

Weekly Guide

Hello, and welcome to the “Grace Learning Lab!” We’re so glad you are making the time to do this! It is our heart to equip the Hope family to thrive in The LIFE Jesus came to give us, a life where we receive God’s grace, grow in our love for God, each other, and the world...and then multiply! “Learning Labs” are intended to be places where you:

1. Hear teaching on the key themes of The LIFE;
2. Hear honest wrestling with the challenges of living The LIFE;
3. Get equipped with practices that we believe will help you grow in The LIFE:
 - a. Individual skills and practices you can do on your own;
 - b. Interpersonal skills and practices intended to be done with others.
4. And to go through all of this in community with other followers of Jesus at Hope.

And The LIFE starts with gospel grace! How do we grow in our understanding of what God’s grace really means? How do we grow in our *experience* of the joy of that grace? That’s what this learning lab is all about!

This 4-week experience includes:

- Teaching through podcasts that you listen to on your own time;
- An individual practice you do at home to help you reflect on and experience God’s grace;
- Weekly meetings where you’ll discuss what you’ve learned and experienced;
- A corporate practice you’ll do in your weekly group meetings;

So, a key part of this experience will be the learning you do BEFORE you come to the meetings!

Please take these assignments seriously. Block out times on your calendar each week when you’ll listen to the podcasts (listen in the car, or on the treadmill, on a walk, etc.) and think through the discussion questions.

All podcasts can be found here: www.hopemason.org/learning-labs

Here’s the layout of the four weeks:

- Week 1 – Our Need for Grace, Individual Practice (“Prayer of Reflection”) introduced
- Week 2 – God’s Provision of Grace, “Interpersonal Confession” introduced
- Week 3 – Barriers to Experiencing Grace, practice “Interpersonal Confession”
- Week 4 – More practice on “Interpersonal Confession”

I think that’s all you need to get going. If you have any questions, don’t hesitate to reach out to Pastor Bill at bcraig@hopemason.org or Jim Tinsley at jtinsely@hopemason.org. We’d be happy to help!

GRACE and peace be with you!

Week 1 – Our Need for Grace

Grace Learning Lab

Homework to Prepare for Meeting

Your assignment for this week before you go to your first meeting is:

1. **Listen to Podcast 1 – God and Grace** (22 minutes) found here: www.hopemason.org/learning-labs
2. **Listen to Podcast 2 – Humans and Grace** (33 minutes)

The Meeting

10 mins Icebreaker Question – Share one highlight from your week, or...
Share a memorable gift you've received or given.

10 mins **Review together the purpose of this Learning Lab:**

1. Hear teaching on the key themes of The LIFE;
2. Hear honest wrestling with the challenges of living The LIFE;
3. Get equipped with practices that we believe will help you grow in The LIFE:
 - a. Individual skills and practices you can do on our own;
 - b. Interpersonal skills and practices intended to be done with others.
4. And to go through all of this in community with other followers of Jesus at Hope.

Overview of the four weeks:

Week 1 – Our Need for Grace, Individual Practice (“Prayer of Reflection”) introduced

Week 2 – God’s Provision of Grace, “Interpersonal Confession” introduced

Week 3 – Barriers to Experiencing Grace, practice “Interpersonal Confession”

Week 4 – More practice on “Interpersonal Confession”

How do you feel about this? What are you looking forward to? Any concerns?

25 mins Group Discussion

1. What was something from Stephen and Jim’s Podcast 1 that stood out or was most helpful to you?
2. What was something that stood out or was most helpful to you from Podcast 2 (JT, Jill, Bill)?

Have a handout summarizing main points

10 mins Watch together Podcast 5 – The “How” of Prayer of Reflection” – 10 minutes

10 mins Discuss:

1. How might this practice be helpful in your receiving of God’s grace?
2. What questions or concerns do you have about it?



Week 1 – Our Need for Grace

Grace Learning Lab

10 mins Go over homework for next week. Block out times on your calendars to do them!

1. Listen to Podcast 3 – God’s Provision of Grace – 21 minutes
2. Listen to Podcast 6 – The “Why” of Interpersonal Confession – 16 minutes
3. Do the Prayer of Reflection 3x – Give out “Prayer of Reflection” handout
4. **Block out time on your individual calendars now to do the homework.**
5. **How can we encourage and help each other remember to do this?**

5 mins Close in prayer

Total Time = 80 minutes



Grace Learning Lab

Week 2 – God’s Provision of Grace

Homework to Prepare for Meeting

1. Listen to “Grace Ep 3” (approximately 21 minutes)
2. Try the “Prayer of Reflection” at least three times this week! Write notes on the “Practice Take T.E.N.” sheet.
3. Come prepared to discuss your takeaways from both.

The Meeting

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| 5 mins | Review last week. What were key takeaways? |
| 25 mins | Discussion <ol style="list-style-type: none">1. What from Podcast 3 (Pastor Stephen’s) most amazes you regarding God’s provision of grace, what God did for us?2. Were you able to do the “Prayer of Reflection” this week? What was meaningful about that? What was difficult? What questions do you have? |
| 30 mins | Watch together Podcasts 6 and 7, “The Why of Interpersonal Confession” and “The How of Interpersonal Confession.” www.hopemason.org/learning-labs |
| 15 mins | Discussion <ol style="list-style-type: none">1. What biblical examples did Bill give of interpersonal confession? Can you think of others?2. What do you like about the possibility of doing this practice? What positive impact do you think it could have on yourself, others, and the Hope family as a whole?3. What questions or concerns do you have about doing this practice? |
| 5 mins | Go over homework for next week: <ol style="list-style-type: none">1. Watch Podcast 4 on “Barriers to Experiencing God’s Grace”2. Watch Podcast 8, “An Example of Interpersonal Confession”3. Continue doing the Prayer of Reflection. Try doing it daily this week. |
| 5 mins | Close in prayer |

Total time = 85 minutes



Grace Learning Lab

Week 3 – Barriers to Experiencing the Joy of God’s Grace

Homework to Prepare for Meeting

1. Watch Podcast 4 on “Barriers to Experiencing God’s Grace”
2. Watch Podcast 8, “An Example of Interpersonal Confession”
3. Continue doing the Prayer of Reflection. Try it daily this week.

The Meeting

5 mins Review weeks 1-2

25 mins Discussion

1. What from Podcast 4 stuck out to you or was most helpful (Jim, Jill, and Bill)?
2. What is your biggest barrier to experiencing the joy of God’s grace?
3. What gifts would come to your life and the lives of those around you if you were able to experience the grace of God more deeply on a regular basis?

5 mins Review “OAR” together

1. **Own** your sin with the others in the group. Listeners, remember not to excuse or diminish their sin. Encourage them to reflect on the impact that sin had on their relationship with God, the person/people they sinned against, anyone else who may have been impacted by your sin. Then own your sin with God through prayer.
2. **Assurance** – Have the listener share a biblical “assurance of God’s forgiveness” (choose from the list of Scriptures).
3. **Response** – Ask the one who confessed to consider how Jesus is calling them to respond to their sin and God’s grace. Is it with gratitude and worship? Repentance? Are there steps of reconciliation with another person that needs to happen? Have the person share, and then ask as a group, “How can we help you with this?”

20 mins Practice “OAR.” Have one person in your group agree to confess something to the others. Have another person volunteer to be the “listener” or receiver of the confession.

15 mins Debrief – What was that process like for each of you? What was helpful or meaningful? Could anything have been more helpful?

5 mins Close in prayer

Total time = 75 minutes

Week 4 – Practicing O.A.R.

Grace Learning Lab

Homework to Prepare for Meeting

1. Keep doing “Prayer of Reflection, writing short reminder notes on the “Prayer of Reflection” sheet.
2. Come prepared to share one example of a time from the week that you needed God’s forgiveness.

The Meeting

- 10 mins Discuss: How did it go with the “Prayer of Reflection” this week? Share one highlight and/or one challenge.
- 50 mins Practice “OAR” - You should have time for at least two of you to confess something.
1. **Own** - Have one person own a sin from this past week. Have one other person assigned as a “listener,” who invites the one confessing to think through and share the impact of that sin on themselves, others, and their relationship with God. Then have the one confessing own their sin with God, praying out loud, confessing that sin to God and asking His forgiveness.
 2. **Assurance** – Have the listener share a biblical “assurance of God’s forgiveness.” Use the
 3. **Response** – Ask the one who confessed to consider how Jesus is calling them to respond to their sin and God’s grace. Is it with gratitude and worship? Repentance? Are there steps of reconciliation with another person that needs to happen? Have the person share, and then ask as a group, “How can we help you with this?”
- 10 mins Debrief:
1. What was helpful or meaningful about the experience today?
 2. Could anything have been more helpful?
 3. Each of you consider going through this with someone else. What are your thoughts about that? Each share ideas of people you might invite to do this.
- 5 mins We encourage you to keep doing the Prayer of Reflection for the next 28 days, then meet again to share how it’s going and to practice interpersonal confession one more time. Set up a time to do that.

Total time = 75 minutes



Grace Learning Lab

28-Day Check-In

The Meeting

- 20 mins How has it been going the last four weeks with the Prayer of Reflection? What's been most meaningful? What's been challenging?
- 40 mins Practice Interpersonal Confession – at least two of you
- 10 mins Debrief – What was that process like for each of you? What was helpful or meaningful? Could anything have been more helpful?
- 5 mins Closing - Now it's time to multiply! How might you share this experience, invite others to join you?

Pray to end the time.

Total time = 75 minutes