

Unexplainable

Week 2 - Lead Sheet

ICEBREAKER

Questions: What was your favorite game as a kid? Did you prefer games that were activities or board games?

Questions: Did anyone ever play “Simon Says”? What are the rules to the game? Was anyone here a master at it?

Questions: How good are we at the game “Jesus Says”? It’s the game where we read in Scripture that Jesus commanded us to do something and then we do it... was that too much for an ice breaker???

BE STILL

LEADER... This contemplative prayer practice comes from Psalm 46:10 (ESV): “Be still, and know that I am God.” I’ll explain it here, but if you need more guidance scan the code to the right, or visit this link for a page with a video that might be helpful: <https://gravitycenter.com/practice/be-still/>



Have the group sit in a comfortable position, closing their eyes, and begin taking slow deep breaths in and out. Tell them that you are going to repeat a phrase that God speaks over us in the book of Psalms. Tell them to try and imagine that God is currently speaking it over them rather than you. Remind them that they are God’s beloved children, that he is for them and not against them. Then you, the leader, will say this phrase from Psalm 46:10 slowly, in descending order like this...

“Be still, and know that I am God.” (Pause for a deep breath)

“Be still, and know that I am God.” (Pause for a deep breath)

“Be still, and know that I am” (Pause for a deep breath)

“Be still, and know that I am” (Pause for a deep breath)

“Be still, and know” (Pause for a deep breath)

“Be still, and know” (Pause for a deep breath)

“Be still” (Pause for a deep breath)

“Be still” (Pause for a deep breath)

“Be” (Pause for a deep breath)

“Be” (Pause for a deep breath)

Now pray for the group.

Questions: Afterwards ask everyone what that experience was like for them. What did they think? What did they feel? Was it weird or uncomfortable? Was it peaceful? Were they able to encounter God in a unique way?

LAST WEEK'S CHALLENGE

Question: Last week we were challenged to meditate on Hebrews 12:1-2. How did it go? If you forgot, no worries. But, for any of you who were able to take some time to chew on it, what did God reveal to you?

THOUGHT PROVOKING QUESTIONS

Question: What kind of clothes do you think Jesus wore? What kind of shoes? How did Jesus travel from place to place? What were some things Jesus did or activities that Jesus participated in?

Question: When you think about a man who lived 2,000 years ago in the Middle East and traveled around healing people and teaching them about the good news that God's kingdom was breaking out on this planet... is it hard to imagine what it would look like to actually follow in his footsteps today? Does it seem odd, impractical, or even impossible?

ENGAGING WITH SCRIPTURE

LEADER... Have someone in the group read **Matthew 4:18-20**

Context: *This is at the beginning of Jesus' ministry about three years before he was crucified.*

Matthew 4:18–20 (ESV): *While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. And he said to them, "Follow me, and I will make you fishers of men." Immediately they left their nets and followed him.*

Questions: According to Matthew when Jesus first encountered Peter what did he invite him to do? What was Peter's reaction?

Questions: Now imagine that you're at work and Jesus comes up to you and says, "Follow me." How odd would it be to drop your pen or computer or apron or whatever you use to do your job and then begin following this person?

Questions: How dramatic was Peter's response to Jesus' call? So, did Peter follow Jesus?

LEADER... Have someone in the group read John 21:18-22

Context: *This is three years later. Jesus has been crucified, died, and raised from the dead. Peter denied that he knew Jesus three times just before Jesus was crucified. Afterwards Peter was ashamed and wept bitterly. Jesus has just spoken to Peter restoring him and inviting him to shepherd Jesus' people.*

John 21:18–22 (ESV): *Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.” (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.”*

Peter turned and saw the disciple whom Jesus loved [John] following them, the one who also had leaned back against him during the supper and had said, “Lord, who is it that is going to betray you?” When Peter saw him, he said to Jesus, “Lord, what about this man?” Jesus said to him, “If it is my will that he remain until I come, what is that to you? You follow me!”

Questions: Just after Jesus told Peter about how he was going to die Jesus gave Peter a command to focus on, what was it?

Questions: How did Peter react to what Jesus said? What/who was Peter's attention focused on?

Questions: How did Jesus respond to Peter's question? What did Jesus tell Peter not to get caught up in? What did Jesus tell Peter to do instead?

Questions: Does it seem at all weird that Jesus told Peter, who had left everything to follow him for the past three years, to follow him? Hadn't Peter already made a decision to follow Jesus?

Questions: This Sunday Brady challenged us to follow Jesus. Does that seem a bit remedial or basic for those of us who have been Christians for many years? Often times we desire to move on to other deeper things when we've forgotten to practice the basics.

Questions: How are we like Peter? What are the things that have distracted us from following Jesus? How have we lost focus and gotten off track? What do you think Jesus' encouragement to us would be? Perhaps, follow him?

Questions: What are some ways that we can follow in Jesus' footsteps this week at home and at work?

WEEKLY CHALLENGE

Take 15 minutes every day to meditate on these two passages of Scripture (Matthew 4:18-20 & John 21:18-22): think about it, chew on it, ask yourself questions about it, ask the Spirit of God to reveal things about it to you, have conversations about it, share your insights with the group in a text thread.