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S P A C E

*K-Group Curriculum Fall 2019*

# Kiokee's Model for Disciples

**"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. Include each of these elements in your 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 to "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**

We grow in Jesus by applying the Truth we are learning serving in ministry. We encourage you to find an area in which to serve. You can serve here on campus and serve the Lord in your community.

# 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.

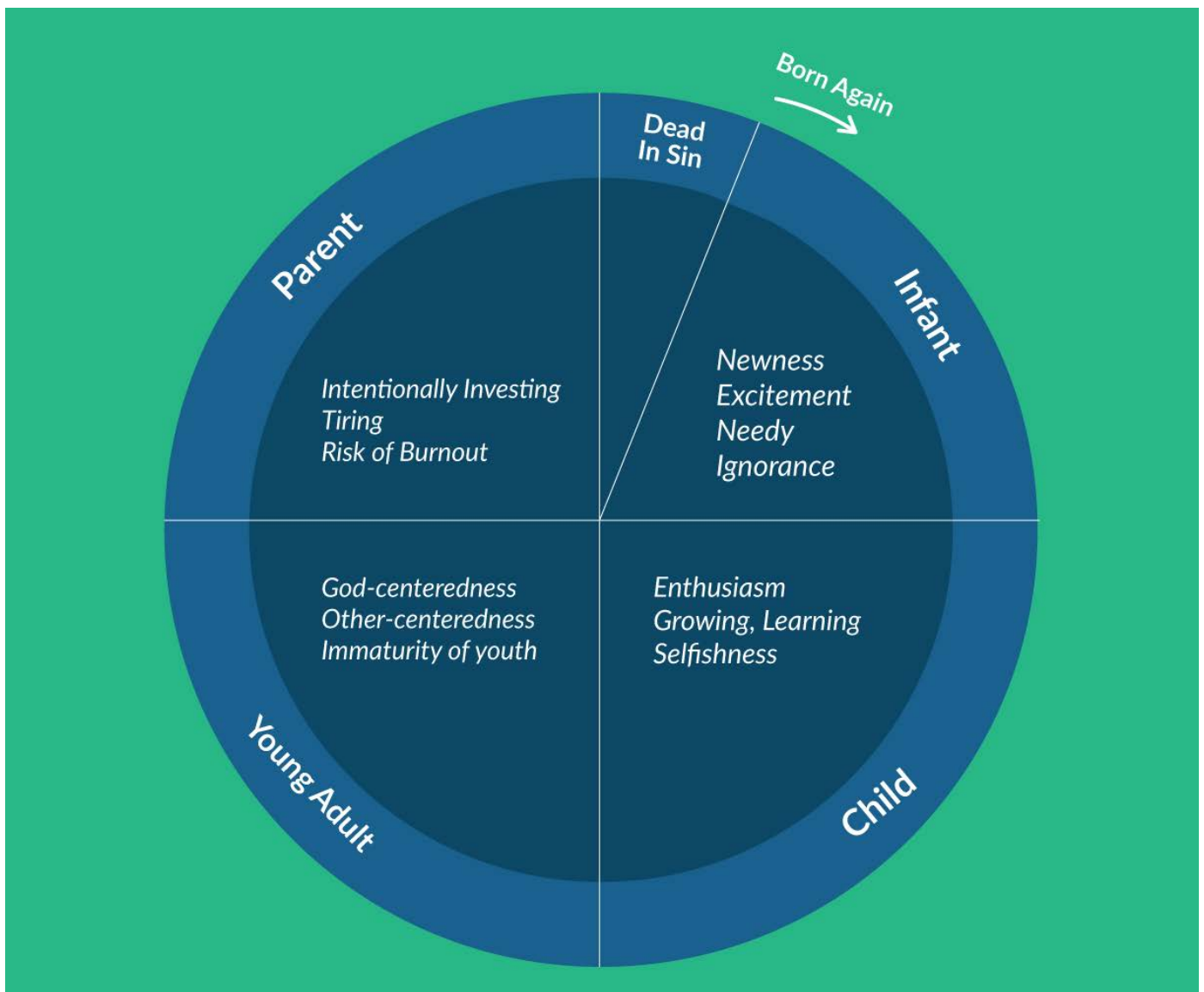
**BE SELF-AWARE:** Be self-aware of how you are personally affecting the environment — words, actions, and non-verbal communication.

**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 affecting 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



# Introduction

“We have to take responsibility for our spiritual lives by arranging them in a way that creates space for encounter.”  
*Brandon Cook in Learning to Love and Live Like Jesus, p. 103*

Pastor John once asked his good friend, Dallas Willard, what he could do to help his congregation grow spiritually. After a long pause, Willard responded. “You must arrange your days so that you are experiencing deep contentment, joy, and confidence in your everyday life with God.”

Ortberg confessed that Willard’s answer was not what he was looking for. Instead, he hoped for a book, video series, conference recording, or Bible study that would aid in spiritual growth. I think most of us can relate to that. We believe that the secret to a profound connection with God, a greater ability to resist temptation, or a deeper understanding of God’s ways is to acquire more spiritual stuff.

Let’s say, for the sake of argument, that you do, in fact, find a fantastic resource. What would you do with it? The answer for many of us would be to add it to the stack of other fantastic resources we have by our nightstand.

This K-Group study is designed to help us engage with some of the greatest resources God gives His people to help them grow in their relationship with Him: His Word, His people, and a few holy habits our Savior practiced when He lived among us. (Some of those habits He encouraged rather than practiced. The sinless Savior had no personal need for confession and repentance.)

In order to practice them, we must create space for them. That may mean getting rid of a few things, because there is a difference between creating space and making room.

My hoarder aunt would make room for me to sit on the sofa when I came for a visit. She simply slid the mountain of old newspapers and magazines over a little or onto the floor. There was room, but no space.

Many of us do something similar in our spiritual life. We try to “make room” for God by squeezing a quiet time into an already busting-at-the-seams schedule. What we really need to do, however, is to get rid of some of the junk that’s crowding our ives in order to create space for Him, for others, and for those habits that transform us.

# Creating Context

Read Psalm 90 before your K-Group Meeting.

## OVERVIEW

Psalm 90 is one of the oldest of the Psalms and was written by Moses. One commentator noted that these seventeen verses can be divided into two parts: Man's Plight (verses 1-10) and Man's Petition (verses 11-17). In those first ten verses, Moses speaks of our brevity, our sin, and our struggle. Such is the plight of man. But we must not miss the beginning of this Psalm. He reminds the readers of God's eternal presence and reality. He reminds them of God's existence being from everlasting to everlasting. He also reminds us of this: our plight is a result of not understanding and living the reality of verse 1. The divine design is for God to be our dwelling place. Until we understand the context in which we are to live, there is no way for us to "number our days" rightly. (v. 12)

▪ **Hook:** If you could go back in time, what year would you visit and why?

▪ **Tell the Story:** Psalm 90

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 old was Moses when he wrote this Psalm?
- What was going on in the lives of the children of Israel? Why is that important?
- What afflictions had they suffered?
- What is Moses asking God to do for them?

▪ **Heart**

- What do you think happened in the hearts of those who wandered in the desert all those years?
- What is the request in verse 14? Why is it important? What does that look like?

▪ **Hands**

- How would your life look different if you took seriously the charge to number your days in order to gain a heart of wisdom?
- What do you need to do to begin the process of creating space for God?

### ***Discipleship Decision:***

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

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MY DISCIPLESHIP DECISION...

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# Personal Space

Take some time to describe a typical week by filling in this calendar before your K-Group Meeting.

## OVERVIEW

The Gospels are peppered with instances in the life of Jesus when He withdrew from people, from the demands of daily life, in order to spend time with His Father and pray. Often times, Jesus' withdrawal is mentioned before He makes important decisions (Luke 6:12-16). Sometimes He withdraws after an intense period of ministry (Matthew 14:23). The Gospel of Luke speaks as if these periods were part of Jesus' regular routine (Luke 5:16). We then, as followers of Jesus, should do as He did and create space in our lives to spend time with the Father.

▪ **Hook:** What's the difference between spending time and wasting time? Can business be a waste of time?

▪ **Tell the Story:** Luke 5:15-16; 6:12-13 and Mark 1:35-39; 6:31-32

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

- Describe the circumstances in each of these stories.
- What can we learn from each of these settings?
- Why did Jesus, who was Himself God, make this a priority?

### ▪ Heart

- What are some of the benefits of solitude?
- Why do we find it hard to do?

### ▪ Hands

- Talk with the group about some of the things you are already doing to grow in your relationship with Jesus.
- Take a look at the calendar you completed. Is there anything that needs to be removed from your life in order to create space to grow in your relationship with Jesus?
- What can we do to encourage one another in this practice?

*"Discipleship occurs when we answer Jesus' call to learn how to live by His perspective and standards and become people who naturally act like Him." Bill Hull*

### **Discipleship Decision:**

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



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# What We're Supposed to Be Known By

Read 1 John 4:7-21 before your K-Group Meeting.

## OVERVIEW

In the Book of John, Jesus gives three markers of a disciple: **obedience** - To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples." John 8:31; **fruit** - *This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.* John 15:8; and **love** - *By this everyone will know that you are my disciples, if you love one another.* John 13:35. This week we'll look at how we are doing with that third marker, love.

- **Hook:** Most folks would agree that love takes time, yet busyness appears to be a sign of worth and significance in our culture. Why do you think it is more desirable to be busy than to be loving?

- **Tell the Story:** 1 John 4:11-21

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 much has God loved us?
- How does understanding that change the way we love others?
- How does perfect love cast out fear?
- What does John call someone who professes to love God, but hate his brother? What does that mean?

- **Heart**

- In the preceding chapter, John tells his readers: *Let us not love with words or speech, but in actions and in truth* (1 John 3:18). What does this need to look like in your life?
- Why are we so bad at loving others?
- What role should prayer play in our efforts to love one another?

- **Hands**

- When it comes to loving others, what are you afraid of? (verse 18)
- How would a greater understanding of God loving us first (verse 19) make us better at loving one another?
- What can we do to better love one another in our K-Group?
- What can we do to better love our neighbors, friends, and co-workers?

### **Discipleship Decision:**

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

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MY DISCIPLESHIP DECISION...

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# Training For Godliness

Read 1 Timothy 4 before your K-Group Meeting.

## OVERVIEW

Toward the end of his first letter to his young friend Timothy, the Apostle Paul makes a reference to the value of athletic training. In the First Century, the importance of fitness was part of the Greek ethos and Paul compares the dedication necessary for the athletic arena to another type of training - training in godliness. The strength to be a person of integrity, to resist temptation, and to stay the course isn't found in a gym, but the process is similar. Character, endurance, and patience are built by concentrated effort. If left unaddressed, anger or lust or greed or selfish ambition will overwhelm you. Most folks don't become a grease fire overnight. The inevitable demise is due to the cumulative effect of neglect and compromise. Train yourself to be godly.

- **Hook:** Name a hobby, sport, or leisure time activity in which you participate. How have you improved at this over time?

- **Tell the Story:** 1 Timothy 4:7-16

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 Paul encouraging Timothy not to waste his time with myths and wives' tales?
- What might wasting time in this manner do to Timothy? Would it make him immoral? Cause him to sin? Make him a pariah?
- What, instead, is Paul urging Timothy to do?
- What are some principles involved in physical training that would apply in spiritual training?

- **Heart**

- What's the biggest obstacle in your life that keeps you from training yourself to be godly?
- Paul uses words like: devote, train, command, and persevere. Why do you think he's chosen these words?

- **Hands**

- If someone were to say to you, "I really want to train myself for godliness, but I don't know how." How would you coach them? Where should they begin?
- What sacrifices are you willing to make to train for godliness?
- Check out this article: <https://www.perell.com/blog/learn-like-an-athlete>

### **Discipleship Decision:**

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

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MY DISCIPLESHIP DECISION...

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## Reflect + Practice

Before your K-Group Meeting, reflect back on our past 4 lessons. Is there a practice or truth that stands out more than another? Think about why. Share with the group a way they can be praying for you as you create space in a particular area of your life and relationship with Jesus.

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# Mindcraft

Read Romans 11:29-12:2 before your K-Group Meeting.

## OVERVIEW

The oft quoted and intensely practical words of Paul in Romans 12:1-2 come on the heels of eleven meaty and weighty chapters. He has talked about the holiness of God, the deadliness and universal struggle of sin, the love and grace of God, the reality of the gospel, the righteousness imputed to us through Jesus' sacrifice, the power of God to deliver us from the grip of sin, the fact that God has extended salvation to Jew and Gentile, and many other examples of God's work. As Chapter 12 opens, Paul asks us to consider all these things, and in light of God's incredible mercy, he urges followers of Jesus to offer their bodies and minds to Him.

▪ **Hook:** What's your favorite Bible verse and why?

▪ **Tell the Story:** Romans 11:29-12:2

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 Romans 11:29-33 tell us about God's mercy?
- Why does Paul make his appeal based on the mercies of God?
- What is he asking us to do?
- What does "which is your spiritual worship" mean?

▪ **Heart**

- What does being conformed to this world look like?
- In what ways are you tempted to be conformed to this world?
- Maybe you've heard that if you can worry, you can meditate. What keeps you stuck in 'stinking thinking' rather than meditating on God's Word?

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**Hands**

- Two big action points from this passage are to: offer your body as a living sacrifice and to renew your mind.
- Talk about practical ways to create space for these practices in your life.

*"One of the signs of maturity are the thoughts that no longer occur to us." Dallas Willard*

### **Discipleship Decision:**

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

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# Scripture

Read Joshua 1 before your K-Group Meeting.

## OVERVIEW

Imagine receiving your dream promotion, landing that prized account, starting your own business, or becoming a parent. As responsibility increases more and more of our efforts and energy are directed to that role and all it entails. For some, increased responsibility leads to decreased time for activities that appear to have no direct connection to the important work they now must do. Joshua has just received a promotion. He will now be leading a nation into the Promised Land. He'll be the leader, the chief military strategist, and policy maker – with big shoes to fill. Joshua is looking at 14-hour days, sleepless nights, and a full inbox. Shouldn't God just give him a pass on that whole devotional thing? After all, he's REALLY busy...

▪ **Hook:** Who was the greatest leader of all time? Why?

▪ **Tell the Story:** Joshua 1:1-9

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

- As Chapter 1 begins, where are God's people and what is about to happen?
- What are God's instructions to Joshua?
- Why would a guy – who was one of only two spies confident that the giants in the land could be defeated (Numbers 13 & 14) – need to be told repeatedly to be courageous?
- Why should we meditate on God's word?

### ▪ Heart

- Of the commands given to Joshua (prepare the people, lead an invasion, be strong and not afraid, meditate on the law, be careful to obey), which one seems the hardest?
- Why does a stressful, busy, loaded with responsibility stretch in life make us less likely to spend time with God than more?
- In what areas of your life do you need more courage?

### ▪ Hands

- Talk with your K-Group about ways to create space in your life for Bible reading and meditation.
- Brainstorm ways to encourage one another to regularly be in God's Word.

### **Discipleship Decision:**

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

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# Relationships

Read Ephesians 4:17-5:2 before your K-Group Meeting.

## OVERVIEW

For the simple among us, the six chapters of the Book of Ephesians can be divided into two halves. The first half of the book (1-3) focuses on what God has done. The second half (4-6) focuses on how to live in response to that. Here in Chapter 4, Paul spells out how distinct a Christian's life is supposed to be.

▪ **Hook:** What's the difference between being nice and being kind?

▪ **Tell the Story:** Ephesians 4:17-5:2

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 do the "Gentiles" live?
- In what ways are those who follow Jesus supposed to live differently?
- What does it mean to put on the new self?
- Sometimes we focus our efforts of obedience solely on personal piety, but towards the end of Chapter 4, Paul reminds us that obedience also involves how we live with one another. What are some postures he calls us to adapt?

▪ **Heart**

- Similar to what we learned from Romans 12, one of the keys to getting our heart right is getting our mind right. What does it mean to be "made new in the attitude of your minds?" (Ephesians 4:23)
- How often do you hear encouraging words come from your mouth?
- What do kindness and compassion look like?
- How are you doing with that forgiveness thing? What can we do to help?

▪ **Hands**

- Read this quote from Bill Hull and then Ephesians 5:1-2 from The Message. Then talk about ways to move from doing things in our own strength to allowing God to do those things in us and through us.

*"Relying on willpower is another model for transformation, but it often plays out like this: refrain from temptation, indulge in temptation, feel shame, regret. This type of transformation – by willpower alone – is akin to pushing a beach ball beneath the water. Eventually it's going to pop up. Which points to a truth: transformation is not built on your refraining from something, but upon you moving to a greater reality." Bill Hull*

*Watch what God does, and then you do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that. Ephesians 5:1-2*

### **Discipleship Decision:**

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

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## HOW CAN WE BE PRAYING FOR ONE ANOTHER?

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## MY DISCIPLESHIP DECISION...

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# Here and Now

Read Psalm 139 before your K-Group Meeting.

## OVERVIEW

David, the author of this Psalm, was known as a man after God's own heart. His love for God was set in motion long before he became king. It was developed in the ordinary events of his everyday life, learning to acknowledge God's presence, growing in his understanding, and surrendering his life as he tended his father's sheep.

- **Hook:** Most folks seem to be waiting for something. What are you waiting for?

- **Tell the Story:** Psalm 139

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**

- David begins this Psalm with an acknowledgement of God's omnipresence and omniscience. How does he describe it?
- How could such an understanding be helpful to someone who would later spend time on the run as an outcast?
- After spending a few verses talking about the wicked, what does David do next? (v. 23-24)  
Why is this important?

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## Heart

- In what ways do you suffer from "destination disease?" (Life would be better if I lived there, worked there, could go to school there.)
- In what ways do you put off engaging with God right where you are? (How often do you put off engaging with God until: the project is completed, the baby comes. As soon as I graduate. Once the loan is paid off. When the kids are out of the house. When this season is over...)
- How would your perspective be different if you understood God's complete knowledge of you, your circumstances, your heart – and His relentless pursuit of being with you right where you are?

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## Hands

- In Genesis 28:16, Jacob confesses after a dream, "Surely the Lord is in this place, and I did not know it." How can you become more aware of God's presence and call on your life right where you are? This place. These people. This season of life. This event. This church. This passage. This lesson. These friends. This moment. This schedule. This boss. This moment.

*This is the day that the Lord has made. I will rejoice and be glad in it.  
Psalm 118:24*

## **Discipleship Decision:**

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