in Corinth?
 - What was the main point of the passage immediately before this one? Are there logical or thematic connections to the passage you are reading?
4. Ask some **OBSERVATION** questions of the text:
 - Are there any major subsections or breaks in the text? Are there connecting words (for, therefore, but, because) that indicate the logical flow of the passage?
 - What is the main point or points? What supporting points does the author make?
 - What surprises are there in the flow of the argument?
5. Ask some **MEANING** questions of the text:
 - How does this text relate to other parts of the book?
 - What does this teach you about God?
 - What does this teach you about what God has done for us?
 - How does the passage relate to Jesus?
 - How could you sum up the meaning of this passage in your own words?
6. Ask some **APPLICATION** questions of the text:
 - How does this passage challenge or confirm your understanding?
 - Is there some attitude or way of life you need to change?
 - What does this passage teach you about being a disciple of Jesus?
7. Pray for one another to be hearers and doers of the Word that has been revealed.
8. Pray for others that you should share this with (disciples keep making disciples from what God continues to show us)
9. Check in with one another throughout the week to see how we are believing the text.

If desired, you may supplement your reading with this commentary: "[1 Corinthians For You: Thrilling You With How Grace Changes Lives](#)" by Andrew Wilson

HOW TO STUDY THE LETTERS TO TIMOTHY

The question has often been asked, "How do I study Scripture with others in order to see transformation happen?"

"[One-to-One Bible Reading: A Simple Guide for Every Christian](#)", by David Helm is an excellent resource in answering this question. In the book he gives questions to follow related to each specific genre. In studying each text, regardless of the genre, the COMA method (Context, Observation, Meaning, Application) should be used.

1. Ask the Spirit of God to teach and transform through the Word & community.
2. Read the passage aloud.
3. Ask some **CONTEXT** questions of the text:
 - What can you learn about Timothy from what is written?
 - What clues are there about Paul and his circumstances as he writes to Timothy?
 - What was the main point of the passage immediately before this one? Are there logical or thematic connections to the passage you are reading?
4. Ask some **OBSERVATION** questions of the text:
 - Are there any major subsections or breaks in the text? Are there connecting words (for, therefore, but, because) that indicate the logical flow of the passage?
 - What is the main point or points? What supporting points does the author make?
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7. Pray for one another to be hearers and doers of the Word that has been revealed.
8. Pray for others that you should share this with (disciples keep making disciples from what God continues to show us)
9. Check in with one another throughout the week to see how we are believing the text.

If desired, you may supplement your reading with this commentary: "[1 & 2 Timothy For You: Protect the gospel, pass on the gospel \(God's Word For You\)](#)" by Phillip Jensen

HOW TO CHOOSE A BOOK OF THE BIBLE TO STUDY

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." - 2 Timothy 3:16-17

Though we see significant benefit to the entire church going through the same book in change groups, there could be reasons as to why you want to choose a different one. While you are free to choose whatever book of the Bible you desire, we wanted to give you some ideas for study.

- Use the same passage that is being preached on. Typically, the sermon series will be laid out in advance, and you can follow along with the text in your change group so as to deepen your understanding of what is being preached.
- Study a book of the Bible that has been impactful to your life. Sometimes when starting something new, like a change group, it's better to start with something you already know.
- Study a book you have always wished you had the time to get into deeper.
- Study based on who is in your change group:
 - Non-Christians: Matthew - Mark - Luke - John - Genesis
 - New or Young Christians: Colossians - Philippians - Titus - First John
 - Established Christians: Romans - Psalms - Micah

If you have any questions, please talk with your City Group leader or Pastor.

CHANGE GROUPS TROUBLESHOOTING

IF...	THEN...
Change group exists and meets BUT aim is unclear	Use Change Group documentation
Change group exists BUT doesn't meet & aim is unclear	Schedule biweekly for 3 months & Use Change Group documentation
Change group exists BUT doesn't meet	Schedule biweekly for 3 months
No Change group Because don't know anyone	Speak with City Group Leader or Pastor
No Change group Because you don't trust people	Speak with City Group Leader or Pastor Use Change Group documentation and start meeting with someone ONLY doing Scripture portion
No Change group Because you don't have a desire	Pray for the desire Find someone and start anyways Use Change Group documentation
No Change group Because you don't think it will help	Speak with City Group Leader or Pastor Find someone and start anyways Use Change Group documentation
Doing Change group with someone outside of Church 21	Great! Keep going. Ensure the group is doing something similar to Change Group documentation
Doing Change group BUT don't do anything spiritual	You are not doing Change Group. Use Change Group documentation
Doing Change group with more than 2-3 others	This would be the biggest you should do Consider multiplying the group