

SECTION 2

Participant Pages

Readings for Huddle Participants



SouthBrook
CHRISTIAN CHURCH

SECTION 2: THE 5S JOURNEY

A Disciple Of Jesus

A disciple of Jesus is someone who knows Jesus, and who learns to be and do like Him. A disciple is an apprentice, learning under the master.

So how do we become apprentices of Jesus?

In 2014, a new show aired called “Running Wild with Bear Grylls.” Bear takes A-list celebrities into the wild for a few days and teaches them some survival skills. It’s entertaining to see Bear teach Zac Efron to start a fire with a gum wrapper and a flashlight battery, and then cook a handful of worms with bird eggs, shells and all, for dinner. At Bear’s instruction, Drew Brees tackles and kills a crocodile for dinner. James Marsden turns white as Bear coaxes him to rappel down a few hundred feet of bare cliff face. And then there’s Michelle Rodriguez, who has maybe the most raw deal of all. Being short on water for dinner, Bear and Michelle cook and eat a mouse, boiled in urine.

Watching is fun and even educational. Our family has learned some things about survival from the show, many of which I hope we never need to use (sorry, Michelle).

To be a part of the action like those celebrities would take learning to a whole new level. Not only did they get to watch Bear practice survival, they got to practice, too.

I don’t know if Bear Grylls has ever offered an apprenticeship for survival skills, but that would take the learning even further. An apprenticeship would mean going with Bear into the wild, not just for a weekend, but months, and maybe even a year or more. It would mean watching, learning and experiencing the practices Bear incorporates to help him survive, so that if you were dropped into a perilous situation, you could make it out alive like Bear.

As followers of Jesus, He is already with us. As Jesus said, “I am with you always¹”. In fact, Jesus sent His Spirit to dwell in those who follow Him, so not only is He with us. He is in us². He’s right there, ready to teach and guide us to be like Him—ALL the time. It’s the apprenticeship opportunity of a lifetime.

However, just because He is with us doesn’t automatically mean we’re learning to be and do like Him. We need to get to know His practices. To find out the things He focused on day by day, and join Him there.

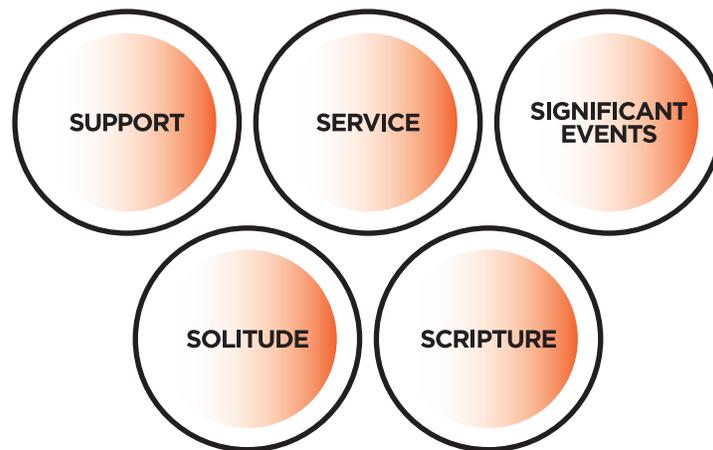
¹Matthew 28:20

²John 14:16,17

What Were the Practices of Jesus?

There are at least five that permeated His life. These five simple practices are how Jesus lived. Engaging in them is to be and do like Jesus. They are how we live like Jesus forever. And they are how we get to know Him more.

At SouthBrook, we call these practices the Five S's: **Solitude, Scripture, Service, Support** and **Significant Events**.



SOLITUDE (Aramos Topos)

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. —Mark 1:35

In the 5 on 5 Challenge, Charlie writes:

I've been to the place in Galilee where Mark 1:35 says he went to get away. It's called the aramos topos, the place of solitary. When we hiked the aramos topos it was a two-hour hike straight up the side of a rocky mount. Straight up. We got to the top and our guide says, "This is what Jesus did to get alone with the heavenly Father."

From Jesus' time at the aramos topos, we learn at least two things about His practice of solitude:

1. Jesus intentionally made time to get away with God.

Jesus regularly stepped away from the rat race to rest and make time for His most important relationship: The one with His Father. His work and ministry did not run His life, rather they flowed out of the unbroken comradeship He had with His Dad.

Most often, we think of solitude only as "alone time," and without a doubt Jesus' time alone with God, was essential to Him. Another definition of solitude is, "absence of human activity." Solitude doesn't always just mean "alone." It also means to "relax."

Cease your labor and chill—and sometimes the most restful way to chill is to hang out with some friends. Jesus often got away from the crowds so he could grab some R&R with His disciples.

As Charlie writes, “Solitude is an off-ramp. In solitude, you shut down the production schedule for a while and listen to the Writer of your story.” In the Disney animation “Cars,” Lightning McQueen’s accidental retreat in Radiator Springs provided the space he needed to remember what was important in life and to prepare him for the race ahead of him. In making time for solitude with God, Our Father does the same for us.

2. Jesus talked with God.

Jesus lived in constant conversation with His Father in heaven. He was like a Secret Service agent with His two-way radio earpiece always on.

Even in a crowd of people, He was connected to the Father, listening to and speaking with Him, so much so that His disciples took note and asked Him to teach them how to pray³. Sure enough, Jesus taught them the pattern of His prayer, another essential element to His practice of solitude.

SCRIPTURE (Logos)

In the beginning was the Word (Logos), and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. —John 1:1-4

The Word became flesh and made his dwelling among us. —John 1:14

Jesus is every word God has spoken or will speak, everything that flows from His character, life and being, wrapped in human skin. And it is in Jesus that we have life in God.

To know the Living Word, Jesus, God gave us the Scriptures. That’s our Bible, Old Testament and New. Paul wrote, “*All Scripture is God-breathed.*”⁴

It tells the story of God from the beginning, defining reality as God sees it, revealing to us what HE says about Himself, us, and the world. As the SouthBrook Leadership Guide says, “The Bible is God’s love story with humanity and a complete guidebook for life.”

Scripture is a collection of the written words that point us to the Living Word, Jesus.

And Jesus knew it backward and forward, often quoting it to His friends and detractors alike.

The dramas of a fallen world swirl around us. With no anchor point, we are easily caught up in the swirling, finding our significance in whatever the flawed stories of a fallen world define it as.

Taking in and living out God’s truth revealed in Scripture keeps us anchored to Jesus, the rock.

³Luke 11:1

⁴Timothy 3:16

Through the regular integration of Scripture into our lives, God continually reveals to us the real, eternal story. HIS story. We allow GOD to take the lead role defining who we are, the roles we play, and what He ultimately calls significant.

SERVICE (Doulos)

Jesus was God, but He took on the life of a servant.

The word for servant is *doulos*—and “servant” might be a little too soft a word to describe a *doulos*. A closer description of a *doulos* is a slave, either voluntary or involuntary. It’s a person whose will is completely surrendered to the will of another.

In Old Testament times, a slave that had served his time under Jewish law would be set free. That slave could go to his master and say, “I know that I am free, but living in your house is better than living on my own. I’d rather be your servant than be set free.”

The master would take that man or woman, place their earlobe against a doorpost, and drive an awl through it. Therefore, leaving a hole that everyone could see, making the newly freed slave a servant for life. When everyone saw the hole, they would know how that freed slave had a great master, and had voluntarily chosen to stay and serve rather than to go his own way.⁵

This is the kind of service Jesus offered to His Father—and He has the holes in His hands to prove it.

Jesus completely laid down any worldly agenda He had in favor of His King’s agenda, in order that He might perfectly represent His Father, the King, in everything He did.

He so perfectly represented His Father that when people saw the things He did, they were seeing the Father, and what He does.

This type of service is rarely cast in a good light today. At Downton Abbey, Mr. Carson took very seriously his role as chief butler, completely surrendering his will to be at the service of the Earl of the manor, Lord Grantham. Aren’t those days over?

Not when we have a King as good and wise as ours.

In Philippians 2:5-7, Paul writes,

“In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.”

The very best thing we can offer the world is to surrender our own lives and agendas to live for the will and glory of our King—thinking as He thinks, acting as He acts, speaking as He speaks—so when people see us, they come to know our God, who is shining through us.

⁵ This illustration is taken from *Boy Have I Got Problems* by Kay Arthur, page 8, Copyright 2000 by Precept Ministries Int.

SUPPORT (Oikos)

Oikos is actually not the Greek word for “yogurt.” It’s the Greek word for “household.” As Christ followers, that’s what we are, the household of God. We are a family, united in Jesus, made one by His blood.

And what do families do? They support one another.

Even though Jesus was the “only son of God,” He did not live as a loner. Jesus built a family, a community on whom He would depend, and who would depend on Him.

Matthew writes,

While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him. Someone told him, “Your mother and brothers are standing outside, wanting to speak to you.” He replied to him, “Who is my mother, and who are my brothers?” Pointing to his disciples, he said, “Here are my mother and my brothers. For whoever does the will of my Father in heaven is my brother and sister and mother.” —Matthew 12:46-50

He called the women and men who had begun to follow Him, his family. And as their “big brother⁶,” He taught them what it meant to be a part of the household of God.

He taught them how to treat one another with empowering love.

He modeled how to take up the family business of making disciples.

He taught them how to forgive, encourage, serve, and give grace, tearing down barriers that keep people from experiencing authentic family.

And it wasn’t just for them. WHOEVER does His Father’s will, believing in Jesus, the One He sent, is **family**. It is part of our identity as Christ-followers.

God designed us to need one another, and yet the effects of the fall mean brokenness, not just in our relationship with God, but also with one another.

Various studies have shown loneliness rising drastically over a very short period of recent history. Hyper connection through social media is juxtaposed with rising isolation and loneliness in “real” life.

Stephanie Marche writes:

A 2010 AARP survey found that 35 percent of adults older than 45 were chronically lonely, as opposed to 20 percent of a similar group only a decade earlier. About 60 million Americans are unhappy because of loneliness.

In 1985, only 10 percent of Americans said they had no one with whom to discuss important matters, and 15 percent said they had only one such good friend. By 2004, 25 percent had nobody to talk to, and 20 percent had only one confidant.

Today, the one common feature in American secular culture is its celebration of the self that breaks away from the constrictions of the family and the state, and, in its greatest expressions, from all limits entirely.⁷

In a world of increasing loneliness, God offers great news: We are invited to a family. To true, fulfilling connectedness with others. To knowing and being known.

⁶ Romans 8:29

⁷ Stephanie Marche, 2012, The Atlantic.com, May 2012

As Christ-followers we are the biggest family on earth. A family with a great Father, where the barriers that isolate people are torn down by the work of Jesus in His death and resurrection. As we learn to live like this is true, we experience the oneness with others for which He made us.

The practice of support is about investing in authentic relationships with other Christ-followers. Treating one another with the same grace and truth that Jesus embodied, we come to know and experience what it is to be the family of God.

And we offer the world something for which it longs.

SIGNIFICANT EVENTS (Kairos)

[Jesus] withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. —Matthew 14:13:14

Kairos is the Greek word for Significant Event. We experience them every day, whether small epiphanies or life-altering episodes.

Jesus engaged in the practice of Significant Events in two ways that the above passage brings to light. Now at the time, Jesus had just found out that His relative, John the Baptist, had been murdered.

1. Jesus intentionally planned significant events that aligned with His Father's priorities.

Notice how Jesus responded:

[Jesus] withdrew by boat privately to a solitary place. —Matthew 14:13

Jesus intentionally planned time to get away in a boat to get some alone time with His Father.

His relationship with His Father was Jesus' number one priority, so He made time, an event, to prioritize that relationship in His schedule.

There were two other types of relationships that were of highest priority to God as well: Jesus' relationships with His followers, and His relationships with those yet to follow Him. Jesus was not haphazard, but intentional, planning moments ahead of time to make sure His weekly planner reflected God's priorities.

2. Jesus responded appropriately to Significant Events that happened to or around Him.

[Jesus] withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. 14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. —Matthew 14:14

A significant event is identifiable by the impression it leaves on you. It's any moment, big or small, that impacts your emotions or your will.

Having experienced a very fruitful season of ministry, and then hearing about the death of His family member, Jesus should have been entitled to some R&R. Right? He got away with that very purpose in mind.

But someone told on Him. Because He was so popular with the crowds, they all found out about His little retreat and got to His landing spot ahead of Him.

Seeing the crowds was a significant event for Jesus. How do we know? It says He had compassion on the crowds. This word 'compassion' meant He felt genuine love and pity for them. Seeing the crowds impacted His emotions.

So what did Jesus do with this moment? Perhaps desiring more time in solitude, he may have thought, "Why can't they just leave...ME...**ALONE!?** Don't they know I am grieving here?"

However, Jesus recognized this gathering of the crowds as a significant event through which His Father could work. As Jesus said, *"I have come down from Heaven not to do my will but to do the will of him who sent me."* —John 6:38

As He brought this significant event before His Father, He discerned God's love and compassion for these crowds, and His desire to help them. So He responded by healing their sick.

We experience significant events every day. Their occurrence is not what causes growth in us. The effectiveness of a significant event to grow us is in how we respond to them.

Walter White, the lead character of the hit series Breaking Bad, experienced a significant event when he found out he had terminal cancer. Walter responded to that event by giving his life to the manufacturing of crystal meth. I'm not sure that is the type of response God had in mind.

To leverage significant events occurring in our lives the way Jesus did, we need to turn to our Father in Heaven with two questions:

1. What am I hearing from God?
2. How will I respond?

5S JOURNEY TOOLBOX

Solitude. Scripture. Service. Support. Significant Events. Five practices that if we engage, we will know Jesus more as we learn to "be" and "do" like He did.

There are many ways to grow in our practice and understanding of each S. In huddles, our vehicle to "make disciples who make disciples," it is important that whatever tools we pass on to others are...

1. **Memorable**, or people won't be able to pass them on to others.
2. **Effective in helping others live like Jesus**, or we'll multiply the wrong things.

Some have asked, "Is there a curriculum for huddles?" And here's how the Coach's Playbook, our guide to leading a huddle, answers that question:

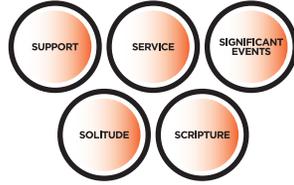
Not exactly. Not a curriculum...more like a tool box. Or a bag of golf clubs. Different clubs for different situations.

This guide presents two simple tools for each of the Five S's, rooted in Scripture that can be used again and again to help us understand and practice them.

The 5S's

Here are the Five S's and the tools that go with each:

THE 5S'S

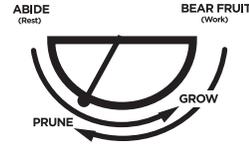


Engaging in these 5 practices is how we learn to "live like Jesus forever."

SOLITUDE

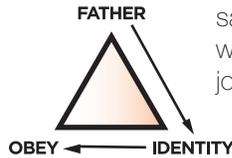


This is how Jesus taught us to talk with our heavenly Father in prayer.

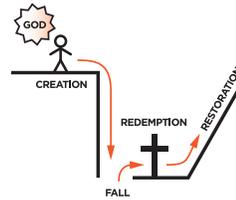


Learning to intentionally rest in God is necessary for our lives to be fruitful and productive.

SCRIPTURE

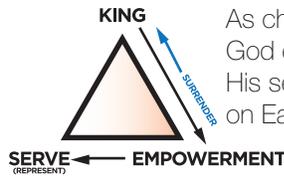


Believing what Scripture says about God, and who we are in Christ drives us to joyful obedience.



Knowing God's story helps us see the world through His eyes, and share His good news with others.

SERVICE

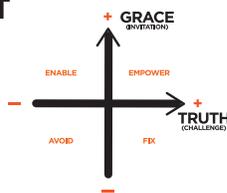


As children of the King, God empowers us to be His servant-representatives on Earth.

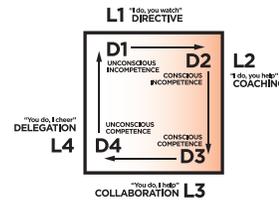


We can be sensitive and purposeful in how we show and tell God's good news of Jesus to others.

SUPPORT

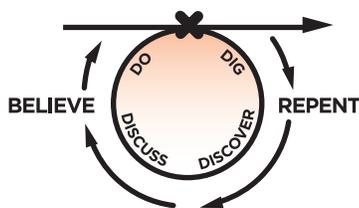


We can emulate the way Jesus encouraged and empowered His followers to live like Him.

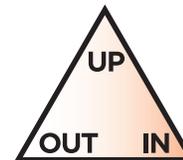


Jesus modeled for us how to coach people we're leading at each stage, as they grow from beginners to multipliers.

SIGNIFICANT EVENTS



Through significant events we can learn to hear God and respond.



We can intentionally plan significant events that reflect God's priorities of loving Him and others.

These are tools meant to help us on our 5S Journey. Your coach may teach and use all of them throughout your huddle experience. He or she may replace or eliminate a few of them as well. You can, too when you lead others. Either way, we hope these give you a starting point as you grow in Christ-likeness through the Five S's in preparation for multiplying your life into others.