

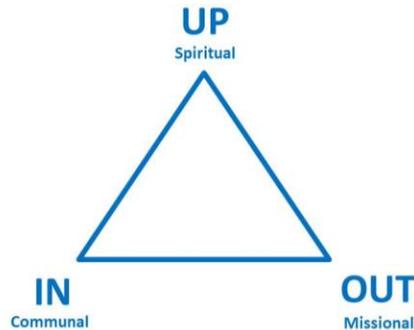
Huddle Groups

Description

A huddle is a small discipleship group of 3-5 people who are learning to follow Jesus, to listen to the Spirit, and to live out God's mission in their everyday lives.

Goal

The goal of a huddle is to help people connect deeply with God, connect deeply with others and to live out God's mission to get the world connected to him.



Strategy

The way we try to live out this goal is by helping people develop a regular rhythm of reaching up, in, and out. We invite huddlers to live daily rhythms of up and out and a weekly rhythm of Out in a huddle group. Here's a closer look at how this happens:

- Up
 - There are lots of ways to reach up to God, but the primary means for huddle is mediation. Meditation involves:
 - quieting ourselves in God's presence
 - slowing down our minds and our souls
 - opening ourselves up to receive whatever God wants to say
 - reflectively reading a bible passage
 - listening to God's voice
 - We believe that when people meditate on God this way, it will result in connection, direction and incredible transformation.
 - Mediation is a spiritual discipline and it will take time to develop this skill, so don't be discouraged if huge revelations don't happen right away. The more you work on your mediation skills, the better you will get at it.
- In
 - Reaching in is about developing deep, authentic, caring, and safe relationships with others. A huddle can be a really great place to foster these types of relationships. For this to happen, the leader will need to model and train huddlers to follow the Up, In, Out rhythms, the huddle covenant and the LAMP process.
- Out
 - Reaching out is really about paying attention and responding to how the Spirit is working all around you. God is on a mission to connect the world to himself. 2 Corinthians 5 describes it as a mission of reconciliation, making things right between God and his creation. Our job is to discern how God is working and to help him. We can start to do this by doing 4 things:
 - praying – talking and listening
 - meditating – listening through Scripture
 - having missional radar on – being ready and attentive to what is going on
 - responding – acting when the Spirit prompts

Preparation

Reflection Journal

- Each week spend 5-7 days in personal, meditative bible study time.
- Choose quality over quantity. Don't just read the words or fly through the reading but ask God to speak deeply to you, and spend time meditating on the words and phrases.
- Use the reflection template to help you focus on what God is trying to teach you, and what steps you will take to implement this teaching in your life.
- To help prepare for our weekly huddle you can use the summary sheets in the back of the journal.

Missional Living

- Each week, be conscious of how God has placed you in various circles of influence for the purpose of being a light for him. Look for ways to show his love, to point people to Christ, and to bless others. Ask yourself questions like:
 - What is God doing in this situation?
 - How can I help people get connected to God?
 - How can I bring God's peace?
 - How can I bring God's Kingdom?

Huddle Session

So what actually happens in a huddle? We have designed a simple process using the acronym LAMP to enlighten you.

Listening – How have you been listening to God? What has he been saying?

Accountability – What do you want us to keep you accountable with? How do you want us to do that?

Mission – How have you been living missionally? How is God working around you? Who are you investing in?

Prayer – How can we pray for you right now and during the week?

Every part of the LAMP process is essential to a huddle group.

Group Covenant

In order to create healthy and safe groups, we ask each member to commit to living out these qualities:

- **Love** – We will strive to love each other as God loves us.
- **Truth** – We will seek truth, trusting Jesus' words that the truth will set us free.
- **Challenge** – We will offer loving words of challenge to help stimulate growth.
- **Trust** – We will be open and vulnerable with our group, allowing God to take us to deep places.
- **Confidentiality** – We will be a safe guarding of what is shared in the group.
- **Reliability** - We will honour our group by being prepared and being consistent in attendance.
- **Non-judgment** – We will always show grace.
- **Respect** – We will not interrupt someone who is sharing and we will not try to fix others.

And that's how a huddle works. We would love to have you join us as we go deep in this discipleship journey. If you are up for it, just message Julia (jmkooy@gmail.com) or Steve (kooy@queensu.ca).