

UNSHAKEABLE LIFE

BROAD OVERVIEW

PREPARING FOR SUNDAY

- Sunday afternoon, begin spiritually preparing by prayerfully working through *Unshakeable* throughout the week; prepare to teach using the *Teacher Preparation Guide*.
- Prepare and collect any resources you will use Sunday morning.

SUNDAY MORNING | READY THE ROOM

- Be sure your class leadership team is ready to receive members and guests by at least 9:50am.
- Use nametags for members and guests and ensure everyone gets a copy of the *Unshakeable Personal Journal*.
- Prominently display the learning goal before anyone arrives.

THE GROUPLIFE HOUR

1. **WELCOME & ANNOUNCEMENTS** (< 5 MINUTES)
2. **DAILY READING HIGHLIGHTS & PRAYER** (10-15 MINUTES)
3. **READY THE LEARNERS** (<10 MINUTES)
4. **TEACH & APPLY THE LESSON** (25-30 MINUTES)
5. **GUIDE MEMBERS TO RESPOND** (5 MINUTES)
6. **FINAL REMINDERS & DISMISS CLASS** (3 MINUTES)

PREPARING FOR NEXT SUNDAY

- See the attached *Teacher Preparation Guide*.

PREPARING FOR SUNDAY

1. PREPARE SPIRITUALLY & PREPARE TO TEACH:

- Begin working through the *Teacher Preparation Guide* starting Sunday afternoon or very early in the week. You can find it on the last page of this document. You can also access this (and other) teacher resources at fcbryan.org/unshakeable.
- Prepare yourself spiritually by prayerfully working through the *Unshakeable* Daily Readings throughout the week.
- Teachers are always free to narrow the scope of the lesson by zeroing in on a single truth in the chapter they prayerfully believe best meets the needs of the class. Dig into the scriptures around that truth in *Unshakeable*, or supplement it with other passages the Lord draws you to in your preparation.

2. PREPARE RESOURCES:

- Ready a cleaned white board with white board markers or a large presentation sheet with permanent markers.
- Make a plan for displaying the learning goal on white board, presentation sheet, powerpoint slide, or handout.
- Have a method nailed down for collecting class prayer requests and distributing them to the class later that day.
- **Redraw and label the diagram of the bedrock and 5 foundation pillars from last week on the whiteboard or powerpoint slide.**

SUNDAY MORNING

READY THE ROOM

- Be sure your class leadership team is ready to receive members and guests by at least 9:50am. Though members are in the habit of showing up later, guests typically arrive early so as not to draw attention to themselves.
- Warm the environment of the room with music
- Prominently display the learning goal before anyone arrives:

**There is no better life than one built
for God's kingdom purposes.**

- Use nametags for members and guests. Be ready to gather information from class guests using Guest Information Cards or TouchPoint checkin.
- Ensure guests get a copy of the *Unshakeable Personal Journal* when they first arrive. This will give guests something to look at while waiting for members to arrive.
- Engage guests in warm conversation. Introduce them to others in the class and engage them in conversation if it appears welcome.

THE GROUPLIFE HOUR

1. **WELCOME & ANNOUNCEMENTS (< 5 MINUTES)**. There's a lot to cover. Select a few announcements that are most time sensitive or important. Leave the remaining announcements to class communications during the week.
2. **DAILY READING HIGHLIGHTS & PRAYER (10-15 MINUTES)**
 - a. **VARY THE WAY YOU PAIR YOUR GROUPINGS FROM PREVIOUS WEEKS.** You can group people in triads, by proximity, gender groups,

care groups, the whole group, etc. Try not to do the same thing every week – variety can help some learners be more engaged.

- b. **SHARE INSIGHTS.** Instruct your class: “Pair up with a few people around you. Browse through this week’s reading in your Personal Journal looking for anything you may have underlined or highlighted. Share something that stood out to you from the Daily Readings this week in your Unshakeable Personal Journal.”
- c. **SHARE PRAYER REQUESTS.** Share how the group can be praying **for you**. In the interest of time, arrange for prayers **for others** to be collected and shared with the entire class through email.
- d. **REPORT INSIGHTS TO CLASS.** Ask someone from a few groups to share with the class something from the Daily Readings that was shared in their group.
- e. **UNSHAKEABLE REMINDERS:** Encourage the class that in addition to GroupLife, to read the Daily Readings and attend our Worship Service every week. Urge them to bring their *Personal Journal* with them each week. Encourage them to “just read today’s reading” if they fall behind, and leave any catchup work to Day 6, if desired. Encourage them to not get bogged down on being perfectly consistent; Satan will surely use that against them.

3. **READY THE LEARNERS (<10 MINUTES)**

Engage the class member’s HEART & MIND. Debate, illustrate, brainstorm, share a surprising/humorous/controversial quote or question, or tell a personal story you will use to begin your lesson. Something that activates the mind or heart readies the member for learning better than jumping into facts.

- a. **Bob Lazar is a self-proclaimed physicist who claims that in the 1980s, the US Government hired him to reverse engineer extraterrestrial UFOs recovered near Area 51 in Roswell, NM. Lazar purports to have taken apart the UFO to see, disassemble, and decode the propulsion systems of the UFOs that enabled them to instantly achieve impossible speeds with maneuverability considered physically impossible with down-to-earth technology.**

- b. Today, we're going to do some reverse engineering of sorts. We're going to be looking at the supernatural kind of life that only God could produce. We're going to peel back the veneer and look at the underlying structures and systems so we can better understand and reproduce that kind of living.
- c. **PRAY:** Pause to pray, leading your class to be open hearted and attentive to God's truth, how it applies to our lives, and how He wants us to respond. Ask for wisdom and understanding that doesn't puff us up with pride. Ask for correction where there is error or misunderstanding. Ask for what we learn today to compel us to more deeply love God and all people with whom we come in contact.

4. **TEACH & APPLY THE LESSON** (25-30 MINUTES)

Engage the class member's HEART, MIND, & HANDS. As you teach the facts of the lesson, you are teaching the mind, and answering the question, "What is true?". We must also teach the heart, answering the question, "How should I value this truth?". Finally, we must give attention to the hands, answering the question, "What must I do with this truth that I now value?"

- a. **Our lives for made for the highest purpose.** God made us in His image to enjoy perfect fellowship with Him. With a single decision, Adam and Eve replaced that perfect purpose with one of their own. But Jesus makes God's original purpose possible again—our relationship with God can be restored, along with those with whom we share this hope.

Have someone read the callout box on page 123, "You can't take your life to a farther good, higher joy, or deeper satisfaction than He can. Your surrender to His kingdom agenda keeps you from shortchanging yourself."

Ask, what benefit do we honestly expect by living life on our own terms? (wait for responses) What does this say about whether we think we're shortchanging ourselves or God is shortchanging us?

Let's look again at the parable found in Luke 6:46ff; Matthew 7:24ff. Notice how each of the houses responded to....

Rain:

Slamming winds:

- Flood/river:

What might each of these word pictures represent?

Was it obvious to the foolish builder during the construction of his house (life) that he was shortchanging himself? What can that tell us about how we go about living our lives? (Listen for answers. Say, Eventually, when the storms come, we will find ourselves either prepared or unprepared.)

- b. **In Jesus, we are built to endure suffering well.** The Bible is immensely truthful. Suffering is everywhere. And it takes many forms. **But when our lives are built on Jesus, we can endure it well. How?**

Write the following references on the board (or Powerpoint). Have a volunteer read each one, looking for the answer to this question: How can building our lives on Jesus help us endure suffering well?

Romans 8:21-23, Psalm 46:1, Psalm 62:1,5-8, Psalm 73:26, Romans 8:38-29.

- c. **In Jesus, we are built to be emotionally healthy.**

Ask, In Unshakeable, the author includes a quote from Peter Scazzero which reads: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature. Do you think that is true? If so, in what ways? If not, in what ways? Try to defend your answer using Scripture.

Life throws at us many challenges. Not just suffering, but relationship challenges, unfair accusations, less than sweet people, work challenges, and more. Each of these requires responses with emotional

maturity that has been forged with the truth of Scripture and that is under the active control of the Holy Spirit.

Descramble these words in discussing with your class, placing them in the order that best represents emotional maturity:

FACTS, FEELINGS, THOUGHTS, ACTIONS, FAITH

(Answer: Facts, thoughts, faith, actions, feelings)

Have someone read the quote from page 135: "To boil it all down to one sentence, we can develop self-control over our emotions and lead our emotions to submit to the rule and reign of King Jesus. This is not a work we do apart from God, for self-control, as it's ironically named, is a fruit of the Spirit's control (Galatians 5:23) that only comes from an intimate and abiding relationship with Jesus."

d. In Jesus, we are bound together as a church.

Page 139 of *Unshakeable* contains the text from 3 passages of Scripture. Form groups of 3, with each group assigned to one of the passages. Have each group answer these questions from their passage:

What does this passage say about the importance of everyone?

What does it say about the benefits of working together?

What does God want to see happen in the church for the building of His kingdom?

Ask, how would someone whose feelings discourage full participation in the church respond with emotional maturity to God's plan for them?

How could they be supported by those without this struggle?

e. Our church body is healthy when each member abides in Christ.

My dad was diagnosed with stage 4 cancer in 2012. By mid-2013, he was with Jesus. A few spots turned into more and more, until a vital organ failed and he died.

The Body of Christ imagery is so powerful. When one of us is serving an agenda other than God's kingdom, that can spread. God's plan for the Body of Christ is that each of us would have an abiding relationship with the Head of the Body. Severed fingers don't respond to the wishes of the brain. Each member must be attached to an intimate and abiding relationship with Jesus so that the Body as a whole is going in the same direction of extending the rule and reign of Jesus.

5. GUIDE MEMBERS TO RESPOND (5-10 minutes)

Engage the class member's WORSHIP ("Knowing what I must do with this truth I now value, how will I respond to the Lord?")

- a. On Page 148 in your Personal Journal, write down a response to God based on your daily readings this week, and today's GroupLife lesson.
- b. Head: What do you need to think about differently?
- c. Heart: What needs to matter to you differently?
- d. Hands: What actions will you take this week to recalibrate your abiding relationship with Jesus and His church?

ANCHORING RESPONSES TO THE GOSPEL

Gospel encouragement: This does not need to be explicitly stated (though there may be times you elect to), but as you guide members to respond to these lessons, you may need to in one way or another remind the class that God never calls us to live “for” Him, apart from Him. When we abide in Christ by walking in the Spirit, He enables us to live far above what our self-righteousness observance of rules can accomplish. God is able to produce righteousness in us that brings Him glory when we walk by faith.

What does a gospel-centered response look like?

- 1) Pray to God about the response He wants you to make.
- 2) Confess that you’re unable to do this apart from Him.
- 3) Confess that since you have been set free from the power of sin, it no longer has power over you.
- 4) Ask for God’s supernatural help.
- 5) Walk in obedience with unbroken prayer and dependance on God.
- 6) If you slip, that indicates you have slipped back into self-reliance. Enter into God’s presence to receive grace and mercy, knowing you are welcome there based on the work of Jesus for you.
- 7) Begin again with dependance on God and confidence that He is eager to cleanse, restore, and abide with you as you begin again.

6. FINAL REMINDERS & DISMISS CLASS (3 MINUTES)

- a. **Prayer Exercise.** You may voice a heart-felt, surrendering prayer to close. Or ask a member that walk with Jesus to. Better yet, lead the class through a prayer prompt related to the lesson. Prompt them so THEY are praying, rather than listening to someone pray.

- b. Encourage the group, again, to utilize their *Personal Journal* throughout the week and to bring it with them weekly.
- c. Remind them of any opportunities to connect outside of class planned by the class or provided by the church.

UNSHAKEABLE

Teacher Preparation Guide

Teaching directly from the UNSHAKEABLE Personal Journal is **not** advised.
Use this Preparation Guide to develop your own Custom Teaching Plan.
All teacher resources online at FBCBRYAN.ORG/UNSHAKEABLE

1. Sunday afternoon, or very early in the week

1. Pray the Holy Spirit will guide your preparation without any hindrance.
2. Quickly read through all of this Week's Daily Readings in one sitting.
3. With a highlighter, mark the key Scripture passages in this Week's Lesson.

2. Monday - Friday

1. Every day, quickly re-read the highlighted Scripture passages.
2. Read through one Daily Reading per day, prayerfully working through it and completing the questions.
3. Throughout your preparation, make notes of any supporting scriptures, truths, illustrations, or questions the Lord brings to mind.

3. On or before Wednesday

1. Prayerfully read through this Week's *Suggested Teaching Plan*.

4. By Saturday

1. Skim all of this week's Daily Readings and *Suggested Teaching Plan* for any notes you have taken throughout the week.
2. Pray for the Holy Spirit's directing as you narrow your focus and finalize your preparation. You do not have to re-teach all the content of the Daily Readings; zero in on specific content or themes as He leads.
3. Use the *Custom Teaching Plan* document to develop a teaching plan for Sunday morning GroupLife based on how the Lord has led your devotional and preparation time.