Series: God’s Gym
“Wisdom”
Dr. Jeff Louie

January 31, 2016

Start by Reviewing the Relational Guidelines for Life Groups:

Confidentiality: What’s said in the group stays in the group.

Listen: Let’s value one another during the discussions by really listening to what is being shared. Try to avoid thinking about how you are going to respond or what you are going to say next.

Pause: Allow a pause in conversation after someone shares to give the person sharing a chance to finish and give the group an opportunity to consider what was shared before responding.

Silence: It is important to allow silence in the group as it provides an opportunity for someone to share and for members in the group to process the topic or question being considered.

No Cross Talk: Be considerate of others as they are sharing. No side conversations.

No Fixing: We are not here to fix each other. Jesus does that. Give encouragement, speak truth, and point to Jesus. Don’t try to fix each other.

No Rescuing: When people are sharing something deeply personal, there can be a tendency to make them feel better about themselves or the situation by providing immediate condolences. This will often cause them to stop sharing. Resist the temptation to rescue people.

Sharing: Be sensitive about the amount of time you share.

Use “I” statements: It’s easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use “I” statements rather than “they,” “the church,” “us,” “we,” etc.

Household Rules: We appreciate those who open their home up to Life Groups and out of respect for them, we need to....(take shoes off, clean up, replace furniture, leave by 8 pm, etc – personalize these for your group).

Then Remind Everyone of the Purpose of your Life Group:

1) to DO LIFE TOGETHER; to commit to be together in the joyful and difficult moments of life
2) TO GATHER with others who will disciple us, encourage us and help us to mature in Christ
3) For each of us TO MATURE in our relationship with God.
4) to be here FOR OTHERS; to encourage them, to help disciple them
5) to INVITE OTHERS to share in our community, which means our group will branch at some point. When that time comes, if you would like to lead or host a group, let the leader know.

Warm-Up
Ask members of your group:
How did you do this past week with your experiments with prayer? What did you learn?
Begin by reading this passage, which frames the God’s Gym series:

“Exercise daily in God – no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart. This is why we’ve thrown ourselves into this venture so totally. We’re banking on the living God, Savior of all men and women, especially believers.” (1 Tim 4:8-9 from The Message)

Dr. Louie introduced his message by explaining four facets of knowledge or intellect. Review these:

1. IQ (Intelligence Quotient)
   - knowledge of facts, analytics
   - you are born with a basic cap on your IQ, so there is not a lot you can do to improve

2. EQ (Emotional Quotient)
   - the relational piece, how you do with people
   - a huge factor in communication

3. Messy Q
   - wisdom in handling a messy situation, when you might be choosing the lesser of two evils
   - Dr. Louie gave the example of a member of his son-in-law’s community group who had been told by his Asian father to end a relationship by the end of the week or have his father leave the entire family.

4. Spiritual Quotient
   - the faith element
   - the wisdom of God in us

**Head (Knowledge)**

- Have someone read each of the passages below, taking time after each to ask the questions listed under the scripture:
  
  - Proverbs 24:17-20
  - Proverbs 31:16-20
  - James 3:13-18

- What is the specific instruction given in the scripture?

- What is the “Spiritual Quotient” wisdom we are given by the passage?

**Heart (Transformation)**

- If we are born with a specific makeup of knowledge of intellect, how do we gain the wisdom these passages describe?
- What is the role of the Holy Spirit?
- What is our role?
- How do we learn to respond out of transformation?

**Hands (Service)**

- Discuss specifically how we can be graceful and wise in our speech.
- How can we use wisdom that comes from our own transformation to serve one another in our group?
- How can we use that same wisdom in our outside relationships?
Go Over the One Week Experiment for Wisdom

1. As a first step, focus specifically on situations where you need to exercise control of your tongue.
2. For those who are looking for a second step, practice exercising wisdom with others. In a relationship, look for opportunities to listen, extend grace and reflect the character of God.
3. When ready, consider a relationship where you might need to have a conversation with someone, listening and sharing with them, responding out of the transformation you have experienced.

Closing Prayer
End your time by reading the lyrics from As The Deer, which Todd sang during communion. The words come from Psalm 42. Pray as a group for the transformation you each desire from God in the area of spiritual wisdom.

As the deer panteth for the water
So my soul longeth after Thee
You alone are my heart’s desire
And I long to worship Thee

You alone are my strength, my shield
To You alone may my spirit yield
You alone are my heart’s desire
And I long to worship Thee

You’re my friend and You are my brother
Even though You are a king
I love You more than any other
So much more than anything
I want You more than gold or silver
Only You can satisfy
You alone are the real joy giver
And the apple of my eye