

RELATIONSHIP WITH GOD



MEETING

2



“HIGHS” & “LOWS,” AND PRAYER TIME

A “high” is a positive memory from the day. A “low” is a not-so-good memory or a challenge from the day. Sharing “highs” and “lows” as a daily habit is a simple way of connecting with what is going on in each other’s lives.



LIFE-LINE EXERCISE

We all have a story to tell. Your story explains how you got to where you are today. It is full of ups and downs like any story, but your story is also unique. God only made one you, and He has a purpose for your life. The Bible says that God is in control of everything that happens to you. Whether something great happens or you fall on hard times, God is using that situation for your ultimate good (Romans 8:28). If we understand that God has always been for us and is always working in our life, our relationship with Him grows, because we experience the confidence and joy of knowing that we are never alone.

Your story also makes you human. If you don’t know someone, it is easy to judge their personality, their quirks and their mannerisms; however, if you get to know them and learn their past it suddenly becomes much easier to befriend that person. This is because you can disagree with someone’s mannerisms, but you can’t disagree with their story. You can only relate to it. Sharing your story is a powerful tool to building relationships. Before you and your GO Group move forward, this exercise will have you take a moment to look back and share with one another what God has been doing in your life up to this point.

In this exercise you will need to come up with at least 5 “Hinge Moments”. These moments are defining points in your life. They can be really great moments like when you came to know Christ, got married, or had your first child. The great moments are called High Points. They can also be really sad or difficult moments like a difficult break-up, a bad diagnosis, or a death in the family. The difficult moments are called Hard Times. By identifying Hinge Moments, you will be able to effectively share your story with your group.

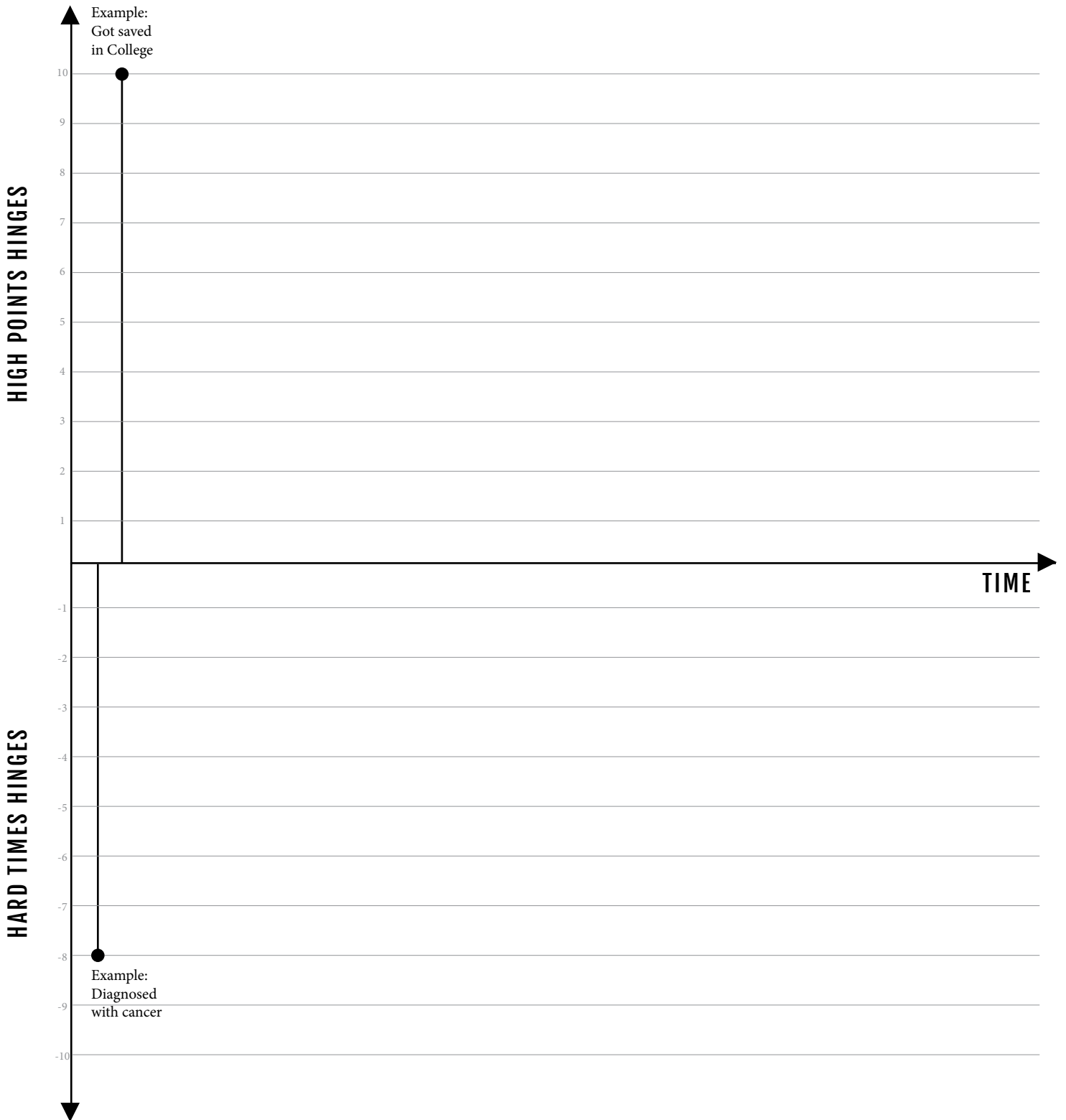
Get started by brainstorming High Points in your life. List these here:

Next, brainstorm some Hard Times that you have already walked through. List these here:

Now circle at least 5 total Hinge moments from the list you made. These will be transferred to the Life-Line on the next page. It is okay to have more than five. Just remember that everyone needs to be able to share their story, so don’t get too crazy. On the next page, plot these Hinge Moments in order of their occurrence. **For an example, see the video posted online under Meeting 3.**

THE LIFE-LINE WORKSHEET

Transfer your Top Five “Hinge Moments” onto the timeline. Rank them 1-10 as either High Points or Hard Times. *Make sure that one of your Hinge Moments is your salvation experience!* There are two examples given below. Be prepared to share this with your GO Group.




* Adapted from Donald Miller, Storyline

step 3

GO TIME!

Put your discussion into practice. Record what GO you want to take, as well as how and when you intend to do it.

Spend 1 hour thanking God for his provision and seeking perspective amidst pain. 

NAME	WHAT YOU WANT TO DO	MAKE IT MEASURABLE
_____	_____	WHEN: _____
	_____	HOW: _____
	_____	_____

NAME	WHAT YOU WANT TO DO	MAKE IT MEASURABLE
_____	_____	WHEN: _____
	_____	HOW: _____
	_____	_____

NAME	WHAT YOU WANT TO DO	MAKE IT MEASURABLE
_____	_____	WHEN: _____
	_____	HOW: _____
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NAME	WHAT YOU WANT TO DO	MAKE IT MEASURABLE
_____	_____	WHEN: _____
	_____	HOW: _____
	_____	_____

NAME	WHAT YOU WANT TO DO	MAKE IT MEASURABLE
_____	_____	WHEN: _____
	_____	HOW: _____
	_____	_____

NAME	WHAT YOU WANT TO DO	MAKE IT MEASURABLE
_____	_____	WHEN: _____
	_____	HOW: _____
	_____	_____

step 4

END GROUP WITH PRAYER

Each meeting will end with a time in prayer. Feel free to gather prayer requests from one another, so that you can be praying for each other between meetings.

NEXT MEETING OBJECTIVES

You have nothing else to complete before next week besides your GO.

WHAT IS GO TIME?

GO Time is one of the most critical components of a GO Group. We can talk all day long about the things we believe God is prompting us or convicting us to do, but unless we put them into practice we are lukewarm. So every meeting from this point forward will ask you to write down a goal that you want to complete before next meeting. This curriculum is designed to help you take your next step forward. When you think about your next step, remember three things. Your goal needs to be Measureable, Reasonable, and Meaningful. If you follow the layout given your goal will be measureable because you will account for the How and the When (just look at the previous page). By making your goal specific and measureable, you are more likely to complete it and your group is better able to encourage you in it and follow up with you about it. A reasonable goal is one that is within your responsibility. You can force anyone to do anything. You shouldn't try and be the Holy Spirit. Be a faithful witness and servant of Christ, and trust God with the results. Meaningful means that it requires you to trust in the Holy Spirit's power. Your goal should stretch you. It should be challenged, maybe even a little scary. This should push you into prayer. Keep MRM in your mind as you set out to follow Christ!

What if God is hard at work on your heart about something not related to what you are studying in this book? I'd encourage you to write down two goals in this situation. You need to live out the biblical truths the GO Workbook will teach, and you need to follow the daily promptings of the Spirit. You are already doing more than one godly thing a week (hopefully!!). But you most likely are not accountable for them right now. When you write down a GO, you are giving your group the go ahead to follow up with you. True accountability, as you will learn about in Meeting 5, is a game changer. Because of this, you will always follow up on your goals. This is another critical component of GO Groups, and it starts next week. **Be ready to discuss how you did on your goal when you come back for Meeting 3!!** You will always answer two questions. What did I do? What did God do? So as you complete your goals this week, try and discern what God is up to as you obey him.

WHAT ARE NEXT MEETING OBJECTIVES?

The Next Meeting Objectives will tell you if you need to complete anything in the book (on top of your GO) before coming to the next meeting. It is essentially your homework for next meeting. It will direct you to the pages you need to go to and notify you if an objective will take longer than 30 minutes. If everyone in the group doesn't come prepared, your discussion will suffer. So, take these objectives seriously. You have nothing to prepare for Meeting 3. But you do need to complete the GO you pledged before the next meeting. This will be assumed from now on.

THIS ICON IS A GO SUGGESTION.

It provides a suggested GO for you to take if you are having trouble. Use it as you need it. It isn't an assignment.



GROUP MEETING GUIDE