

INSIDE OUT Participants' Guide

Session 1 – The Big Story

START

What do you hope to get out of this course?

What are you hesitant about?

WATCH & DISCUSS

While watching the teaching clip and discussing Luke 4:14-21, jot down anything that is new to you, helps you to understand church or mission differently.

A new perspective on church:

A new perspective on mission:

PRAY

What stands out to you from Pete's reflection on prayer and mission?

ACT

Ask a friend or colleague who is not a Christian the following two questions:

- What comes to mind when you think of Jesus?
- What comes to mind when you think of the church?

What is their response?

Session 2 – Mercy

START

What did you learn from last week's activity? Was there anything surprising?

DISCUSS & WATCH

What do you learn about God's mercy - and our call to show mercy - from Isaiah 58?

STORY

What challenged you and what inspired you about the story of the Gap project in Swansea?

Challenged:

Inspired:

REFLECT & PRAY

Jot down any people, groups of people or needs in the community that come to mind during the prayer time.

ACT

Take time to listen to the needs of the people in your area this week. Interview someone in your neighbourhood – it could be a neighbour, a shopkeeper or anyone you bump into – using the simple survey below:

Name of interviewee:

Occupation/role:

How long have they lived or worked in this area?

What is the best thing about this area?

If you could change one thing about this area what would it be?

What could the church be doing more of to make this community a better place?

You may want to take the opportunity to pray walk around the area at the same time.

Session 3 – Influence

START

In summary, what did the group discover about how people view their neighbourhood and the church's role to improve it?

DISCUSS & WATCH

Note down the key points in the discussion and teaching on Jeremiah 29:4-7 and Matthew 5:13-16, which resonate with you:

STORY

How does Patsy McKie's reflection on the church community and the wider community impact you?

REFLECT & PRAY

What issue – local, national or global – do you have a desire to pursue justice in?

ACT

This week's action is about 'going upstream to find out who's pushing the people in'. Choose an issue of injustice, locally, nationally or globally - perhaps the one you prayed about - and start to use your influence to work for change.

LOCAL: Buy your local newspaper, and look for any stories that strike you about local injustice. Write to your MP and/or councillor asking what is being done about it. (For more advice on this, go to the website).

NATIONAL: Check out the Current Affairs pages on the Evangelical Alliance's website and join in with their latest campaigns.

GLOBAL: Go to www.tearfund.org/campaigning - pick a global issue and take action!

Session 4 – Lifestyle

START

Which areas of your life are most obviously affected by your faith? Which the least?

DISCUSS & WATCH

What does the Luke 3: 1-14 passage speak to you about?

What specific instructions (like in verses 11-14) might God give you in your situation?

STORY

What in Gary's or Ruth's story challenges you to live differently on a day-to-day basis?

REFLECT & PRAY

What might God want you to surrender to him?

ACT

This week's action is about changing how we live in a small way, to benefit someone else. You might have your own ideas of what you should do, but if not, pick one of these:

- GIVE – as an individual or as a group, set aside some money monthly to support a local or international charity you trust.
- SHARE – instead of always buying new equipment, see what you can borrow or lend. Share your need with the group, or join www.streetbank.com to find out who lives locally and needs something.
- DIG – start growing your own vegetables instead of relying on hyper-packaged supermarket produce.
- RECYCLE – find out what your local recycling facilities are and start collecting.
- SHOP FAIR – Only buy fair-trade chocolate, bananas, sugar, and anything else you can find fairly traded. Do your clothes shopping with fair-trade, ethical companies or in charity shops.

Session 5 – Evangelism

START

What is your natural response to the word 'evangelism'?

DISCUSS & WATCH

What in Acts 1: 1-11 – explored in the Bible study and the teaching clip – gives you hope and courage in evangelising to your friends?

STORY

What stands out to you in this story? What would work in your context?

REFLECT & PRAY

Who do you want to share your faith with this week?

ACT

Reflect on:

- What have you been challenged about in your thinking and in your living?
- How can you involve the wider church in what you have been learning and what you intend to put into practice? Who else in the church will need to be involved?

Over the next week, read through the list of suggested next steps on the website to put what you have been learning as a group into action.

Changes I think God wants us to make are:

Actions I think God wants us to take are:

Session 6 – What's next? / Taking Action

START

What are the common areas between what you and the others in the group feel God is leading you to do?

DISCUSS & WATCH

What are the key points from the teaching and discussion on Romans 12?

What do you think is the unique role that God has for you?

REFLECT & PRAY

What is the relationship between worship and mission?

What causes you to worship Jesus today?

ACT

Date to meet together to plan for action in our community: