

PART I: Do What I Do

Fecha @October 25, 2023

SILENCE, PRAYER AND WORSHIP

DIVIDE IN TRIADS

- 1) Share one or two good things that you experience this passed week.
- 2) Share one or two bad things that you experience this passed week.

LAST WEEK'S PRACTICE

Last week's practice was to ask the Holy Spirit to baptize you, based on Acts 1:4-5 and in faith, begin to practice the gift of tongues if you believe that the Holy Spirit gave it to you.

- Who would like to share how the practice went?

SUMMARY.

One of the most intentional purposes of God the Father is that each person returns to the person he designed from the beginning. When He said in Genesis "let us make man in our image and likeness," he was thinking of bringing heaven to the earth. That through us, we could show on earth everything that happens in heaven. But because of sin in Genesis 3, this initial idea was lost. That is why Jesus came to earth, to show us how to live; so that later each of us can do the same and show the character of Jesus wherever we go.

SUNDAY'S TEACHING

- What did the Holy Spirit speak to you (or got your attention) about Sunday's teaching?

Romans 12:2

- What stands out to you most about this verse?
- Why do you think Paul **does not** separate “behaviors” and the way we live from the way we think?
- Why is it so important that followers of Jesus not only think like Jesus but also demonstrate the character of Jesus through the way we live?

THIS WEEK'S PRACTICE

This week's practice is about how we can begin to change our character to be more like that of Jesus. And the way we do it is through practices.

At the bottom there is a list of characteristics of Jesus, you will choose one in which you would like to improve this week and a practice that will help you do it.

First.

- Choose one of the characteristics of Jesus that most stands out to you and why
 - Love your enemies and forgive your offenders
 - Do not lay up treasures on earth
 - Turn the other cheek
 - Serve before being served
 - Love your neighbors as yourself
 - Put your focus on heaven
 - Why does it get your attention:

Second.

- Now write a simple practice that can help you achieve that characteristic
 - For example: If you chose not to lay up treasure on earth, the practice may be to start tithing. If it's you love your enemies, the practice may be to bring coffee to a school friend or teacher who is difficult to love. If it's don't turn the other cheek, then you can choose something like, don't defend yourself when you think you have to defend yourself. **Be creative.**

- Write here the practice.

Third.

- Now ask the Holy Spirit to help you carry out this practice during the week

Emotionally Healthy Community Guidelines

As we practice Jesus, we need fellow travelers, a community to help us along the way. But community doesn't happen by accident; it takes time, effort, intentionality, and long-term commitment. So where do we start? How do we find a community of people with whom we can practice Jesus? At Casa Evidencias we believe that the best way to do it is in small groups, around a table with people from all kinds of backgrounds and ages.

That is why we have Grupos Evidencias, to make it YOUR COMMUNITY.

These are some guidelines that will allow us all to be on the same page as we build this community, not based on tastes or preferences, but based on the call of Jesus to Live in Community.

1. **Be Prepared:** To make the most of our time in Grupos Evidencias, it is important that we all commit to participating in the practices at our own time during the week and to going to church (or listening to the Sunday teaching if for some reason could not go). And to bring your guide printed.
2. **Speak in first person:** We encourage you to share and always speak in the first person. Instead of saying "everyone's busy" or "we all have a hard time forgiving," say "I'm busy" or "I have a hard time forgiving." And if you are in an group with your parents, or siblings, avoid speaking for them.
3. **Respect the time:** Be brief when sharing, being aware that there are time constraints and that others may want to share.
4. **Do not try to fix, or correct other people:** It is very important that we respect the different paths of people and trust the Holy Spirit within them to guide them to all truth, in their time. Resist the urge to offer quick advice as people share in the group.

5. **Don't make assumptions:** If you feel critical of someone or defensive when someone else is sharing, ask yourself: I wonder what led them to this belief. I wonder what he/she is feeling right now. I wonder what my reaction teaches me about myself. Try to focus more on your reaction, instead of what the other person shared.
6. **Trust and learn from silence:** It is okay to have silence between responses as the group shares, giving members a chance to reflect. Remember, there is no pressure to share.
7. **Maintain confidentiality:** To create a safe environment for open and honest participation, anything someone shares within the group should not be repeated outside the group. However, feel free to share your own story and personal growth. **Note:** The only exception to confidentiality is threat or harm done to self or others. In this case THE FACILITATOR will take care of it.
8. **Consistency:** To create a community where we can grow, get to know each other, and create a safe space, we must be constant and do our best to come every week to Grupos Evidencias and to church on Sundays.
9. **Get out of your comfort zone:** We all want to grow, and in order to grow we must get out of our comfort zone. For some, it would be to share, so do your best to share, and for other it would be to let other people share, so do your best to let other people share.

Note: We encourage you to put your phone on silent and put it away when you arrive at the group. And try to bring the guide printed or on a tablet. Avoid using it on your cell phone to avoid distractions.

Commitments of Grupos Evidencias

Like any family, in order to be healthy and grow, the active participation of everyone is needed and not just a few people. We believe that Grupos Evidencia are a family, and everyone's participation is of utmost importance. So we have four commitments that we ask all of us to commit to so we can continue to grow together.

1. **Attend Grupos regularly:** In order to grow in trust and love, consistency is important. We ask that you attend regularly on Wednesdays and do not miss unless there is a valid reason.

2. **Let your facilitator know if you are not going to attend:** There are many details that the facilitators prepare for each Wednesday. From the food, to the number of chairs. If for any reason you will not be attending on a Wednesday, we ask that you please call the facilitator to let them know so they can make any necessary adjustments.
3. **Be intentional the rest of the week:** If we are a family, we will do our best to continue creating friendship and community on the other days of the week apart from Wednesdays and Sundays. Whether inviting for a coffee, a birthday, or just a visit. Reach out to people in your community, especially those you don't know yet.
4. **Active participation:** It is important that we all participate. By sharing in the group and not disconnecting but also in responsibilities such as with food. Someone in the group is going to be in charge of letting you know who can bring what, on what day. So it's not a burden for just one person.

All of this is optional and we do it for the sole purpose that we can all actively participate, and engage with our community so that we can grow together.