

SERIES DISCUSSION GUIDE



THE LOCKER ROOM | SUIT UP
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WELCOME & INTRODUCTIONS

Leader you go first:

- Introduce yourself.
- How long have you been attending RPC?
- What's something you do to get yourself ready before a big day, meeting, game, trip, or event?

Go over the Groups Covenant (see *below*). Be sure to start and end your group on time!

MESSAGE RECAP

This weekend, we kicked off *The Locker Room*, a series about why we gather as the church and what happens when we do. Ecclesia translated as “church,” means **assembly**. The church is fundamentally a people, a gathering of believers united in Christ, not a building.

Just like a team gathers in a locker room before stepping onto the field, we gather to grow in truth, strengthen one another, make adjustments, care for wounds, and get ready to go back out. But before we step onto the field of life, we need to **suit up**.

Through Jesus, we have been given a uniform: we are clothed with salvation and righteousness. We are also told to put on the full armor of God because we have an adversary who wants to distract us from who God says we are and keep us from living out His purposes. We gather so we can walk back onto the field ready to stand firm.

DISCUSSION QUESTIONS

1. When you think about “going to church,” what comes to mind?
2. Church is fundamentally a people, a gathering of believers, not a building.
 - Discuss the difference between *being the church* and *going to church*. What are some ways you’ve experienced people *being the church* to you or others?
 - Why do you think God wants His people to gather together?
3. Chad compared our church gathering to a *locker room* where a team prepares before going out to play the *game*. If the church is the locker room, where does the game happen in your everyday life? (Work, home, neighborhood, school, friendships, hobbies, etc.)
 - If Sunday is the locker room and everyday life is the game, how should that change the way we approach gathering together?
4. Read Isaiah 61:1-3 and then verse 10.
 - What does this passage show us about the kind of work God wants His people to be part of?
 - In verse 10, how does Isaiah illustrate what it means to ‘suit up’? What are we clothed with, and who provides it?
5. Read Ephesians 6:10-13. According to these verses, what are we actually up against? Why is it important to remember that our struggle is “not against flesh and blood,” especially when the struggle feels like another person?
6. Read Ephesians 6:14-18.
 - Which pieces of armor does Paul tell us to put?
 - How do you put on the breast plate of righteousness? (*By putting our faith in Jesus.*) Read 2 Corinthians 5:21; Philippians 3:9; Romans 10:4. According to these verses, where does our righteousness come from? (*Our righteousness comes from God through faith in Jesus, not our own effort or performance.*) How can the breastplate of righteousness help fight against your “inner critic” or feelings of shame? (*It reminds us of who we are in Christ Jesus.*)

APPLICATION QUESTION (*This section is designed to invite group members to reflect on and do on their own.*)

7. Part of the purpose of the locker room is that we don’t suit up alone. We gather to strengthen one another, make adjustments, care for wounds, pray, and remind each other of what is true.
 - Think about the field God has placed you on this week. Where do you need to “suit up” and show up differently?

CLOSE IN PRAYER

LEADERS: Take attendance and follow up with anyone who did not attend this week. Please move *pending* members to *active* or *inactive* based on attendance.

GROUP COVENANT
an agreement to help you stay accountable and loving towards your group

Be here and be on time if at all possible.

We want to create a safe space to learn from each other. Please respect each other's religious backgrounds, denominations, and political views (please avoid), should they happen to come up.

Condense your personal sharing so as to give time for everyone to participate. Extroverts manage yourselves. Introverts we want to hear from you.

Resist fixing and advising unless the other person requests input.

Focus on your own individual thoughts and feelings as you share with the group. Respect spouses or other family members by not saying anything that will embarrass them.

Be as vulnerable as you are comfortable; no one is required to share. Vulnerability begets vulnerability.

Appreciate and respect each person's contribution. So be mindful of allowing others to finish their thought by not interrupting or hijacking their story.

Please put your cell phone on silent and only reference it for emergencies.

We love and support our entrepreneurs who have home businesses, but would ask that you not use Groups as a place to market.

Keep prayer requests and sharing confidential within your group. Pray for the group members as they come to mind during the week. Help bring snacks/food when it is your week.

