

THE BEATITUDES

# UPSIDE NMOOD

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FOUNDRY GROUPS  
**WORKBOOK**

**TO KNOW GOD  
AND MAKE HIM KNOWN.**



**FOUNDRY GROUPS**

# 2024 WINTER CALENDAR

Important Dates For Leaders & Hosts

**GROUPS SIGN UP** - DEC 31<sup>ST</sup> - JAN 14<sup>TH</sup>

**COME AND SEE GROUPS** - JAN 7<sup>TH</sup> & 14<sup>TH</sup>

**WEEKLY GROUP CONTENT** - JAN 14<sup>TH</sup> - MAR 23<sup>RD</sup>

**SOCIAL / SERVE DAY** - FEB 11<sup>TH</sup>

## JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

## MARCH

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# INTRODUCTION

## Hey Foundry Group Members,

We are so excited that you have chosen to be a part of a Foundry Group this quarter! Our team has been praying for you, your Group, and the conversations that will take place this Winter and Spring.

We hope that you will take time each week to read the Word of God, and the devotions our writing team has put together, and to work through the pages in this workbook that correspond to the teachings. We believe that gathering together in a Christian community is a way for God to move in your life, challenge you, and help refine you to become more like our Lord and Savior Jesus Christ.

In this workbook you will find the following:

- **A Commitment Page**
  - This page discusses the importance and purpose of Foundry Groups as well as how they function. It ends with the five marks of a healthy group.
  
- **Guidelines Page**
  - Being in a Group is a commitment and one we hope that you will take seriously. Consistency is a key component to spiritual growth and we want your group to meet regularly, on time, and to study and pray with one another.
  
- **Workbook Questions**
  - You will find questions for our fall series Behind the Worship. The week is broken into four sections.

## FOUNDRY GROUPS

1. Groups Questions
  - There are five to ten questions each week that are the “meat” of the content to discuss.
  
2. Digging Deeper
  - If you find yourself with time left after completing the Groups Questions, we encourage you to dig a little deeper. This section has more reading, some word studies, and other commentaries from biblical scholars.
  
3. Take It Home
  - We want you to not only read the Word of God but we want you to apply it to your life. This section is a time to reflect on all that you’ve studied and discussed and write a truth you will live out.
  
4. Prayer Requests
  - We want to encourage you and your Group to pray! This is such an important part of being in a Christian community, that we actually consider it the second most important part next to reading the Word of God. Write down your requests and the requests of your Group members and pray for them.

We can't wait to hear and see all that God does in your Group this fall. If you have any questions or comments please don't hesitate to reach out to our team at [groups@foundrychurch.net](mailto:groups@foundrychurch.net).

Blessings,  
Joshua DeVries and Chantal VanDyke

## COMMITMENT

Small groups thrive on consistency and participation! The purpose of this commitment is to help you discuss and clarify your group's goals, expectations, and commitments.

### **FOUNDRY GROUPS: THEIR PURPOSE**

Foundry Groups exist to promote spiritual maturity and personal growth through meaningful Christian relationships and the study of God's Word (Romans 8:29 & Hebrews 10:24-25). We'll do this by focusing on four primary activities:

**SHARE** - Each week we'll take time to share what is happening in our lives. At first, this sharing can include planned "sharing questions," but after the first few weeks, it will become more informal and personal as we feel more comfortable.

**STUDY** - Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life.

**SUPPORT** - Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms, such as prayer, encouragement, listening, challenging one another, and meeting real needs.

**SERVE** - Spiritual growth is fostered not only by what we gain through the support and input of others but also through service to others. The role each of us fills is essential to the health of the church and for us to be the hands and feet of Jesus to our community (Ephesians 4:11-16). Throughout the quarter, it is our hope you can find and/or be

## **FOUNDRY** GROUPS

affirmed in the ways God has designed you to serve and make a difference in God's Kingdom.

### **FIVE MARKS OF A HEALTHY GROUP**

For our group to be healthy, we need to...

1. Make spiritual growth our number one priority (Romans 8:29).
2. Accept one another (Romans 15:7).
3. Take care of one another (John 13:34).
4. Treat each other with respect (Ephesians 4:25-5:2).
5. Keep our commitments to the group (Psalm 15:1-2, 4b).

## **GUIDELINES & COMMITMENT**

### **1. Dates**

We'll meet on \_\_\_\_\_ nights for \_\_\_\_\_ weeks. Our final meeting of this quarter will be on \_\_\_\_\_.

### **2. Time**

We'll arrive between \_\_\_\_\_ & \_\_\_\_\_ and begin the meeting at \_\_\_\_\_. We'll spend approximately \_\_\_\_\_ minutes in singing (optional), \_\_\_\_\_ minutes in study/discussion, and \_\_\_\_\_ minutes in prayer/sharing.

### **3. Study**

Our studies will focus on the same topic covered in the previous weekend's sermon. Our goal is to hear from everyone every night and keep God's Word at the center.

### **4. Prayer**

Praying for one another.

### **5. Homework & Attendance**

Joining a Foundry Group requires a commitment to attend each week and do the homework ahead of time. Obviously, allowances are made for sickness, work conflicts, and other special events—but not much more! If we cannot come to a meeting, we will call or text \_\_\_\_\_.

### **6. Dessert**

### **7. Social & Service Projects**

Get out your calendars and plan a day during our Social and Serve week for your Group to get together.

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# **GROUPS CONTENT**



## WEEK OF JAN 14-20, 2024

### **Spring Quarter 2024 Groups Kickoff**

Welcome back to Groups! We pray you had a fantastic Holiday Season and were able to celebrate the birth of our Savior with family and friends. We are so excited for what God has in store for you and your Group this quarter!

This week, in addition to our normal content, we would like for you and your Group to read over the Commitment Page and Guidelines Page together. Whether you have been in a group for years or this is brand new for you, this is an important part of setting expectations that will allow you and your group to thrive and have a successful quarter.

Have a GREAT quarter!

### **Getting To Know You**

One of the great parts of being in a Group at the Foundry is getting to know others better. Take a moment to jot down your answers to the questions below and be ready to share with your Group.

- Tell us about yourself...
- Would you rather have all traffic lights you approach be green or never have to stand in line again?
- If you had a free day to yourself, how would you choose to spend it

## **FOUNDRY** GROUPS

- What are some small things that make your day better?
  
- As we start the new year, what are one or two things you're looking forward to in 2024?
  
- Looking over your Sound Bites and notes from this week's teaching, was there anything you heard for the first time or something that caught your attention, challenged, or confused you?

### **Looking Ahead**

One of the reasons we meet in Groups every week is to gain the encouragement and support we each need to honor God in all we do and keep our focus on Jesus. Before you go over the Group Commitment with your Group, take a moment and write down your responses to the questions below:

- What are you looking forward to in your Group this quarter?
  
- Where would you like to see God grow you in this next quarter?

## **UPSIDE** DOWN

- Is there anything specific you need prayer for, or is there any other focus you would like to have in order to grow this next quarter?

### **Digging Deeper**

1. Have you ever earned something that you're proud of? Have you ever gained/earned something you didn't deserve?
2. How do you recognize when you're poor in spirit?
3. How do you try to earn your salvation?
4. In Luke 23:38-43, there are two criminals on the cross next to Jesus when he is crucified. When you have a trial or dark moment, do you ever feel like the criminal on the cross, asking "God, what are you doing?"

## **FOUNDRY** GROUPS

5. Why are you blessed to be Poor in Spirit?
  
6. Why do we pretend to be okay even when we are not?
  
7. We read that grace and forgiveness are given freely to us- not by our own merits. It's a gift. Do you ever find it difficult to accept or receive this gift? Why?
  
8. Read Luke 18:9-14.
  1. Do you feel more like the Pharisee or the tax collector? Why?
  2. Now read Matthew 6:16.
    - Compare the two passages.

## **UPSIDE DOWN**

### **Digging Deeper Relationally**

At this moment is everything “fine”? Are there areas in your life that you would compare to a “dumpster fire”?

### **Prayer Requests**

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**Encourage “popcorn” prayer and have everyone be involved (do not force anyone to pray)**