

CARDIOLOGY



As in water face reflects face,
so the heart of man reflects the man.

Proverbs 27:19

Fall 2017 K-Group Curriculum



OUR STRUCTURE FOR K-GROUPS

“Follow me, and I will make you fishers of men.” Mark 1:17

That call is also the verse we use to help describe what it means to be a disciple:

“Follow Me” (Head)

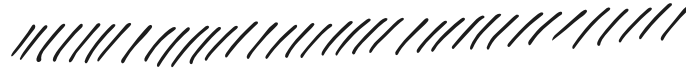
A disciple is someone who is following Jesus. He leads; we follow. We make a deliberate decision to change the direction of our lives and follow Him.

“I Will Make You” (Heart)

A disciple is someone being changed by Jesus. Through this process of sanctification, Jesus transforms our character to be more like His.

“Fishers of Men” (Hands)

A disciple is someone who is committed to the mission of Jesus. A disciple wants to help others know about who Jesus is and what it means to follow Him.



How does one become a disciple?

Using head, heart, and hands will also help us understand three key *components* of the discipleship process. We desire for every member of Kiokee to commit to include each of these elements in their life.

(Head) – Getting to Know God through the Study of His Word

Each disciple needs a time during which they learn more about the Lord as He reveals Himself through His word. As a result, we offer Sunday School Classes, K-Groups, Small Groups, and L.I.F.E. Classes to help followers of Jesus learn more about the Bible.

(Heart) – Offering our Love and Praise to God through Corporate Worship

The Bible also stresses the importance of the church to gather for corporate worship. Our desire is for each person at Kiokee “Declare the Greatness of God” together in corporate worship. We offer two worship services on Sunday morning for our people to offer praise and glory to God.

(Hands) – Offering our Time, Talents, and Gifts to the Lord through Service in Ministry

Growth in our relationship with Jesus happens as we spend time working out the truth we’re learning by serving in ministry. We encourage each member of Kiokee to find an area in which to serve. There are multiple opportunities to find a place to plug in here on campus, or you can move past the walls of the church and serve the Lord in our community.

INTRODUCTION

Our K-Group curriculum for Fall 2017 will allow K-Group members to explore what it means to be a disciple.

“As in water face reflects face, so the heart of man reflects the man.”

Proverbs 27:19

In conjunction with Steve’s sermon series on David, our Fall K-Group sessions will be focusing on the heart. We were taught early on in science and health class about the nature and purpose of our physical heart, but Scripture addresses the importance of our spiritual heart.

Used over 300 times in Scripture, the heart is the word the Bible uses to describe the core of our being. Dallas Willard begins the first chapter of his book, *Renovation of the Heart*, with these words:

“We live from our heart. The part of us that drives and organizes our life is not the physical. This remains true even if we deny it. You have a spirit within you and it has been formed. It has taken on a specific character. I have a spirit and it has been formed. This is true of everyone.

The human spirit is an inescapable, fundamental aspect of every human being; and it takes on whichever character it has from the experiences and the choices that we have lived through or made in our past.

That is what it means for it to be “formed.”

Our life and how we find the world now and in the future is, almost totally, a simple result of what we have become in the depths of our being – in our spirit, will, or heart. From there we see our world and interpret reality. From there we make our choices, break forth into action, try to change our world. We live from our depths—most of which we do not understand.”

Since we do, in fact, live from our heart. It is important that we understand it, surrender it, and guard it. Transformation happens in the heart. This is where disciples are being changed by Jesus to be more like Him.

Over the next eight weeks we will look a few of the core issues surrounding our heart and encourage one another to continue surrendering our hearts to Jesus.

We’re glad you’re on this journey with us.

K-GROUP GUIDELINES

CONFIDENTIALITY: What is shared in the group stays in the group. We hold things shared in the group confidential unless given permission to share these things with people outside the group. This is foundational.

TRANSPARENCY: It's difficult to love someone as God called us to do without really knowing the person in a deep and meaningful way. You are encouraged to share from your heart—to let down your walls so that others can really know you—not just your struggles and fears, but also your victories and hopes. Your facilitator(s) should challenge you while respecting your boundaries.

NO CROSS-TALK: Be considerate of others as they are sharing by not engaging in side conversations.

DON'T FIX: Try to hear what people are sharing without trying to fix them. If they want your advice, they'll ask for it. If people think that as soon as they share a problem or issue everyone is going to immediately try to fix them (offer advice/solutions), often they simply won't share at all.

LISTEN: Let's value one another during the discussions by really listening to what is being shared. Don't be thinking about what you're going to say next or how you're going to respond. Really listen.

PAUSE: After someone shares, give pause to allow the group to feel the weight of what was just shared, and to fully consider it before the next person shares. This also provides the person sharing with the opportunity to continue with their thought without feeling rushed. Often people will only share what's above the waterline, but if given the opportunity (and encouragement), they might share the deeper things.

SILENCE: This is much like the pause but used in a broader and more deliberate way. Silence is used to wait for someone to share next without trying to fill the void with talk. Silence can create tension in a group, but tension isn't a bad thing if used wisely.

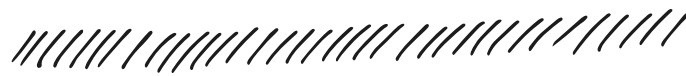
DON'T RELEASE THE TENSION: It takes a lot of trust and emotional energy for someone to share deeply. It's like pushing a rubber ball filled with air underneath the water. The deeper they push the ball, the more energy it takes. When someone is sharing deeply, this can be highly emotional and can cause a sense of tension in the group. This can make people feel uncomfortable, resulting in the desire to relieve the tension. People do this by making jokes, trying to comfort the person sharing, diverting the conversation, creating a disturbance, or hijacking the conversation completely. When this happens, the "ball" pops back up to the surface. The person sharing then needs to decide if they want to invest the emotional energy to push the ball back beneath the surface. More often than not, they will simply stop sharing.

DON'T RESCUE: When people are sharing something deeply personal and/or painful, there can be a tendency to try to make them feel better about themselves or the situation. Often this will cause people to stop sharing and results in their not going as deep as they might have gone. Resist the temptation to rescue people.

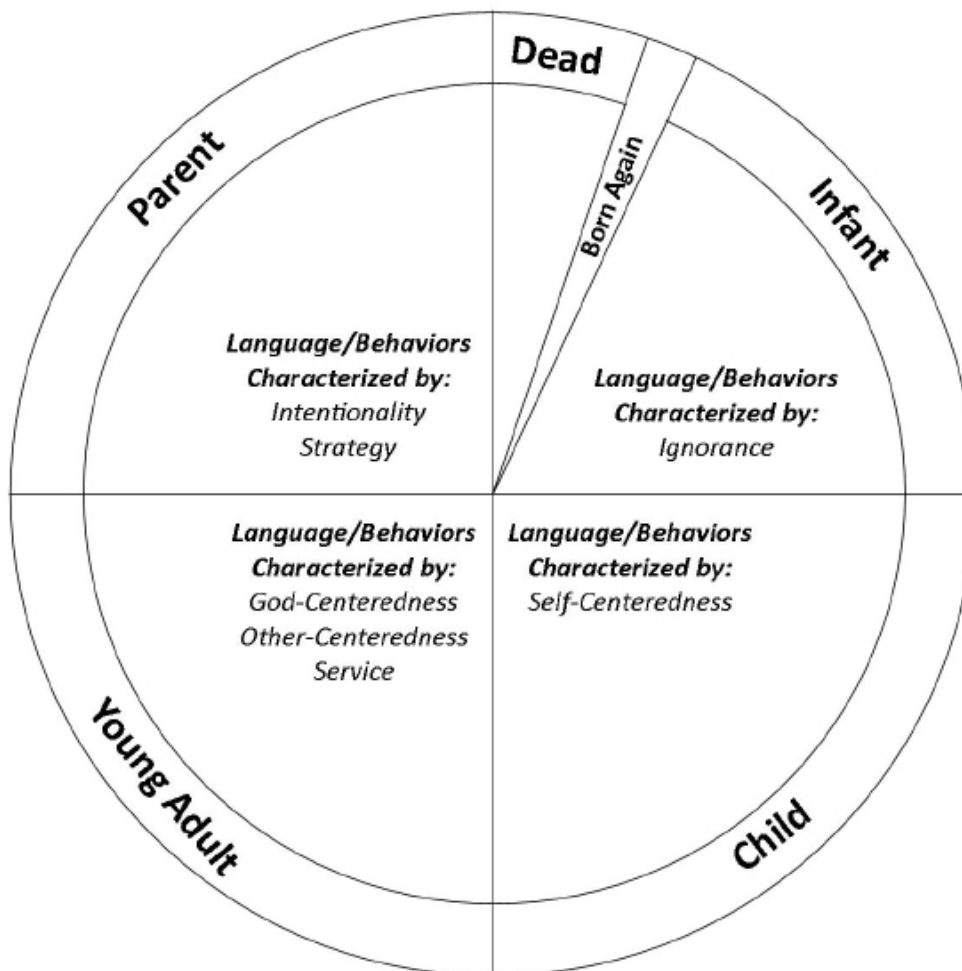
USE "I" STATEMENTS: It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them," "the church," "us," "we," etc.

BE SELF-AWARE: Be self-aware of how you are personally effecting the environment—words, actions, and non-verbal communication.

PERSONAL APPLICATION: It's important that we all use this time to consider where we stand on any given subject or issue. How am I "walking this out" in my personal life? How does this affect my ability to lead others? What is my part of the issue and/or solution? What positive change does God want me to make?



THE DISCIPLESHIP WHEEL



THE NATURE OF THE HEART

Read Romans 5 before your K-Group Meeting.

OVERVIEW

As we kickoff our K-Group year looking at what the Bible has to say about our hearts, we begin with some not-so-good news (which, by the way, is the reason there is Good News). In this lesson, we look at the condition of our heart before salvation. The Bible says that we are all born with a sin nature and as a result, sin drives the bus of our lives. We want to believe that we are basically good people who occasionally do bad things. The Bible teaches, however, that we are actually bad people who occasionally do good things. Given the opportunity to do God's will or our own, we will choose our own way. Our sin nature is at the core of who we are (our heart) and it needs to be dealt with. This week, we'll look at two instances, one in the Old Testament and one in the New Testament, where Scripture speaks to the condition of our hearts.

- **Hook:** Have you ever determined to stop eating at a certain restaurant after seeing the kitchen? Tell the group about that experience.
- **Tell the Story:** Jeremiah 17:9-10 & Mark 7:14-23
Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

- **Head**
 - How does Jeremiah describe the heart?
 - How do Jesus' words echo that truth?
 - What does it mean to "ascribe to the Lord the glory due His name"?
- **Heart**
 - Why was Jesus clarifying the origin of all those impure actions?
 - Jeremiah says that the heart is deceitful. How have you been deceived by your heart?
- **Hands**
 - The list of "evil things" Jesus mentions in Mark 7 is pretty severe, but it's nowhere close to comprehensive.
 - What are some "respectable" yet still evil things that come from our heart?

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

This Week At Kiokee:

- Student Ministry Kickoff- Wednesday, August 9
- Children's Baptism Picnic - Sunday, August 13
- Sunday School Teachers Meeting - Sunday, August 13

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

A NEW HEART

Read Ezekiel 36:18-38 before your K-Group Meeting.

OVERVIEW

Ezekiel was one of the four “major prophets” in the Old Testament. He was also one of the Israelites taken into Babylonian captivity after the Babylonian invasion of Israel around 500 BC. While in exile, God uses Ezekiel to call His people to turn from their disobedience and follow Him. Among many of his other prophesies, Ezekiel prophesizes that God will allow Jerusalem to be destroyed because of its sin. Yet, even then, He will be gracious to them.

▪ **Hook:** Have you ever known someone to have their identity stolen? What happened?

▪ **Tell the Story:** Ezekiel 36:22-27

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

▪ **Head**

- What does this passage say that the Lord will do for the house of Israel?
- What reason does God give for doing it?

▪ **Heart**

- What will the new heart and new Spirit allow God's people to do?
- How is this passage related to what happens with our heart at salvation?
- Why should Israel (and us) be “ashamed and confounded” because of their (our) ways?

▪ **Hands**

- This passage implies that a new heart causes new behavior. How has becoming a Christian changed the way you live your life?

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

This Week At Kiokee:

- Student Ministry Fall Classic - August 18-19
- Baptism - Sunday, August 20

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

A CLEAN HEART

Read 1 John 1:9 before your K-Group meeting.

OVERVIEW

Unless you're one of those people who buy stuff that you don't open and don't use, you know that eventually new things get dirty. It won't take long for new shoes, new clothes, or a new car to show signs of wear and tear. The same is true with our new heart. Once we commit our lives to Jesus and decide to follow Him, He gives us a new heart. Even though we have a new heart, we still have an old nature, a sin nature. We will sin and we will need forgiveness. In this passage, David has realized the depth of his sin and comes clean with the Lord.

▪ **Hook:** What's the worst kind of stain?

▪ **Tell the Story:** Psalm 51:1-12

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

▪ **Head**

- Do you know what sin David is confessing here? (2 Samuel 11)
- What does he ask of the Lord?
- What are some of the ways people deal with sin in their lives?

▪ **Heart**

- How about you? What are some of the ways you have dealt with sin?
- Describe a time you felt the weight of conviction.

▪ **Hands**

- Talk about ways you can hold one another accountable to regularly confess sins to the Lord and to seek His forgiveness.

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

This Week At Kiokee:

- Women's Ministry Kickoff - Sunday, August 27

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

GOD LOOKS AT THE HEART

Read John 2: 23-25 before your K-Group Meeting

OVERVIEW

In this classic story of Samuel's search for God's choice to succeed Saul as Israel's king, we're reminded of how differently we view people than God does. As Samuel looks for Saul's successor, he naturally does so through the paradigm of the day – an impressive outward appearance. Yet God has another, more important criteria: the heart.

- **Hook:** When you meet someone for the first time, what tends to impress you? What are you a little timid to share about your life for fear of embarrassment?

- **Tell the Story:** 1 Samuel 16:1-13

Tell the story as best you can, don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

- **Head**

- Israel already had a King. Why was Samuel sent to find another?
- What attributes is Samuel looking for?
- What is God looking for?

- **Heart**

- Why do you think Jesse didn't invite David to the "king combine"?
- Why was Samuel confident that Eliab was the one God wanted?
- How are we guilty of making similar mistakes when we interact with others? What do we tend to be impressed by?

- **Hands**

- Think about this lengthy quote from the beginning of Eugene Peterson's book, Run with the Horses: *"There is little to admire and less to imitate in the people who are prominent in our culture. We have celebrities but not saints...Neither the adventure of goodness nor the pursuit of righteousness gets headlines... If on the other hand, we look around for what it means to be a mature, whole, blessed person, we don't find much... They are not admired. They are not looked up to. They do not set trends... At years end, no one compiles a list of the Ten Best Lived Lives."*
- What would it take for you to stop pursuing our culture's definition of success and give yourself fully to God's?

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

This Week At Kiokee:

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NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

GUARD YOUR HEART

Add eight verses to your quiet time this week. Read an eight verse section from Psalm 119 and lift it up as a prayer before you begin your regular practice.

OVERVIEW

In 2007, a charity auction offered the wallet of investment guru Warren Buffett (it contained stock market advice) to the highest bidder. It sold for \$240,000. In 2011, a dinner with Mr. Buffett went for over \$2,600,000. People are willing to pay a lot for sure thing. King Solomon was a deep thinker whose wisdom and knowledge were more valued in his day than Warren Buffett's in ours. Leaders of the ancient world traveled thousands of miles and offered lavish gifts just to hear his sage advice. While Buffett and other experts of today have a narrow range of expertise, the scope of Solomon's knowledge was immense. Those who sought him did not come only to learn about policy making, governing, or finance. Solomon was also an expert on the finer things in life and provided guidance in work, discipline, parenting, and relationships. He was the wisest non-God-man to ever live and reportedly wrote 3,000 wise sayings. 900 of these sayings have been recorded in The Book of Proverbs. In it, Solomon he gives counsel on all areas of life, but the preeminent proverb is found in this week's passage.

▪ **Hook:** If you could have a one-on-one conversation with one person you admire, who would you choose?

▪ **Tell the Story:** Proverbs 4:20-27; Psalm 119:11

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

▪ Head

- Why should we guard our heart?
- What should we guard it against?

▪ Heart

- How does God's word help us guard our heart?
- Solomon had over 3,000 sayings. Why do you think this one is "above all else"?

▪ Hands

- Name five obvious and then five not so obvious things we should keep from our heart.
- Spend some time praying for one another, that God would give us strength to guard our heart and the desire to saturate it with His word.

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

This Week At Kiokee:

- Office Closed - Monday, September 4

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WHERE YOUR TREASURE IS...

Read Matthew 6 before your K-Group Meeting.

OVERVIEW

As we continue our look at the heart, we look this week at a portion of the Sermon on the Mount. Jesus had a lot to say about the heart, its importance, and how it guides our lives. In this portion of the sermon, he challenges us to examine what we truly value because what we value is what we live for.

- **Hook:** Tell the group about a time you (or someone you know) went shopping on Black Friday.

- **Tell the Story:** Matthew 6:19-24

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

- **Head**

- Why should we not store up treasures on earth?
- What's the difference between storing treasures and being a good steward?

- **Heart**

- An old adage reminds us of the difference between owning stuff and our stuff owning us. What does that mean?
- Why can't we serve both God and money?

- **Hands**

- Tell the group about one area of materialism or consumerism that you struggle with. Spend some time in prayer asking the Lord to understand what it means to treasure Him.

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

"We find in our hearts a thousand things which we would have sworn were not there. God only shows them to us as he makes them appear. It is like an abscess which bursts. The moment when it bursts is the only one which horrifies us. Before that we were carrying it without feeling it, and we did not think we had it. However, we did have it, and it only broke because we had it. When it was hidden, we thought that we were healthy and quite as we should be. When it breaks we smell the stench of the pus. The breaking is healthy, although it is painful and disgusting. Each of us carries in the depth of his heart a mass of filth, which would make us die of shame if God should show us all its poison and horror. Self-love would be an unbearable suffering. I am not speaking now of those hearts are gangrenous with enormous vices. I am speaking of the souls which seem honest and pure. We should see a foolish vanity which does not dare to come out in the open, and which stays in shame in the deepest folds of the heart."

Francois Fenelon

This Week At Kiokee:

- Ministry Focus Day - Sunday, September 17

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WHEN THE HEART HAS TURNED AWAY

Read 1 Chronicles 28 before your next K-Group Meeting.

OVERVIEW

In 1 Chronicles 28, David, while addressing key leaders of Israel, gives instruction to his son Solomon on building the temple and on living and leading with integrity. He encourages his son to be strong and diligent in fulfilling the calling God had placed on his life. While most of us will never be called to build a temple, we are all called to build a life. Faithfulness to God's word is paramount. We must resist the urge to skimp or shortcut God's process.

- **Hook:** Share with the group one piece of advice your parents or grandparents shared with you that you wish you would have heeded.
- **Tell the Story:** 1 Chronicles 28:9-10, 20; 1 Kings 11:4
Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

- **Head**
 - Why is David making such a big deal about this?
 - What is he charging Solomon to do?
- **Heart**
 - What were some of the temptations Solomon was likely to encounter?
 - How do those compare to the temptations we have today?
 - What are some of the ways we forsake the Lord?
 - How do we know when our heart is not fully following?
- **Hands**
 - What is the promise found in verse 20?
 - How can we find hope and strength in that truth as we seek to keep our hearts focused on Christ?

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

“The Bible is not an end in itself, but a means to bring men to an intimate and satisfying knowledge of God, that they may enter into Him, that they may delight in His Presence, may taste and know the inner sweetness of the very God Himself in the core and center of their hearts.”

A.W. Tozer, in The Pursuit of God

This Week At Kiokee:

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NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...

WHOLE HEARTED DEVOTION

Read Mark 7 before your K-Group Meeting.

OVERVIEW

Jesus is confronting the religious leaders again about their hypocrisy. They have concerns over why Jesus' disciples do not adhere to their age-old traditions about hand washing. Jesus uses this as an opportunity to quote a famous observation made by the prophet Isaiah. He confronts them about equating adherence to tradition with actual devotion to God.

- **Hook:** What does it mean to give something “lip service”?
- **Tell the Story:** 1 Chronicles 28:9-10, 20; 1 Kings 11:4

Tell the story as best you can; don't stop and teach, don't make points, just tell the story. The objective is not to memorize it, but to learn it and be able to share it.

Read the passage from your Bible.

▪ Head

- What were the Pharisees concerned with?
- Why did this matter to them?
- What was Jesus' response?

▪ Heart

- What is a hypocrite?
- How were the Pharisees being hypocritical?
- In what ways can you relate to them?

▪ Hands

- How can we be sure of our devotion to Jesus?
- What are some of the traditions you keep without engaging your heart?

Discipleship Decision:

What is one thing I'll implement in my life this week? One change I'll make, one prayer I'll pray, one area of my life I'll address, one step of obedience, etc.

“Accordingly, the greatest need you and I have — the greatest need of collective humanity — is renovation of our heart. That spiritual place within us from which outlook, choices, and actions come has been formed by a world away from God. Now it must be transformed.”

Dallas Willard, in Renovation of the Heart

This Week At Kiokee:

- Women's Ministry Fall Retreat - September 29 - October 1s

NOTES

HOW CAN WE BE PRAYING FOR ONE ANOTHER?

MY DISCIPLESHIP DECISION...
