



WAYPOINT CHURCH

SET APART: LIFE GROUP SERIES

LEADERS NOTES:

For this series the discipleship team have created a structure which, if followed, will enable you to lead a rounded session that moves beyond theological discussion and into the transformation of the heart. We have selected music that you may not be familiar with but our prayer is that it will draw people into the presence of God so that the Holy Spirit can work in our lives.

Each session will have the following structure:

Musical worship

- P** Pause, be still and then pray
- R** Reflect on and be encouraged by scripture
- A** Ask God for fresh revelation as we unpack scripture with questions
- Y** Yielding to God and naming areas for change in our lives

Time management will be essential to ensure you get to Y, the Yielding to God section of the session. This is where we can make ourselves open to the work of the Holy Spirit so that sanctification can take place. Without this part, it is all talk and no change.

The prayer journal is a really useful way of remembering the things that the Holy Spirit has highlighted to people in the group so that you can ask each other how it's going over the weeks to come and praise God for those changes.

SET APART: WEEK ONE

Start by using this track to draw people into God's presence

[\(1\) MY ALL IN THEE \(ft. Ellie Holcomb\) - Young Oceans - YouTube](#)

We will be using the **PRAY** acronym:

P Pause, be still and then pray

Spend 2-3 mins in quiet (use a stop watch or timer on your phone so you don't need to clock watch) Encourage your group to breathe slowly and focus on God. Using phrases such as "My God, my all" or "Abba Father" can be really useful if your mind wanders.

When the 3 mins are up pray..

Thank you Father, for welcoming me home into Your heart

Love me this evening/today as I welcome You home into my heart.

Thank you, Jesus, for standing and knocking at the door of my life

Befriend me again today as I open the shameful and vulnerable parts of myself to You.

Thank you, Holy Spirit, for brooding over the chaos of my world and within my inner being.

R Reflect on and be encouraged by scripture

Read aloud Psalm 139 v 1-12

- ¹You have searched me, LORD,
and you know me.
- ²You know when I sit and when I rise;
you perceive my thoughts from afar.
- ³You discern my going out and my lying down;
you are familiar with all my ways.
- ⁴Before a word is on my tongue
you, LORD, know it completely.
- ⁵You hem me in behind and before,
and you lay your hand upon me.
- ⁶Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷Where can I go from your Spirit?
Where can I flee from your presence?
- ⁸If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰ even there your hand will guide me,
your right hand will hold me fast.
¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"
¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

A Ask God for fresh revelation as we unpack scripture with questions

Read Romans Ch 7 v 11-20

As much as we believe we are free agents able to carve out our destinies and emerge victorious whatever, we are still under the curse of sin, even if we trust in Jesus. We are subject to significant influences internally, externally from society and externally from Satan.

How free are we really?

The power of these influences change at the point of justification (when you become a Christian) but the process of sanctification is an on-going process until the day you are promoted to glory. The process of being Sanctified enables you to deal with these influences in a more Christ like way as you become more like Jesus, however, we still have to wrestle with the curse of sin. None of us are perfect and all stuff up at times. We often sin because of deceptive lies we believe.

How does the Father of lies, lie to us, how does the world lie to us and how do we lie to ourselves?

How do you deal with temptation? What is your strategy for dealing with unhelpful thoughts and influences? (One idea is to divert your thoughts and pray the Lord's prayer as an example)

Make a list mentally of the things that feel as if they have spiritual power over you; commit to pray through these and bring them to Jesus. Examples might be an unhealthy relationship with food, alcohol, pornography, materialism and people pleasing. Submit them to the work of the Holy Spirit. (You may like to give people a few minutes of quiet to consider this) If you have a discipleship pairing, why not share these things in your pairing to keep you persevering?

Ask God to grieve your heart for your sin.

Y Yielding to God and naming areas for change in our lives

Psalm 139 v 23 -24 says “Search me. O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Share with each other the areas that the Holy Spirit has highlighted as areas that need work in our lives and pray for each. None of us is perfect so everyone has areas that need sanctifying. (As a leader, if you are vulnerable first this will encourage others to share and be vulnerable too.)

Use the prayer journal to make a note of these things as you can pray into these things over the coming weeks.

SET APART: WEEK TWO

Start by using this track to draw people into God's presence

[\(1\) Purify My Heart - Jeremy Riddle \(Lyrics\) - YouTube](#)

We will be using the **PRAY** acronym:

P Pause and be still and then pray

Spend 2-3 mins in quiet (use a stop watch or timer on your phone so you don't need to clock watch) Encourage your group to breathe slowly and focus on God. Using phrases such as "My God, my all" or "Abba Father" can be really useful if your mind wanders. If you feel comfortable you could lay your hands face up in your lap in a posture of being ready to receive from God.

When the 3 mins are up pray..

Thank you Father, that you welcome me home into Your heart

Love me this evening/today as I welcome You home again into my heart.

Thank you, Jesus, that you love me knowing the shameful and vulnerable depths of my soul.

Thank you, Holy Spirit, for brooding over the chaos of my world and within my inner being.

R Reflect on and be encouraged by scripture

Read aloud Psalm 37 v 1-6

- ¹ Do not fret because of those who are evil
or be envious of those who do wrong;
- ² for like the grass they will soon wither,
like green plants they will soon die away.
- ³ Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.
- ⁴ Take delight in the LORD,
and he will give you the desires of your heart.
- ⁵ Commit your way to the LORD;
trust in him and he will do this:
- ⁶ He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

A Ask God for fresh revelation as we unpack scripture with questions

Read Romans Ch 8 v 1 -11

How are you going to deal with the sin behind the sin? In other words, how effective will you be at dealing with sin if you don't recognise, name and deal with the motivation behind the sin?

Human beings are designed for desire. We will always desire something, whether that be God, fame, wealth, worldly recognition or material reward. If our desires are not focussed on God and holiness, then they will be focussed on things of this world. Just trying harder does not work because human desire is so strong.

How do your desires shift to be focussed Jesus?

How do you cooperate with the Spirit for that to happen?

Are there desires for earthly things that you find it difficult to let go of?

Are there areas of your thoughts and desires that you have never let the Holy Spirit search?

Y Yielding to God and naming areas for change in our lives

Hold your hands out in a clenched fist and as you surrender those ill placed desires to Him, open your hands out flat as a physical representation of releasing them to Jesus. Pray with the each other (this could be in pairs) as you share the desire you have released to Jesus that you might be strengthened by the Holy Spirit to daily surrender that area of your thought life to Him.

Commit to weekly worship, daily prayer and reading Scripture for the purpose of changing your desires to Jesus.

You could use the prayer journal over the next few weeks to track how your desires have shifted towards Jesus.

SET APART: WEEK THREE

Start by using this track to draw people into the presence of God

[\(2\) Crowder - Come As You Are - Lyric Video - YouTube](#)

We will be using the **PRAY** acronym:

P Pause and be still and then pray

Spend 2-3 mins in quiet (use a stop watch or timer on your phone so you don't need to clock watch) Encourage your group to breathe slowly and focus on God. Using phrases such as "My God, my all" or "Abba Father" can be really useful if your mind wanders.

When the 3 mins are up pray..

Thank you Father, that you welcome me just as I am into Your heart and family

Remind my grateful heart once again what a privilege it is to call you Abba

Thank you, Jesus, that your blood covered and will cover all my sin

Thank you, Holy Spirit, for the work you have done and will do in my heart and soul.

R Reflect on and be encouraged by scripture

Read Aloud Psalm 103 v 1-14

- ¹ Praise the LORD, my soul;
all my inmost being, praise his holy name.
- ² Praise the LORD, my soul,
and forget not all his benefits—
- ³ who forgives all your sins
and heals all your diseases,
- ⁴ who redeems your life from the pit
and crowns you with love and compassion,
- ⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.
- ⁶ The LORD works righteousness
and justice for all the oppressed.
- ⁷ He made known his ways to Moses,
his deeds to the people of Israel:
- ⁸ The LORD is compassionate and gracious,
He will not always accuse,
nor will he harbour his anger forever;
- ¹⁰ he does not treat us as our sins deserve

or repay us according to our iniquities.

¹¹ For as high as the heavens are above the earth,
so great is his love for those who fear him;

¹² as far as the east is from the west,
so far has he removed our transgressions from us.

¹³ As a father has compassion on his children,
so the LORD has compassion on those who fear him;

¹⁴ for he knows how we are formed,
he remembers that we are dust.

A Ask God for fresh revelation as we unpack scripture with questions

Read Romans Ch 8 v 12-17

In an article titled, "What is Sanctification?" the author states, "According to the Westminster Shorter Catechism, sanctification is 'the work of God's free grace, whereby we are renewed in the whole man after the image of God, and are enabled more and more to die unto sin, and live unto righteousness.'

It is a continuing change worked by God in us, freeing us from sinful habits and forming in us Christlike affections, dispositions, and virtues. It does not mean that sin is instantly eradicated, but it is also more than a counteraction, in which sin is merely restrained or repressed without being progressively destroyed. In short God knows our human frailty and knows that we will continue to sin. However, God is always full of grace and will forgive us when we repent. No sin is too big, and we will never get to the point of one sin too far. That does not mean we can keep wilfully sinning though!

Are there areas of sin in your life that have already successfully been restrained? Can you encourage each other with testimonies of how the Spirit has worked through an area of sin in your life?

We are often tempted to give into the influences of this world because we forget who we are in Christ.

Slowly read these statements to the group and as you do, ask them to consider the following:

Which 3 resonate with you most?

Which 3 do you find it hardest to believe about yourself?

I am a child of God

I am a branch of the true vine

I am a friend of Jesus

I have been justified and redeemed
My old self was crucified with Christ, and I am no longer a slave to sin
I will not be condemned by God
I have been set free from the law of sin and death
As a child of God, I am a fellow heir with Christ
I have been accepted by Christ
I have been called to be a saint
In Christ Jesus, I have wisdom, righteousness, sanctification, and redemption
My body is a temple of the Holy Spirit, who dwells in me
I am joined to the lord and I am one in Spirit with him
God leads me in the triumph and knowledge of Christ
The hardening of my mind has been removed in Christ
I am a new creature in Christ
I have become the righteousness of God in Christ
I am no longer a slave but a child and an heir
I have been set free in Christ
I have been blessed with every spiritual blessing in the heavenly realm
I am chosen, holy and blameless before God
I am redeemed and forgiven by the grace of Christ
I have been predestined by God to obtain an inheritance
I have been sealed with the Holy Spirit of promise
Because of God's mercy and love, I have been made in Christ
I am seated in the heavenly places with Christ
I am God's workmanship created to produce good works
I have been brought near to God by the blood of Christ
I am a member of Christ's body and a partaker of his promise
I have boldness and confident access to God through faith in Christ.
My new self is righteous and holy
I was formerly darkness, but now I am light in the lord

I am a citizen of heaven
The peace of God guards my heart and mind
Supplies all my needs
I have been made complete in Christ
I have been raised up with Christ
My life is hidden with Christ in God
Christ is my life, and I will be revealed with him in glory
I have been chosen of God, and I am holy and beloved
God loves me and has chosen me.

Y Yielding to God and naming areas for change in our lives

Share in your group or in pairs the 3 you find it hardest to believe about yourself. Pray these statements over each other and continue to pray over this coming week that these truths will sink deep into your heart.

You may like to end the session by listening to or singing one of these songs.

[\(1\) No Longer Slaves \(Official Lyric Video\) - Jonathan David and Melissa Helser | We Will Not Be Shaken - YouTube](#)

[\(1\) You Say - Lauren Daigle \(Lyrics\) - YouTube](#)

SET APART: WEEK FOUR

Start by using the following track to help draw people into God's presence

[\(2\) New Wine Lyric Video - Hillsong Worship - YouTube](#)

You may like to fade this out after 4.30 mins

We will be using the **PRAY** acronym:

P Pause, be still and then pray

Spend 2-3 mins in quiet (use a stop watch or timer on your phone so you don't need to clock watch) Encourage your group to breathe slowly and focus on God. Using phrases such as "My God, my all" or "Abba Father" can be really useful if your mind wanders.

When the 3 mins are up pray..

Thank you Father, that I am your child and that you love me

Remind me daily of your great mercy towards me and keep me grateful

Thank you, Jesus, that you intercede on my behalf, my king and saviour.

Thank you, Holy Spirit, for being my teacher and my guide.

R Reflect on and be encouraged by scripture

Read aloud Psalm 25 v 1-11

In you, LORD my God,
I put my trust.

² I trust in you;
do not let me be put to shame,
nor let my enemies triumph over me.

³ No one who hopes in you
will ever be put to shame,
but shame will come on those
who are treacherous without cause.

⁴ Show me your ways, LORD,
teach me your paths.

⁵ Guide me in your truth and teach me,
for you are God my Saviour,
and my hope is in you all day long.

⁶ Remember, LORD, your great mercy and love,
for they are from of old.

- ⁷ Do not remember the sins of my youth
and my rebellious ways;
according to your love remember me,
for you, LORD, are good.
- ⁸ Good and upright is the LORD;
therefore he instructs sinners in his ways.
- ⁹ He guides the humble in what is right
and teaches them his way.
- ¹⁰ All the ways of the LORD are loving and faithful
toward those who keep the demands of his covenant.
- ¹¹ For the sake of your name, LORD,
forgive my iniquity, though it is great.

A Ask God for fresh revelation as we unpack scripture with questions

Read Romans Ch 8 v 18-27 and 37-39

It is the Holy Spirit's job to grow our faith away from the dominion of sin and into union with Christ through our active participation in the church's spiritual disciplines, even as we wait for glory.

If this is the Holy Spirit's job, what role do we play in the process?

In Tyler Staton's book *Praying like monks, Living like fools* he quotes Eugene Petersen saying:

"Prayer and spirituality feature participation. The complex participation of God and the human, his will and our wills. We do not abandon ourselves to the stream of grace and drown in the ocean of love, losing our identity. We do not pull the strings that activate God's operations in our lives, subjecting God to our assertive identity. We neither manipulate God (the active voice) nor are manipulated by God (the passive voice). We are involved in the action and participate in its results but do not control or define it (the middle voice). Prayer takes place in the middle voice."

How might this help you understand the way the Holy Spirit works to change us?

Ask the Holy Spirit to highlight to you a spiritual discipline that will help you to continue on the journey of transformation into the likeness of Christ.

Here are some examples, however, this is not an exclusive list:

Prayer, Scripture reading, Silence and Solitude, Sabbath, Generosity, Living simply, Worship and service

Y Yielding to God and naming areas for change in our lives

As a follower of Jesus, committed to being in community with fellow disciples we need to support each other in keeping our focus on Jesus and our heavenly home. We can do that by praying for the Holy Spirit to work, practicing spiritual disciplines such as memorizing Scripture, praying with others in your weakness, confessing our sins to one another (as scary as that sounds, this is a powerful tool for breaking the sins power over you), giving and cherishing Christian community.

Which Spiritual discipline are you being called to practice to allow the Holy Spirit's work to continue in transforming your heart, mind and soul?

Share with the group which one you feel challenged to practice in a new way. Maybe you could choose one that the whole group will do together, encouraging one another in a community of believers to preserve and see the fruit of the Spirit together.

Pray together that the Holy Spirit will work in your life to develop practices that will help make you more like Jesus.