

Lesson 4

One Thing

A 7-Week Study Guide

Share about one of the following:

- Tried to help someone but made the situation or project worse.
- Gave advice that turned out to be less-than-helpful.
- Had an idea that you thought was brilliant but ended up bombing!

Hey Life Group Leaders! Welcome to Week 4 and the start of our Life Group Video Series, "One Thing!" We hope that this series will be uplifting, challenging, and help you find your next step in your journey with God!

This week, you have six questions coming up based on the video lesson this week! Remember that these Leader Notes are to serve as a guide for further and deepening conversation with your Life Group, not as the answers! Enjoy this week's discussion and always remember to ask an extra question such as "Why do you believe that?" to draw out some more conversation from your group members!

To start of this lesson, this is a very simple "get to know you" question with a great opportunity for your whole group to share. It may help if you, as the leader, are transparent and willing to share. Some of your group members may have some embarrassment or shame attached to these stories. Remember to be encouraging and thoughtful as they share and you respond to them.

How do you handle failure and/or helplessness? What are your unhealthy reactions? What are some healthy ways that you deal with failure?

This is another opportunity for everyone in the group to share their thoughts and possible struggles with this concept of failure being a positive or negative aspect to life and success. Talk through and share with your group together. It may be helpful as you, the Life Group Leader, are transparent with your group to give them the comfort of knowing they are not alone in their struggles.

Read Ephesians 2:8-9. Instead of bragging on your achievements, take a moment and brag about how God saved you! You can share a bit from your testimony or share a recent experience where God helped you.

Ephesians 2:8-9 reads, *"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."*

This is another opportunity for everyone to share their experiences with God's loving grace. Ephesians 2 is a major passage for understanding God's grace (kindness, unmerited favor, and forgiving love). This grace is received through faith and nothing else (also see Romans 3:21-31). No human effort can contribute to our salvation; it is a gift of God. One cannot earn salvation by "observing the law" or any other means. No one can take credit for his or her salvation. The big realities of the Christian life are not things that we must wrestle from the hand of a stingy God. They are things God gives gladly with all the joy of a parent on Christmas morning.

If someone asked you what Colossians 1:21-22 means, how would you explain these verses?

Colossians 1:21-22 reads, *"Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation—"*

Some answers may include Christ is Lord over all creation and is the reconciler between God and this creation. This expresses the central truth of Christian faith. Our lives are built upon it, shaped in every way by it, so that now through Christ's reconciliation we may be given back to God as persons who are holy, blameless, and irreproachable. This describes the transformation at the heart of Christian faith. Once we were hostile toward God and acting wrongly. Now, through Christ's death, we are a new people, acting rightly. Thus, we are to remain steadfast in this new reality of life and not shift from the hope that it promises.

Why is it so challenging for Christians to trust that Jesus alone saves us?

Here is one reason. Many people in western civilization are taught and/or have learned that doing things themselves is the best way to live. In America, we have multibillion-dollar companies built and thriving on "Do it yourself, we can help!" Websites flourish because of "DIY." You don't like the radio stations? Spotify allows you to build your own radio stations. On and on it goes. This concept is built into the fabric of our beings and now it effects our spiritual journey. We want it our way and we want to do it ourself. Our mindset butts up against a loving God who wants us to trust him to do the work with a simple ask of us putting our faith and trust in him alone to get it done.

After reading Galatians 3:2, share with the group about how the Spirit is moving in your life.

Galatians 3:2 reads, *"I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, or by believing what you heard?"*

Both salvation and sanctification are the work of the Holy Spirit. In writing this letter, Paul hopes that those who have been misled will return to the true gospel. This is another opportunity for everyone to share their experiences with the Holy Spirit's transforming power through his loving grace. Some in your group may not have recognized that work in their life. As you have gotten to know them, point out some areas, however small, that you have seen that they experienced God's grace. Be encouraging as your group members share. Remember, no quick fixes or snap judgments.

As was shared in the lesson, spending 10-30 minutes this week doing nothing and realizing that this is how much you contribute to your salvation.

To close this lesson up for this week, this is a good opportunity for everyone to share something that they learned or a next step in their walk with Jesus. No answer is the perfect answer as many will have a varied next step. As always, please remember, no snap judgments or quick fixes.

Take a few minutes to:

- Write down one personal takeaway from this lesson.
- Now, write about how this takeaway could be applied to your life.
- Finally, if you're comfortable doing so, share your takeaway and life application with the group.

If you have a chance to give the group time to do this exercise, it would be good ... but don't feel pressure to rush through the other questions (if you're having healthy discussion) to do this exercise. If you run out of time but still want to take part in this exercise one idea is for group members to do this on their own time during the week and share what they've written with other group members via email or text.