HOW TO USE THIS STUDY

The Rhythm

Each week follows Chicago West's discipleship pathway: **KNOW, FOLLOW, REFLECT.** As disciples, we seek to know Christ, follow Christ, and reflect Christ in our everyday lives and relationships.

Before Your Group Meets

- Read the primary Scripture passages slowly at least twice.
- Work through the teaching, supplemental passages, and written questions.
- Bring your Bible and study booklet to your gathering.
- Come prepared to share honestly with your group. As trust grows, challenge yourself to take one step beyond your comfort zone and allow others to know you more deeply.
- Complete the weekly practice, or make a concrete plan to do it.
- Pray for the Holy Spirit to form Christ in you and your group.

A Suggested 90-Minute Group Gathering

- **10 minutes** — Welcome, check-in, and opening prayer.
- **25 minutes** — **KNOW:** Observe and understand the biblical text.
- **30 minutes** — **FOLLOW:** Discuss obedience, relationships, and practical next steps.
- **15 minutes** — **REFLECT:** Consider how to reflect Christ in your relationships and community.
- **10 minutes** — Commitments and prayer for one another.

Our Commitment to One Another

As we study and grow together, we want to cultivate a group environment marked by:

- **Confidentiality:** Protect personal stories shared within the group, except when safety requires appropriate help.
- **Grace and truth:** Speak honestly and lovingly without shaming others or excusing harm.
- **Listening and care:** Listen before responding and resist the urge to fix one another.
- **Shared Space:** We will make room for every voice and avoid dominating.
- **Wise care:** When serious concerns arise, seek appropriate pastoral, professional, or emergency support.