

Free.*

SQUARE

The Small Group Experience

Do not open until your first group meeting.

Free.*

WEEK ONE

Host, tear off and read
the back to begin.

READ THIS OUT LOUD:

Welcome to the Free group experience. This Square is going to get passed from person to person to guide our time together. When the Square gets to you this time around, do three things: **say your name, say why you're here, and then tear off a sheet and answer the question.**

The Host will go first.



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When you were a kid, what did you want to be when you grew up?



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If you could have one superpower, what would you choose?

Answer this question, or any other question you've heard so far.



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If you could choose your “last meal,” what would be on the menu?

Answer this question, or any other question you've heard so far.



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What's one place you've never been that you'd love to see?

Answer this question, or any other question you've heard so far.



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What's one of your physical talents?

*Answer this question, or any other question
you've heard so far.*



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Choose a role for a week: rock star, pro athlete or celebrity chef. Why?

Answer this question, or any other question you've heard so far.



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If you had to be trapped in a TV show for a week, which would it be?

Answer this question, or any other question you've heard so far.



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What is your “million dollar idea?”

*Answer this question, or any other question
you've heard so far.*



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If you could star in any commercial, what would you advertise?

Answer this question, or any other question you've heard so far.



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What's been your closest brush with a famous person?

Answer this question, or any other question you've heard so far.



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What's the farthest you've been from home, and one thing you saw there that surprised you?

Answer this question, or any other question you've heard so far.



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What's one of your best memories from elementary school?

Answer this question, or any other question you've heard so far.



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What's the strangest thing you've
ever eaten?

*Answer this question, or any other question
you've heard so far.*



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What's your dream weekend?

*Answer this question, or any other question
you've heard so far.*



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READ OUT LOUD:

To help us get the most out of our time together, let's commit to four things. Here's the first one:

I'LL SHOW UP EVERY WEEK.

If I need to miss a meeting, I'll let the Host know the very, very, very good reason I'll be absent.

Pass the Square.



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READ OUT LOUD:

I'LL BE READY.

Before each meeting, I'll have listened to the weekend message and finished the weekly prompts in my guide.

Pass the Square.



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READ OUT LOUD:

**EVERYTHING I HEAR IN THE GROUP
STAYS HERE.**

I'll maintain complete confidentiality. What's shared in the group stays in the group.

Pass the Square.



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READ OUT LOUD:

I WON'T TRY TO FIX OTHERS.

I'll listen, offer encouragement and share my own story, but I'll refrain from giving advice or trying to teach the group.

Is everyone in agreement on this stuff?

(Look around. Heads should be nodding.)

Great. If anyone needs a refresher, some Small Group Ground Rules are printed in the appendix to your guide.

Pass the Square.



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These next questions are for everyone.
Each person choose one:

**Share the dream you wrote about on
page 10 of your guide.**

OR

**Share what you hope to get out of
participating in this group.**

*Whoever is holding the Square, you answer first,
then pick whomever you want to answer next.*

Once everyone has answered, pass the Square.



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Again, everyone choose one of the following questions to answer. There's no need right now to respond to what other people say; let's just listen to each other.

Whoever is holding the Square goes first.

Share any statement you marked this week (on pages 12-17) that surprised you, and THEN say why it surprised you.

OR

Share the belief you identified on page 19.

Once everyone has answered, hand the Square to the Host.



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Host, **READ OUT LOUD:**

That wraps up Week 1. Thanks for being here and sharing some personal stuff with people you might have just met. Even though there's some hard work ahead of us, the payoff will be life changing.

Remember, set aside time in the next couple days to get back into your guide. There's good stuff in there, and you don't want to miss out. See you next week!

Free.*

WEEK TWO

Host, tear off and read
the back to begin.

Host, **READ OUT LOUD:**

Welcome back, everyone. Like last time, we'll pass the Square around. Whenever it comes to you, read your question out loud. Then you can either answer the question you get **OR** you can answer a question that someone ahead of you answered. But before starting, everyone needs to decide what time this group will end. (*Decided on a time? Keep reading.*) The Host will watch the clock, and when it's 15 minutes before that time, whoever has the Square can flip to the sheet marked **LAST** for the final group question.

Pass the Square to the person who ate Chinese food most recently.



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This first question is for everyone to answer.
Go in a circle:

What's one good thing that happened to you this week? Even if it was a delicious ham sandwich or a kid finally getting potty-trained, it's worth celebrating.

When everyone has answered, pass the Square to whoever told the most random story.



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This next part is going to go really fast. The old Band-Aid trick. Everyone turn to page 19 in your guide. Then, going counter-clockwise, everyone quickly say the belief you identified. No explanations, no feedback, just go.

When everyone has finished, toss the Square to the person farthest from you.



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OK. Band-Aids are off. The point is, we all have some not-so-great beliefs that hold us back from being free. So now it's time to take it further. The Square will get passed again. You can either answer the question that you get OR a question that someone else got before you. We're not trying to fix each other—so this is a good time just to listen. But if you want the person who's talking to clarify something or you just want to offer a quick word of encouragement, feel free to chime in.

Whoever is reading this goes first. **Once everyone has answered one**, skip to the sheet marked LAST.



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What's one thing you've learned about yourself this week?



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When you wrote down how your belief seems to benefit you on pages 24–25, did anything surprise you or seem unfamiliar?



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Share one connection or pattern you noticed about a way the belief you identified has played out in your life. (Guide, page 26.)



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In what setting does the belief you identified on page 19 reveal itself the most?



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On pages 24–25 you thought about how your belief reveals a way you've grown up. Share one thing you wrote in the box.



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How does the belief you wrote on page 19 affect your view of God?



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Share one way that the belief you identified on page 19 has had a negative effect.



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Has your idea of “freedom” changed at all in the last two weeks? How?



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Was there any time this week when you remembered something you read in your guide? What was it?



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Did anything surprise you about the description linked to the color you were directed to (page 30, 32, 34 or 36)?



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Romans 15:13 says, “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

What’s one thing in your life, big or small, that you are hoping for right now?



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When was the last time you felt at peace?
Describe it.



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Is there anyone in your life who you think models the “truth” side of your color? How?
(Page 31, 33, 35 or 37)



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Colossians 3:12-15 describes a life lived in freedom. It says, "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

What's one thing you're thankful for right now?



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Describe a time when you felt really encouraged.

Free.*

LAST

READ OUT LOUD:

It might have been hard to answer some of those questions, so thanks for being vulnerable. Getting these things out in the open is a first step to changing false beliefs and behaviors, so the vulnerability will be worth it.

Pass the Square to someone who has an unused piercing.



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Everyone look at the person on your right. Take just a minute to come up with a few simple words of encouragement for that person. Maybe it has to do with something they shared today, or that you appreciate how they make people feel comfortable. Make sure it's really an encouragement, and not just a compliment about the way they fix their hair. Write that encouragement on a piece of paper. After everyone is finished writing, read what you wrote out loud, then hand it to the person it belongs to.

When you're finished, pass the Square to the Host.



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Take your encouragement note with you as a reminder that you're on this journey with other people who also want you to be free, and that God intends good things for you. Use it as a bookmark in your guide so you see it often. In fact, right now, slip that bad boy into Week 3.

See you next week.

Free.*

WEEK THREE

Host, tear off and read
the back to begin.

Host, **READ OUT LOUD:**

Hi, everyone. Welcome back. Quick reminder: whatever is shared in the group stays in the group. Also, it's not our job to fix one another's problems. Encouragement is great, but keep the advice to a minimum.

Pass the Square to anyone who was in the band in high school (or secretly wanted to be).



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Ready to play “Complete that Theme Song?”
You’ll hear the first few words, then whoever can finish it with the most lyrics wins the round. If you can sing it, major bonus points.

“You take the good, you take the bad, you take them both and there you have...”

“Sometimes you wanna go...”

“I pulled up to the house about seven or eight, and I yelled to the cabby...”

“Come and listen to a story about...”

“The weather started getting rough...”

“Oh! Who lives in a pineapple under the sea?”

“Sunday, Monday...”

“It’s like you’re always stuck...”

Pass the Square to whoever won the game.



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Everyone answer both of these two questions. Whoever's holding the Square goes first, and then go around the circle:

What scripture did you pick to memorize?

AND

Why did you choose it?

After everyone has answered, pass the Square to whoever has had the most unusual pet.



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Choose one of the following to answer. The person holding the Square goes first. Then go in alphabetical order by middle name.

What stands out from the exercise on pages 54-55 where you were asked to imagine what in your life would be different?

OR

On page 54, how did considering the possibility of being free of your false belief make you feel?

When finished, pass the Square to the Host.



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We all wrote an Action Plan this week.
Everyone take a minute to tell the group what you wrote in the last box of your plan—the part about what you're going to **START** doing.
(Page 57)

Once everyone has shared, pass the Square to whoever is closest to the door.



Free.*



Everyone take a piece of paper, write your name on it, then write a prayer request related to your Action Plan. Put those in a hat or bowl and then draw out someone else's request.

When everyone has taken a request, read on.

Tape that request to your bathroom mirror at home or wherever you stuck your Bible verse. It's a double reminder. One, pray for this person. Two, live your Action Plan every day and use your guide to record how it's going. We'll be talking about both of those things next week. See you then!

Free.*

WEEK FOUR

Host, tear off and read
the back to begin.

Host, **READ OUT LOUD:**

Hi, small group, welcome back. Remember, let's keep everything confidential and keep the advice to a minimum.

OK, time to get serious. Who can name the most members of the Jackson family? Call them out. Ready, set, go.

Whoever wins, give them a high five and hand them the Square.

Answers: Joseph, Katherine, Rebbie, Jackie, Tito, Jermaine, LaToya, Marlon, Michael, Randy, Janet



Free.*

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Everyone share one way you've experienced freedom this week, even if it's a small thing. The person holding this goes first, then everyone else can join in, in no particular order.

When everyone is finished, pass the Square to whoever answered last.



Free.*



What did it feel like to pray for someone else each day, and to know someone else was praying for you? Go around the circle.

When finished, toss the Square to the person who had to take music lessons the longest.



Free.*



Everyone take a minute and remind the group of what you shared last week about your Action Plan. Then, share how it went. Go around the circle again, but this time in reverse order. The person reading this goes first.

When finished, pass to the person who's had the most speeding tickets.



Free.*

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Sorry about your luck, Speedy.

Everyone share one thing that helped you this week with your Action Plan, and one thing that held you back. Go in birthday order, starting with whomever's is the closest.

When finished, pass to the Host.



Free.*



Hebrews 12:11-12 says, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.”

If you haven't already said it, everyone share one pattern you're noticing that leads to an unhealthy choice and then share a way you'll replace it and be strengthened. (Pages 68 and 69 in your guide.) Go around the circle.

After everyone has shared, pass the Square to the person you've known the longest.



Free.*



This week, you're invited to a Prayer Experience. This is the time when the Host will give us some details.

When the Host is finished talking, tear off the next sheet and read it out loud.



Free.*

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Freedom can be a long journey, so it's not always obvious how we'll be strengthened and restored at the end of it, especially when life is really challenging. But freedom comes from a changed heart and believing that God is good and intends good things for us. Take just a minute and respond to one of the following questions:

What's one way you've experienced God's goodness?

OR

What's something good that you believe God has planned for you?

Anyone can go first. This is a free-for-all. And when everyone is finished, see you next week.

Free.*

WEEK FIVE

Host, tear off and read
the back to begin.

Host, **READ OUT LOUD:**

Hey, small group. Welcome back from what was hopefully a good week of putting courage into others. To start, someone please read Hebrews 10:24-25. It's printed on page 77 of your guide.

After someone reads the verses, read on.

What stands out in your mind as a specific way that someone has put courage into YOU? Maybe it was a parent, a coworker, a friend or a spouse. Whoever is ready, share that quick story.

After everyone has shared, pass the Square to the person with the shortest last name.



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You spent this past week encouraging three people. Everybody share a feeling or personal hang-up that you had to overcome **BEFORE** encouraging someone. For example, maybe it was embarrassment or getting over a grudge. Then share how it went.

Go first if you're holding this Square, then go in alphabetical order by nickname.

When finished, pass the Square to the person who answered last.



Free.*



Hebrews 10:25 starts with the words “Let us not give up.” It begins that way because staying in community is hard to do, and it requires discipline. Go around the circle and answer this two-part question:

What’s ONE thing that tends to keep you from community and friendships, and what’s ONE discipline that you could incorporate to make it more of a priority?

When everyone is finished, toss this to someone across from you.



Free.*

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Whether you already have a strong community around you or it's something that you want to build up, take a minute to think about this question:

What's one area of your life where you need someone to put courage into you? The person holding this goes first, then anyone can jump in.

When finished, pass the Square to the first person who can quote a line from Star Wars.



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No pressure, but if anyone wants to say something to someone else in the group right now, feel free to take a minute and do that.

When everyone is finished, pass the Square to the Host.



Free.*



Thanks, everyone, for being willing to experiment with freedom this week by encouraging others, especially if that meant getting over your own agenda and making sacrifices. Keep at it. As Hebrews 10:24 says, let's keep spurring one another on toward love and good deeds. Giving and receiving courage brings freedom for us and the other people in our lives.

Be sure to make time this week to get through all of Week Six in your guide. We'll be sharing some of our hopes, dreams and freedom stories, and celebrating what God is doing in our midst. See you next week!

Free.*

WEEK SIX

Host, tear off and read
the back to begin.

Hi, everybody. Welcome to the last week of the Free journey. But before the tears start flowing, there's going to be a chance at the end to talk about what's happening next.

To start us off, everyone share ONE thing you're feeling thankful for right now, and then ONE thing you're looking forward to. (You wrote about these on pages 84-85.)

Go around the circle. When everyone's finished, pass this to someone who can roll their Rs.



Free.*

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Pick one of the following questions about dreams to answer.

Look back to your “Why Not?” list on page 11. Does anything you wrote relate to a false belief that isn’t in line with God’s truth about you?

OR

**Have you had a new or surprising dream since you started this journey?
(See page 87.)**

When finished, give this to whoever drives the farthest to meet the small group.



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All of us wrote a freedom story on page 89. Some stories might seem more finished than others, and no one's will sound perfect. That's OK. This is just a time to read what we've written out loud to help build courage into all of us. The person holding the Square reads his or hers first, and then anyone else can jump in.

After everyone shares, pass this to the Host.



Free.*



Thanks, everybody, for sharing your story. Hopefully, these stories will spread into the communities around you so that freedom becomes something more and more people begin to understand and experience.

Here's the final question: what's your next step, in 8 words or fewer? You wrote it on page 93.

When everyone has shared, pass this to whoever can ask for their favorite drink in another language.



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Instead of saying goodbye to this fabulous group of people, it's time to plan at least one more time to get together and celebrate. Have dinner, have a party, go to a game, whatever. Pick a person right now who will be in charge of getting everyone back together.

Pass the Square to the person who's chosen.



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This is the end of the Free journey, but it doesn't have to be the end of your own journey, or the end of your group's time together. Freedom isn't just a six-week experiment. It's a process that requires community and discipline. So, take a few minutes now to decide if you'd like to continue meeting. If you're on the fence, just try it! It doesn't have to be 'til-death-do-you-part. It's perfectly OK if not every person can commit to an ongoing group, but really consider continuing to meet weekly (or bi-weekly) to encourage one another in the ongoing journey into freedom.

Then go, enjoy your freedom.