

THE

REAL

YOU

STUDY GUIDE





Contents:

Leader's Guide:

Before you meet

Setting Up

How to lead your eGroup and use the study guide

Suggested time frames for your group

Extras: Keys to a Dynamic eGroup

Week One - Pg. 8

Week Two - Pg. 10

Week Three - Pg. 12

Week Four - Pg. 14



Leader's Guide:

This study guide is provided to help you lead a fun and transformative eGroup study over the next few weeks that will see each person in your group progress and grow.

Use this guide, along with the DVDs and weekly Study Guides, for a life-changing, interactive experience.

BEFORE YOU MEET:

Ask God to prepare the hearts and minds of the people in your eGroup. Ask Him to show each of you how to apply what you learn to your own heart to see growth and to move forward.

Preview the DVD and read through the study guide for that week. Think about what you might answer for each question. Make notes in your study guide if you want to.

SETTING UP:

Take time before everyone arrives to prepare some snacks to share with everyone, set up the room you will use, check that there are enough seats, and try to create a relaxed and comfortable environment to meet in. You might want to play music quietly to create a relaxed atmosphere when everyone arrives, or move the furniture in your living room to make the space inviting.

Have a Bible handy for verses that you might want to look up during discussion.

HOW TO HOST YOUR GATHERING AND USE YOUR STUDY GUIDE:

ENGAGE: Welcome each person as they arrive. Spend time chatting, getting to know one another, or just sharing about the week. Your relationships as a group are as important as the time you spend watching the DVD or in discussion. A relaxed and friendly environment is an easy place to learn and hear from God.

RECAP: After the first session you may wish to spend a bit of time each week recapping how your last seven days has been, inviting members to share any opportunities they had throughout the week to apply what they learned, and how their individual activation went.

WATCH: After you have spent some time engaging with each other, watch the DVD for the week.

DISCUSS: Read out each question in the study guide, allowing time for everyone to share their thoughts or experiences if they desire.

When a question arises, ask the group for their input, and resist the urge to answer it yourself straight away. Your primary role is to create an environment where people feel comfortable to be themselves and participate, not to provide all the answers to all of their questions. Don't be afraid of silence as participants think of their response to the questions.

Remember, the goal is not necessarily to 'get through' all of the questions. The main priority is for each person to learn and engage in dynamic discussion.

PRAY: Ask the group to pray for each other from week to week, especially about key issues that arise during your discussion time. This is how you begin to build authentic relationship, and encourage spiritual growth within the group.

ACTIVATE: As a group, read out and talk about the action in the study guide for that week. Decide together to commit to doing this action during the week to help you each grow and engage with God individually.

SUGGESTED TIME FRAMES FOR YOUR GATHERING:

ENGAGE: 15 minutes

RECAP: 10 minutes

WATCH: 10 minutes

DISCUSS: 30 minutes

PRAY: 5-10 minutes

ACTIVATE: 5 minutes

(Please note that these are just suggested times, you may wish to take longer in certain areas. However, we do recommend keeping your gathering to a maximum of one and a half hours in consideration of others' time)

Keys to a dynamic eGroup:

Relationships

Meaningful, encouraging relationships are the foundation of a dynamic eGroup. Discussion and prayer are important elements of a gathering, but the depth of each part is often dependent upon the depth of the relationships between members.

Availability

Building a sense of community within your group requires members to prioritise their relationships with one another. This means being available to listen, care for one another, and meet each other's needs.

Mutual Respect

Mutual respect is shown when members value others' opinions (even when they disagree) and are careful to never belittle or embarrass others in the group (including their spouses, who may or may not be present).

Openness

A healthy group environment encourages sincerity and transparency. Members treat each other with grace in areas of weakness, allowing each other room to grow.

Confidentiality

To develop authenticity and a sense of safety within the group, each member must be able to trust that things discussed within the group will not be shared outside the group.

Shared Responsibility

Group members will share the responsibility of gatherings by using their God-given abilities to serve at each meeting. Some may greet, some may prepare food, some may pray, etc. Ideally, each person should be available to care for one another as needed.



Sensitivity

Dynamic eGroups are born when the leader consistently seeks and is responsive to the guidance of the Holy Spirit, following His leading throughout the meeting as opposed to sticking to the “agenda”. This is especially important during the discussion and prayer time.

Fun!

Dynamic gatherings take the time to have fun! Create an atmosphere for fun, and be willing to laugh at yourself every now and then!



Week One

ENGAGE: Spend time connecting with each other

WATCH: Watch Week One of the DVD

DISCUSS:

Key Verse: *"We have different gifts, according to the grace given to each of us."*
[Romans 12:6 NIV]

Ask someone in your group to read out this passage in Romans 12:6-8 which talks about the seven motivational gifts.

The 7 Motivational Gifts are: Prophecy, Serving, Teaching, Exhortation, Giving, Organising, Mercy.

1 Peter 4:10 says we have a singular grace gift.

Question: Why do you think knowing your gift is important?

If we attempt to be anything or anyone other than the person God has created us to be - we move outside of God's grace. When you find what fits you, there is an authenticity that you carry that people are attracted to.

Question: What is it about authentic people that we find attractive?

One way of identifying your motivational gift is by the way you would respond if someone you knew were sick in hospital.

Question: Which response best fits you?

1. Mercy - "I felt so bad when you were in hospital. How are you now?"
2. Server - "I brought you a gift. I also cleaned your house for you"
3. Prophet - "Do you have any unconfessed sin? Is there a reason why this happened to you?"
4. Giver - "Have you got any insurance?"
5. Organiser - "I have assigned four others in the office to cover you while you're in hospital"
6. Teacher - "I've done some research about this sickness"
7. Exhorter - "This sickness won't last forever. You're going to be okay"

GIFT OF PROPHECY: "The eye of the body"

Key Biblical character: Peter

Read out some of these key characteristics of a person with the motivational gift of prophecy.

Alertness to dishonesty - Prophets have an amazing ability to sense when someone or something is not what it appears to be.

Loyalty to truth vs. people - Prophets are loyal to truth even if it means cutting off relationships.

Need to Express themselves - Prophets need to express their thoughts and ideas verbally, especially when matters of right and wrong are involved.

Being Impulsive - Prophets tend to make quick judgements on what they see and hear. They express their views before others speak.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: What kind of situations do you think someone with the motivational gift of prophecy would be good in?

Question: What things do people with the motivational gift of prophecy need to avoid?

PRAY: Pray that during this series God helps you recognise your motivational gift and begin to use it with confidence.

ACTIVATE: Look for signs of what is motivating you during your week. Reflect on how this might be different to others around you.

Week Two

ENGAGE: Spend time connecting with each other

RECAP: Did you begin to observe the different way you approach situations to others this week? What did you notice?

WATCH: Watch Week Two of the DVD

DISCUSS:

Key Verse: "Now you are the body of Christ, and each one of you is a part of it." [1 Corinthians 12:27]

Question: Have you ever wondered why certain activities appeal to you and not to others? Why do you think God designed us to all be so different?

GIFT OF SERVING: "The hands of the body" **Key Biblical character:** Timothy

Read out some of these key characteristics of a person with the motivational gift of serving:

Free others to achieve - The joy of the server is not just initiating tasks, but knowing that through them they are bringing a peace of mind to another person to be more productive in the tasks which God has called them to do.

Alert to Likes and Dislikes - Servers have an amazing ability to find out and remember the special interest of the people they serve. Eg. birthdays, anniversaries, favourite food etc;

Like Short range Projects - The tasks which attract a server are usually immediate needs.

Difficulty in saying "no" - As the server effectively meets one need, others may ask for similar help. The Server, may find these requests difficult to turn down because they represent needs and the Server feels motivated by having been asked.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: One of the characteristics of a server is that they disregard their own weariness and their own personal health. How can a server embrace their gift, without giving more than is wise?

Question: Why does Pastor Helen Monk say the basic principle that a server most needs to exercise is "authority"?

Read out some of these key characteristics of a person with the motivational gift of teaching:

Needs to validate information - The teacher wants to confirm that statements are true and accurate, and that they, therefore, have spiritual authority.

Gathers many facts - Teachers often have a greater delight in researching facts than they do in teaching them. However, when teaching they feel constrained to give as many facts as possible. Luke is an example of a teacher and his Gospel is the longest of them all, and includes information left out by the other writers.

Requires Thoroughness - A teacher enjoys giving details which are not noticed or mentioned by others. In Luke’s Gospel, Luke gives precise descriptions of events, conversations, circumstances, and physical conditions. He details more names, titles, cities, dates, events and sidelights than any other gospel writer.

Uneasy with subjective truth - A person with this gift prefers to live ‘from Scripture to experience’ rather than ‘from experience to Scripture.’ They tend to remain silent until information has been heard, observed and verified - Luke, as an example, doesn’t record any of his own statements.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: One of the characteristics of a teacher is that they check the credentials of the one who wants to teach them. Is this a good thing or a bad thing? Why?

Question: In what ways can a teacher use this gift to bless others?

PRAY: Pray for opportunities to use your motivational gift this week in a way that will bless others.

ACTIVATE: Use your motivational gift to help someone this week.

Week Three

ENGAGE: Spend time connecting with each other

RECAP: Did you use your motivational gift to encourage someone last week? How?

WATCH: Watch Week Three of the DVD

DISCUSS:

Key Verse: *There are different kinds of gifts, but the same Spirit distributes them [1 Corinthians 12:4 NIV]*

Question: What is an area in your life that you seem to be more “natural” in than others?

Question: What is an example in your life where you have achieved “maximum fruitfulness, with minimum effort”?

GIFT OF EXHORTATION: “The mouth of the body” **Key Biblical character:** Paul

Read out some of these key characteristics of a person with the motivational gift of exhortation:

Promotes Spiritual Maturity - The motivation of an exhorter is to see spiritual growth take place in others’ lives. They are willing to become personally involved to see it achieved.

Raises hope for solutions - An exhorter tends to use examples from the lives of others to help Christians see the potential of daily victory.
Desires to be transparent - An exhorter knows that true growth will not take place where there is guilt. They want their own life to be an ‘open book’.

Keeping others waiting for them - An exhorter can sometimes neglect family because of the joy they have in serving others.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: What does Pastor Helen Monk mean when she says the basic principle that an exhorter most needs to exercise is “God’s design”?

Question: One of the characteristics of an exhorter is the “desire to be transparent”. What are the benefits that come from this?

GIFT OF GIVING: “The arm of the body” **Key Biblical character:** Matthew

Read out some of these key characteristics of a person with the motivational gift of giving:

Desire to give quality - A giver’s ability to discern value motivates them to provide quality gifts; they want them to last. Matthew describes costly gifts to Jesus. He recorded in greater detail than any other Gospel writer the gifts given to Christ. He’s the only writer who mentioned “the treasures”, describes Mary’s ointment as “very precious”, and Joseph’s tomb as “new”. [Mt 2:11, 26:6-11, 27-57-60]

Use giving to motivate giving - The motivation of a giver is to encourage others to give. They want them to experience the joy and spiritual growth that comes by sacrificial giving. Thus the giver may provide matching funds or the last payment in order to encourage others to give. [Mt 18:21-35]

Want to give quietly - Just as the giver looks to the Lord for direction, so they want recipients to look for provision. The giver knows that future reward is more valuable than present praise, thus they will give quietly and often anonymously.

Look for commendation from people rather than God - Could possibly give with impure motives.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: What is the danger of looking for commendation from people rather than from God?

Question: What should a giver’s motivation be?

PRAY: Pray that God would show you more about how He has designed you, and that you could use your gifts for His purposes.

ACTIVATE: Find a way to use your motivational gift at home or in your work place this week.

Week Four

ENGAGE: Spend time connecting with each other

RECAP: Did you find a way to use your gift this week?

WATCH: Watch Week Four of the DVD

DISCUSS:

Key Verse: Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. [1 Peter 4:10 NIV]

Question: Why does knowing your gift make you more confident? What's the impact of 'finding your fit'?

GIFT OF ORGANISING: "The shoulders of the body"

Key Biblical character: Nehemiah

Read out some of these key characteristics of a person with the motivational gift of organisation:

Able to visualise final result - When a major project is given to an organiser, they are able to picture the completed task and what it will take to accomplish it .

Ability to delegate - An organiser knows which tasks to delegate and which they must do themselves. They are also able to sense which workers will need more assistance than others.

Complete tasks quickly - Before an organiser starts a project they check out and secure needed resources. They also place workers according to their strengths and weaknesses so that maximum productivity can be achieved.

Putting projects ahead of people - Sometimes organisers are too caught up in finishing the task and neglecting the needs of the people.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: One of the characteristics of an organiser is "putting projects ahead of people". How could they use their gift in a way that values people?

Question: What kinds of situations would an organiser be most effective in?

GIFT OF MERCY: “The heart of the body” **Key Biblical character:** Matthew

Read out some of these key characteristics of a person with the motivational gift of mercy:

Empathise with hurting people - The gift of mercy enables the one having it, to sense which individuals are hurting, and to share the pain with them. Along with the pain, a mercy senses the full scope of emotions.

Desire to remove hurts - Whereas an exhorter will try to help a person find benefits from their hurts, the one with the gift of mercy will try to remove the source of them.

Attract people in distress - People with the gift of mercy have a deep understanding of people who are going through mental or emotional distress. This sensitivity causes those with hurts to be drawn to them and confide in them.

Avoid decisions and firmness - Those with the gift of mercy find it hard to be firm because they don't want to offend other people. Therefore, the mercy must see that greater hurt and offences will occur if they fail to be decisive.

Question: Who do you know in your life who has these characteristics? You? A friend?

Question: One of the characteristics of a “mercy” person is that they desire to remove hurts. An exhorter will try to help a person find benefits from their hurts rather than remove the source of the hurt like a “mercy” person would. How is this different?

Question: What does Ps Helen Monk mean by saying “moral freedom” is the key principle a “mercy” person needs to exercise?

PRAY: Pray that you would continue to grow in confidence in your gift and ‘find your fit’.

ACTIVATE: Look for opportunities to encourage others’ gifts, rather than expect them to operate with the same motivation as you.

