

## Small Group Leader Notes for *Rethinking Life With God* Series

*"I am passionate about helping people experience a different way to do life with God. I believe that our deepest need is to see God more clearly, have an ever-expanding view of His goodness and greatness, and enjoy Him more often in the active hours of our day." Doug Sherman, TradingUp.org*

### Two ways to use the Trading Up Teaching Series.

**The first way** is to have each person watch the teaching before the meeting and spend the group time on discussion. **The second way** is to start your meeting by watching the video together and transition into a discussion after the video.

### The Series can be used as a 6-week or a 10-week session.

You can use one teaching session each week for 6 weeks or the content can be divided up over a 10 week period of time. There is a suggested schedule for using the content over 10 weeks at the end of this document.

### Supporting curriculum

**Session notes** - The first page of each session contains some of the main points of the teaching on the left and space for notes on the right side.

**Discussion Questions**- Each session has supporting questions that go along with the teaching. Depending upon the amount of time you spend in small group, you may not finish all the questions. Rather than feeling pressure to finish them all, use these questions as a guide for facilitating discussion. We have found that the unanswered questions are terrific for individuals to answer on their own during the week.

**Letters from God Book**- We encourage your group to use these as daily devotionals and spend some time each week sharing how the group members were impacted by them at the beginning or end of each discussion time. Purchase at [www.tradingup.org](http://www.tradingup.org)

**Subscribe to the Personalized Text/Email Messages and Podcasts** at [Tradingup.org](http://Tradingup.org). Doug Sherman writes messages by taking one or more scriptures and puts them into first person to help people personalize the Bible and experience God as a real person. The personalized messages are delivered by text or email twice daily. Many people have told us how being interrupted in the active hours of their day with big thoughts of God is helping them take small steps toward an ever-expanding view of God. Doug teaches a weekly podcast series of short (3-5 Min) teachings on one aspect of God's nature. Subscribers will be notified by text or email when a new podcast is posted.

## 10-week Curriculum Format Option

**Week 1 meeting-** Watch Session 1 Video (18 min). Answer Questions 1 and 3. Encourage group members to sign up to receive the personalized text/email messages at Tradingup.org and to use the Letters from God Devotional.

**Week 2 meeting-** Review the 4 main points from Session 1 (left side of session notes). Answer Question 2, and spend time discussing the Letters from God and/or messages that impacted individuals in the group.

**Week 3 meeting-** Watch Session 2 Video (20 min ) Answer Questions 1, 2 and 3. Spend time discussing Letters from God and/or the daily text messages that impacted individuals in the group.

**Week 4 meeting-** Review the 6 main points from Session 2. Answer Questions 4 and 5. Spend time discussing Letters from God and/or the daily messages that impacted individuals in the group.

**Week 5 meeting-** Watch Session 3 Video (11 min). Answer all Questions. Spend time discussing Letters from God and/or daily messages that impacted individuals in the group.

**Week 6 meeting-** Watch Session 4 Video (18 min). Answer all Questions. Spend time discussing Letters from God and/or daily messages that impacted individuals in the group.

**Week 7 meeting-** Watch Session 5 Video (20 min) Answer Questions 1, 2,3,4.

**Week 8 meeting-** Review the 4 main points from Session 5. Answer Question 5. Spend time sharing God stories as a group.

**Week 9 meeting-** Watch Session 6 Video (12 min). Answer Questions 1 and 2. Spend time sharing God stories as a group.

**Week 10 meeting-** Review the 5 main points from Session 6. Answer Questions 3 and 4. Talk about how your view of God has changed over the last 10 weeks. Spend time sharing stories of progress in your walk with your Heavenly Father.