



bio

quench your thirst for life

GROUP STUDY RESOURCE GUIDE

A PROVOCATIVE SMALL GROUP SERIES
USING SHORT FILMS

featuring teaching by Chip Ingram




Thanks for leading your group in this BIO series. This creative small group curriculum will help your group discover the path to the abundant life that Jesus promised. Whether you are brand new at leading a small group or you are a seasoned veteran, God is going to use you. God has a long history of using ordinary people to get his work done.


These brief notes are intended to help prepare you for each week's session. By spending just a few minutes each week previewing the video and going over these leader notes you will set the table for a great group experience. Also, don't forget to pray for your group each week.


For some additional coaching on leading your group go to LivingontheEdge.org/smallgroups. There are several short videos that address many of the common challenges in leading a small group.

OVERVIEW

- This BIO series integrates the use of some short films and teaching from Chip Ingram. The video portion of each session will be 15-20 minutes in length.
- There are 4 components to each session

 **Watch the Video** — Each video starts with a very brief introduction from Chip. Then, you will watch a 7-8 minute creative film. After the film Chip will come back and do a little teaching and take you to a core biblical passage to explore. The only exception to this is session 5 where Chip will teach the whole session.

 **Discussion and Bible Study** — In your downloadable notes you will find several questions to help you discuss what you heard. The BIO Participants Guide includes suggested questions for each session to guide discussion. At Living on the Edge, we believe that as people examine scripture for themselves, God will speak to them and they will come to know Him on a deeper level. So, in discussion times, your group will not only discuss what they are learning, they will also explore key biblical passages.

 **Live It Out** — These ideas are a way for the group to put into practice what they are learning. Give them a try! And, then when the group gets back together, check in and see how people did at "living out" what they learned.

 **Dig Deeper** — This section is intended for those who would like to spend some extra time during the week going deeper on the topic they studied in the group.

At the end of the Dig Deeper section each week is an exercise that will allow people to spend time in the key passage during the week. They will be encouraged to take 20-40 minutes during the week where they will actually write out the text, summarize it's teaching in their own words, write down ways to apply the passage and identify someone they can share it with. Encourage people to do this exercise and then check in week by week to see what people are learning and how God is speaking to them.



SESSION 1

re

- Your personal preparation is important to the success of the group experience. Be sure to pray for those coming to your group. And, then set aside about a half hour to preview the video for this session.
- You will find 6 discussion and Bible study questions for each week. Don't feel obligated to get through all the questions. As people open up and talk, don't move on too quickly. Give them the space and time to share what is going on inside them as they interact with this teaching.
- Before everyone arrives, make sure to print off enough copies of session 1 from the BIO Participant Guide for everyone. You can download them at LivingontheEdge.org/BioGuide

And, make sure to have all the details covered prior to your group meeting, so that once people start arriving, you can focus on them.

- If your group doesn't know each other well, be sure that you spend some time getting acquainted. Don't rush right into the video lesson. Remember, small groups are not just about a study or a meeting, they are about relationships.
- Be sure to capture everyone's contact information. It is a good idea to send out an e-mail with everybody's contact information so that the group can stay in touch. At the end of these leader notes you will find a roster where people can fill in the names and contact information of the other group members.
- This session is about spiritual transformation. You might want to consider sharing your own personal story and how Christ has changed your life. Also, it would be helpful for you to spend some time reading Ephesians 2:1-10 since that will be the focal passage this session.



SESSION 2

reveal

- Why not begin your preparation by praying right now for the people in your group. You may even want to keep their names and any specific prayer requests in your Bible. You may also want to ask people in your group how you can pray for them specifically.
- If someone doesn't come back this session, be sure and follow up with them. Even if you knew they were going to have to miss the group meeting, give them a call or shoot them an e-mail letting them know that they were missed. It would also be appropriate to encourage other people in the group to let them know they were missed.
- Ask people to bring their Bibles to the group meeting. Even though the verses will be provided in your notes, it is good for people to look up passages in their own Bible. It will also give them the chance to look up other verses and passages that won't be in the session notes.
- Don't feel like you need to have all the answers. There is nothing wrong with simply saying "I don't know the answer to that, but I'll see if I can find an answer this week".
- This session is about searching for and knowing God. One of the most crucial habits for any believer to develop is consistent time in God's Word. In the Live It Out section, your group will be encouraged to get "before God" 5 days in the coming week. Challenge your group to take this seriously and then check in next session to see how people did in spending time with God.
- Check in with people to see what they are learning as they are doing the Dig Deeper exercises.



SESSION 3

coffee

- Encourage everyone to participate. Don't let one person dominate, but also don't pressure quieter members to speak during the first couple of sessions. Be patient. Ask good follow up questions and be sensitive to delicate issues.
- Detour when necessary. If an important question is raised that is not in the BIO Participant Guide, take time to discuss it. Also, if someone shares something personal and emotional, take time for them. Stop and pray for them right then. Allow the Holy Spirit room to maneuver, and follow his prompting when the discussion changes direction.
- Share the load. One of the ways to raise the sense of ownership within the group is to get them involved in more than coming to the meeting. So, get someone to help with refreshments... find somebody else to be in charge of the prayer requests... get someone else to be in charge of any social gathering you plan... let someone else lead the discussion one night. Give away as much of the responsibility as possible. That is GOOD leadership.
- Be sensitive to the fact that some people in your group may be uncomfortable praying out loud. As a general rule, don't call on people to pray unless you have asked them ahead of time or have heard them pray in public. But this can also be a time to help people build their confidence to pray in a group. Consider having prayer times that ask people to just say a word or sentence of thanks to God.
- Question 4 this session will explore the humility of Jesus. Your group will be asked to explore some other passages that demonstrate the humility of Jesus. You might want to do some thinking and reading this week through the life of Jesus to find other examples of his humility.



SESSION 4

jump

- Consider sending an e-mail to each person in your group this week letting them know you prayed for them. Also, let them know that you are grateful that they are in the group.
- Think about last session's meeting for a moment. Was there anyone that didn't talk or participate? In every group there are extroverts and there are introverts. There are people who like to talk and then there are those who are quite content NOT to talk. Not everyone engages in the same way or at the same level but you do want to try and create an environment where everyone wants to participate.
- If your group is not sharing as much as you would like or if the discussion is being dominated by a person or two, try subgrouping. If your group is 8 people or more, this is a great way to up the level of participation.

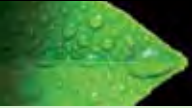
After watching the video teaching, divide the group into a couple of smaller groups for the discussion time. It is good to get someone you think would be a good facilitator to agree to this ahead of time.

- Each time your group meets take a few minutes to share updates about what has happened since the last group meeting. Ask people what they are learning and putting into practice. Remember, being a disciple of Jesus means becoming a "doer of the word".
- This week in the Live It Out section your group will be challenged look for an opportunity to share with someone the story of how Jesus has changed their life. Sharing our faith doesn't come easy for most of us. So, you might want to spend some time praying for each other and for boldness to share your faith.

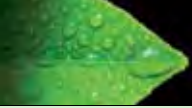
SESSION 5

pathways

- Session 5 is a different format than the first four videos. There's no short film this week. Instead, Chip teaches about applying the practices of BIO in your own life actual creates a pathway for spiritual momentum.
- In the teaching this week Chip will reference Romans 12. He speaks of Romans 12 as the destination of discipleship and BIO as the pathway for getting there. If you are not familiar with Chip's teaching on R12, you will want to spend a little time reading Romans 12.
- Also, this session doesn't have one focal passage for the group to study. So, you will want to spend some time talking about the BIO pathway of spiritual growth and how that looks in people's everyday life.
- Since this is the last week of this study, you might want to spend some time talking about what your group is going to do after you complete this study.
- As this series winds down, this is a good time to plan some kind of party or fellowship after you complete the study. Find the "party person" in your group and ask them to take on the responsibility of planning a fun experience for the group. Also, use this party as a time for people to share how God has used this series to grow them and change them.



GROUP ROSTER		
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PRAYER AND PRAISE

One of the most important things you can do in your group is to pray with and for each other. Write down each other's concerns here so you can remember to pray for these requests during the week!

Use the Follow Up box to record an answer to prayer or to write down how you might want to follow up with the person making the request. This could be a phone call, an e-mail or a card. Your personal concern will mean a lot!

DATE	PERSON	PRAYER REQUEST	FOLLOW UP