

HEAD to help us examine what the word shows and let in what's true.

- Why do you think Jesus appeared to the other 10 apostles at a time that Thomas was not with them?
- What all do you think might be underneath Thomas' statement in v.25?

HEART to help us wrestle with what we believe and be with each other in it.

- How have you experienced a version of what Thomas is living out of in v.25? What was underneath that for you? Or maybe you're living in it now?
- How have you experienced Jesus meeting you in those places?

HANDS to help us bring the truth into our lives and go out into the world with the Holy Spirit.

- Jesus meets Thomas and tells him: "Do not disbelieve, but believe." John also encourages us to believe that Jesus is the Christ and have life by believing. What does it look like to believe instead of disbelieve this week in your life?

DISCIPLESHIP GROUP GUIDELINES

- **Safe Group:** We strive for an environment where everyone can be open and honest about his or her struggles and victories.
- **Confidentiality:** What is said in the group stays in the group.
- **Listen:** We value one another by really listening to what is being shared. Try to avoid thinking about how you are going to respond while someone is sharing.
- **Pause:** Allowing a pause in the conversation after someone shares gives them a true chance to finish. A Pause also gives the group an opportunity to consider before responding.
- **Silence:** Allowing silence in the group provides an opportunity for people to think deeply, gather their thoughts in order to share, and genuinely consider what others have shared.
- **One Conversation at a Time:** Be considerate of others as they are sharing. No side conversations.
- **No Fixing:** We are not here to fix each other; Jesus does that part. Give encouragement and ask questions, but try not to solve or fix one another.
- **No Rescuing:** When people are sharing something deeply personal, please resist the tendency to try to make them feel better about themselves or their situation by providing immediate condolences. This will often cause people to stop sharing.
- **Be Curious:** By asking the next question, we communicate genuine interest. We keep the conversation moving forward while building relationships and intimacy.
- **Be Self-Aware:** Be mindful of how you are personally affecting the small group environment through your words, actions, and non-verbal communication. Be sensitive about the amount of time you share, whether too much (dominating) or not enough (hiding).
- **Use "I" Statements:** It is very easy to talk about other people's issues, but, for our purposes, we want to put ourselves on the table. Use "I" statements rather than "them", "the church", "people", "you", "us", "we", etc.
- **Resolve Conflict Biblically:** As a group we commit to extend grace to one another. Conflict is not bad, it's an opportunity for growth. We are all being transformed to be more like Jesus. Conflict and change are a part of that journey. (Matthew 18)
- **Manage Technology:** Let's respect one another by silencing alerts on our devices.

If you need childcare reimbursement please scan the QR code and follow the prompts. You must submit within 30 days of attending group.

