

## Soul Revolution: Life Group Discussion Guide

Soul Revolution is a great book, written to help us stay connected to God's Spirit moment by moment and to break free from relational, addictive or any other patterns that keep us from growing closer to God.

As a group, you're going to read through and study 8 Chapters in 4 weeks. These 8 chapters will set your group up well as you move into the outcome studies that are a majority of the Spiritual Growth Path. We understand some of you might hate to jump into the middle of a book - and some of you might want to cover other chapters once you get started. Feel free to read the entire book! But for group study, we have selected the 8 most essential chapters to cover crucial spiritual truths.

Pre-work: Every group member will need to read the chapters on their own before the group meetings. However, they DO NOT need to work on the 60/60 exercises, unless so indicated on this study guide or they want to. In your group meetings, use these discussion questions to help process the chapters you have read. If a certain question appears important for the group, feel free to take time for that and omit some other questions.

### Content:

1. Chapters 3 & 5: Connected with God
2. Chapters 8-9: Reconcile
3. Chapters 10-11: Reformation
4. Chapters 12-13: Intentionality & New Habits



## Chapters 3 & 5: Connecting with God

The idea of continuous conversation with God may seem foreign or daunting to you. On a scale from 1–10 (1 being scary or totally strange; 10 being joyful or life-giving) how do you feel about this idea of doing life with God moment by moment? Share your thoughts! (*Remember you don't have to do the 60/60 as you read this book, but it is a very helpful practice that turns your attention to God every 60 min, so feel free to do it.*)

(Ch. 3)

1. John says in this chapter: “people complain about not feeling close to God, not sure they can trust Him or if He cares. But they never commit to staying connected to God in their daily life.” How can you see staying connected helps to trust God, feel close, or know He cares?
2. How does staying disconnected from God affect spiritual growth according to this chapter? (Consult pg. 55 if needed). Do you agree or disagree and why?
3. God longs to have a loving relationship with us, but it's not easy to respond to that. Where do you struggle in trusting him in relationship?
4. If you have ever tried to learn listening with spiritual ears, how did you experience that? Have you ever felt more distant from God because you don't think you have spiritual ears?
5. Whether staying connected to God is a new concept or you want to grow in that intimacy, what are some practical ideas you think could help you get started or dive deeper?

(Ch. 5)

1. Ch. 5 started with a description of two perspectives towards skiing. Do you find yourself in life relating more to the women (“You have to go wide open like you're falling down the mountain”) or the Texas college boys (who out of fear leaned back to “avoid death”).
2. Have you ever had “promptings” that you thought were from God but didn't act, because you weren't sure? Give an example.
3. Have you ever acted on a prompting you thought was from God? What was the result?
4. Do you think about following promptings from God as obeying Him (see pg. 83)? Why or why not?
5. What is your biggest deterrent from acting on promptings from God? What would it take to move that aside and listen and respond this week?

**\*Challenge:** Talk with God this week and ask Him to let you hear His promptings, then act on them (Scripture tells us to test promptings: **1 Thessalonians 5:19-22** : *Don't suppress the Spirit, and don't stifle those who have a word from the Master. On the other hand, don't be gullible. Check out everything, and keep only what's good. Throw out anything tainted with evil.*). Be ready to share with the group next week!

**\*Pre-work for next week:** read ch. 8-9



## Chapters 8–9 Reconcile

Despite our best intentions in our friendships, marriages, and in the church, conflict happens. We each have the opportunity to set aside old patterns of conflict resolution that don't work for us, and with the help of the Spirit, learn new ones!

### (Ch. 8)

1. Think back to when you were growing up. How was conflict handled inside your home?
2. Look over the list of four ways to act in conflict:
  - a. Going for the KO: "I win, you lose"
  - b. Running from the ring: "We both lose"
  - c. Taking a dive in the ring: "I lose, you win"
  - d. Fight for truth and love: "We both win"

Which of the four is your current conflict resolution style? What's appealing in it?

3. Is there anyone you are at odds with or avoiding that you need to make amends with? How would it look like to resolve that situation with a goal of "we both win"? What help do you need from the Holy Spirit to make this happen?
4. Read Colossians 3:9-10, 13-14. Pause to consider the fact that by accepting the grace offered by Jesus your sins, past, present, and future are all covered and you are forgiven. How can remembering what Jesus did for you help you to extend grace and forgiveness to someone else as mentioned in this passage?

### (Ch. 9)

1. Read Matthew 18: 15-17. In this passage Jesus shares a guide for healthy conflict resolution. According to this, what's your responsibility if someone wrongs you? How well in line is your natural approach with this approach? What can go wrong even though following Jesus order to go to the person? How to avoid that?
2. Notice in the passage that Jesus says if you are sinned against, go and talk about it, *just between the two of you*. Have you ever been tempted to talk about the person and the problem to everyone else around you rather than going to that person? Why?
3. How does pride show up in your current conflict resolution style? How could swallowing pride and being more humble help you use more "I" statements instead of "You" statements?
4. Is there a relationship or situation that you need to compromise in to see conflict resolved? Or is there one in which you've tried the first steps lined up in Matthew 18 and it's time to bring in someone else and intervene?

**\*Challenge:** Memorize Romans 12:18: "*If it is possible, as far as it depends on you, live at peace with everyone.*"

**\*Pre-work for next week:** Read Ch. 10-11 and do spiritual inventory in the 60/60 experiment at the end of Ch. 11.



## Chapters 10-11 Reformation

## (Ch. 10)

1. What comes to mind when you hear the word “reformation”?
2. What was one thing that stood out for you in these chapters?
3. Have you ever wished God would simply take away a disruptive pattern or behavioral problem in your life? Why do you think God often doesn’t do that?
4. Read 1 Cor. 3:6-9. What is needed for people to really change? If needed, consult your books (pp.144-145) and as a group, write down a sum of what’s needed for true change:  $x + x + x + x = \text{Reformation (Growth)}$
5. Distribute slips of paper and pens. Have each person anonymously rate (from 1 to 10) how “transparent and loving” they experience the group to be currently. After everyone is finished, collect the slips and then read the scores aloud, one at a time. Then ask:
  - a. What’s your reaction to hearing these scores?
  - b. What would have to happen for this group to be a “10” in transparency and love?
6. What role can you play in creating a loving and accepting environment for spiritual growth in this group?
7. Look at the Running Partner guidelines on page 147. How could your life be different if you met regularly with a Running Partner? If you don’t already have one, how can we help you to find one?

## (Ch. 11)

1. Ask two volunteers to read aloud James 5:16 and 1 John 1:5-9.
  - a. What is powerful about confessing your sins and struggles with others? What’s the benefit?
  - b. In the context of living in transparent, loving relationship with others, what does it mean to “walk in the Light as He is in the Light” (1 John 1:7)?
  - c. How can we practice it in this group?
2. Did you make your spiritual inventory? How was that process for you? Do you have a plan to share that with someone this week?

**\*Challenge:** Share the spiritual inventory that you made this week with your Running Partner, close friend, or spouse. **Have the other person read Pg. 164 under: *Rules for the listener***

- Additional advice for the listener:
  - After your pair has read the inventory, read them 1 John 1:9 and assure: you have confessed your sins to God and to me and by the authority given by Jesus, your sins are forgiven (Mt. 16:19).

**\*Pre-work for next week:** Read Ch. 12–13.



## Chapters 12–13 Intentionality &amp; New Habits

(Ch. 12)

1. These chapters talk about living spiritually free. From what did Christ set us free? For what did Christ set us free?
2. What might keep us stuck, despite the work Christ did for us?
3. When you fall into the Sin Cycle (described on pg 169-171) and seen in Romans 7 & 8 how do you feel about yourself? How do think God sees you? (\*see Romans 7:24-25)
4. Read Rom. 8:5-6. What stands out for you in regards of living a spiritually free and abundant life?
5. Which of these is your natural starting point when trying to break a habit: Reordering will, Thoughts, Feelings, Imagination or Body? How could it help you to include the other areas?

(Ch. 13)

1. In 1 Corinthians 9:25 it says, “ *All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize... I discipline my body like an athlete, training it to do what it should.*” Have you ever thought about comparing your life as a Christ Follower to that of an athlete? How does that relate to you?
2. Which of these ‘spiritual’ disciplines do you engage in regularly? What has been the outcome?
  - a. Studying scripture so you can know God’s will
  - b. Prayer
  - c. Meditation on Scripture (God’s truth)
  - d. Solitude (Time away with God)
  - e. others?
3. What lies are you believing that you could practice replacing with Truth from the Bible?
4. What spiritual discipline do you think might help you in this season connect with God and fight against lies, frustrations, etc?
5. What next step will you take to implement this change? Who will you invite to check in on you about how that is going (spiritual running partner)?

**WRAP UP:**

1. What was your biggest takeaway from this book?
2. How will you continue to put into practice the things you have learned from these chapters?



