

# SOUL SHAPER

The *Soul Shaper* is a convenient tool that takes the subject matter from the Spiritual Talk series and breaks it down even further. This self-study guide is also the source of lively discussions in our weekly Community Groups. You may download the accompanying Spiritual Talks or listen online at [www.threadschurch.org](http://www.threadschurch.org). There's always a place for you in our Community Groups and our Sunday Worship Gatherings at 9:15am or 11:00am. Questions?...Email [connect@threadschurch.org](mailto:connect@threadschurch.org) or call the office at 269.327.0445.



## YES

01.06.08

*Just say a simple 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one. —Matthew 5:37*

Through God's word we can see the power and potential "yes" really has. When we are willing to back up our "yeses" with commitment, life begins to take on the refreshing direction filled with the purpose and meaning we look for at the beginning of each new year.

### Ice Breaker:

Go around the room and have each person and finish the following sentence:

The question I would most like to be asked, to which I would heartily respond "YES!" is. . .

### Discussion:

- What is the most difficult question to respond "yes" to?
- What makes "yes" such a difficult response in this case?
- What do you think it means that such a large percentage of individual say "yes" and commit volunteer time and then do not follow through?
- What happens when we don't back up our "yeses" with commitment?

2 Corinthians 1:20 reassures us that ". . .all God's promises have been fulfilled in Christ with a resounding 'Yes!' . . ." God says "yes" to us and we can see the commitment of His "yes" in the sacrifice of His Son, Jesus, for us. This is a pretty big promise to us.

- What is the biggest "yes" that you can remember having given? How has your commitment to that "yes" been lived out?
- What is the emptiest "yes" you have given recently? What has been the effect of that "yes" or your lack of commitment to it?
- What has our commitment to Threads been in the time that you have been gathering there?

### On the Journey. . .

- Select one day of then next week to keep a Yes/No journal. As you go through the day, record your responses to those choices or questions that arise. Look back at the end of the day, to what kinds of things did you most frequently say "yes?" What about "no?" what can you say about the sum total of your "yeses" and "nos" for the day.
- Choose ways in which you will deepen your "yes" to Christ through your commitment to the Threads community. Select this path from one of the 3 Cs" CELEBRATE, CONNECT or CONTRIBUTE.

# NO

## 01.13.08

*Just say a simple 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one. —Matthew 5:37*

When we take the time to look at the true essence of “no” we begin to understand that “no” is not about limiting our options. The real power in the word “no” is that it frees us up to say an even bigger and better “yes.”

### **Ice Breaker:**

Take a few moments to go around the room and finish this sentence:

The question I would have the easiest time saying “no” to is. . . and this is why?

### **Discussion:**

- To what kinds of things do you have the most difficult time saying “no?”
- What is the effect of those requests on you that trigger your “yes” reflex?

*Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world. —Psalm 46:10*

- If you had to choose three things during your day to which a response of “no” would allow you to be still and know God in the way described in Psalm 46, what would they be?
- Are there “yeses” in your life that are robbing you of the freedom to say a much bigger “yes” in contributing to and participating in God’s Kingdom? What are they?
- What would you have to change to be able to say “no” to some of the things getting in the way of your ability to connect, celebrate or contribute freely?

### **On the Journey. . .**

- Over the next week, take a look at the commitment you made last week to take a step to deepen your journey in one of the 3 C’s (CONNECT, CELEBRATE & CONTRIBUTE). Identify one thing to which you will have to say “no” in order for you to continue forward on that path and ask your community for support in saying “no.”
- Identify the next step for yourself in saying a fuller “yes” to Christ through deeper connecting, celebrating or contributing.

# MAYBE

01.20.08

*Just say a simple 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one. —Matthew 5:37*

What an exciting week! Here we have an opportunity to explore ways in which we can say “yes” to God through our contributions to His Kingdom.

## **Discussion:**

- For those in the room who are currently volunteering on a ministry team, go ahead and share what team you participate with and describe what it is you are currently doing and how it is growing your heart.
- Take some time as a group to discuss the areas of serving the community you investigated during the Worship Gathering. If you were not at the Worship Gathering where are you most interested in contributing to the Threads Community with your time and Spiritual Gifts?
- This is the part where ambivalence kills community. How can your community members encourage you in your journey forward exploring your ministry interests?
- In order for you to say “yes” to God through participation in his community and service to His people, you may be facing some things to which you will need to say “no.” Share with the group the needs you might have in walking this through.
- What will your next step need to be in this area? Be very specific here so that you may better hold one another accountable in this area of growth.
- Take the time as a group to pray for one another specifically regarding these next steps on your spiritual journeys together.

## **On the Journey. . .**

- Take some time this week to call another person in your community group or drop them an e-mail to give them a boost of encouragement, or prayer of support on their journey. Ask them how they are doing taking the next step forward on their Journey with Christ.