

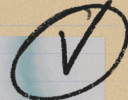
ONE AT A TIME

Increasingly, we define influence and impact by how many...how many fans, followers, friends. The higher that number, the more of an influencer we must be. Jesus was never interested in having the big crowds. He never chased popularity. Instead, He spent most of His time with a small number of people and gave most of His attention to one person at a time.

Give me Your eyes for the one and help me to see people the way You see people

ONE at a time

GROUP STUDY GUIDE



Jesus had a limited time on earth.

...BUT HE ALWAYS HAD TIME FOR THE ONE!

Jesus repeatedly told his followers to "Love others as I have loved you". One at a time is the way Jesus loved.

Who is my one this week?

MEETING AGENDA

ONE AT A TIME

ONE AT A TIME

HOW TO USE THIS THING

Whether this is your first time leading a small group discussion or you've done it before, here are some simple tips on how to use this small group curriculum.

1. We recommend watching the *Right Now Media* videos that are associated with each session as part of your group time. We have intentionally connected illustrations and language to those videos in this small group guide.
2. Don't feel pressure to get through every question. If something really is driving conversation, let it happen.
3. When possible, use this more like a guide and less like a script. Your words matter here more than ours.
4. Ask the Holy Spirit to work in and through your group time through prayer.

If you get stuck, need help, or find ways we can make better small group materials, let us know at the following email address: **oneatotime@secc.org**.

SESSION 1: ZOOM LENS



Big Idea:

Jesus focused on people one at a time.

1. *TIME* magazine ranked the most influential people in history. Spoiler alert: Jesus was number one. As a group, can you guess anyone else in the top ten? You can divide into two teams or work together to guess the list. (time.com/2013/12/10/whos-biggest-the-100-most-significant-figures-in-history/).
2. The term *influencer* has been added to our vocabulary because of social media. Influencers not only have a following on their social accounts but make a living through ads and sponsorships. Whether you're on social media or not, all of us have influencers in our lives. Think of some of the everyday influencers who shape your decisions and share with your group.
3. Zoom lenses like the ones on the Tower Optical Co.'s binoculars or on your phone's camera give us the ability to focus on something in the midst of a vast landscape. Have you ever had a zoom-lens moment, where you focused on something specific in the middle of a larger situation or group of people?
4. Jesus had influence without Instagram. Through His personal zoom lens, He focused on people *one at a time*. Open up Luke 8 together.

Who can I see this week and encourage?

DISCUSSION

Discuss the following questions with your group as you read through the text. If your group is larger, consider breaking into smaller groups.

- With whom and how did Jesus use the *one at a time zoom-lens* to influence people?
- What expectations do you think most of the people who followed Jesus had?
- What questions come up when you read through the story?

Come back together to discuss what you learned and be open to any other key observational details from the stories in Luke 8. Don't feel pressured to answer questions that come up; rather, discuss possibilities.

5. It may seem like Jesus was the only one with the ability to have a *one at a time-zoom lens*, but He actually passed on that power to us through the Holy Spirit. Here is a practical prayer to use this week:



Jesus, give me Your eyes for the one and help me to see people the way You see people. Amen.



End your group by starting a *one at a time* group text. Share this prayer with them, and encourage them to text any moments that come from their *one at a time-zoom lens*. Southeast would love to hear those stories! Email those to us at OneAtATime@secc.org.



SESSION 2: IN, THEN THROUGH



*Big Idea:

Jesus knew the value of God's work in Him before the work could happen through Him.

1. A lifehack is a shortcut to get something done quickly and efficiently. Check out this amazing list as a group: mentalfloss.com/article/531059/brilliant-life-hacks-you-need-try. What are some of your favorite lifehacks?
2. Jesus knew the value of God's work *in* Him before the work could happen *through* Him. Open up Mark 1:33-35 together.



DISCUSSION

Discuss the following questions with your group as you read through the text. If your group is larger, consider breaking into smaller groups.

- Verse 33 says the whole town gathered at the door to see the impact of Jesus' work. Can you imagine the needs and demands that came with those people? Have you ever had days when it felt like the whole world was at your door needing something from you?
- The day after, Jesus responded not by sleeping in but by getting up early to spend time alone with His Father in prayer. There are several things Jesus modeled for us in that moment. Which one hits you the hardest, and which one do you believe your life needs the most right now?
- When you read in Scripture about the things Jesus did, do you feel like they are great methods for Him but not very applicable to you, or are they something you should apply to your life?

3. Do you start your day in prayer, asking the Spirit to work in you so that He might impact the world through you? What are some reasons why that is often a struggle?
4. How does switching the prayer from "God, what do You want to do *through* me?" to "God, what do You want to do *in* me?" change your daily approach to impacting others?

End the group by having everyone set a new alarm on their phone called the *In and Through* alarm. Set the new alarm 15 minutes before the normal start time for the day, and commit to spending that time asking God to work in you as you seek to know and obey Him each day. Invite group members to share in the group text any experiences they have with the work God does in their lives through these prayers. Southeast would love to hear those stories! Email those to us at OneAtATime@secc.org.

What can God do through me today?

ONE AT A TIME
WE CAN DO GREAT THINGS THROUGH HIM

SESSION 3:

PROXIMITY PRINCIPLE

** Big Idea:*
Jesus put Himself in proximity with people in messy situations.

1. Let anyone in the group share some places in the world that they view as being less messy, more calm, and overall more comfortable. Check out this list of the 10 most peaceful places to live in the United States: [tatacapital.com/blog/travel-loan/top-10-most-peaceful-cities-of-the-usa/](https://www.tatacapital.com/blog/travel-loan/top-10-most-peaceful-cities-of-the-usa/).
2. What are some reasons we view a city as comfortable to live in?
3. One of the reasons those destinations are comfortable to us is that they seem far away from the messy parts of life. When we read the Gospels, however, we see Jesus was usually in proximity to messy situations.

Open up Mark 5:1-20 together.

4. In John 13:34 (NLT), Jesus said, "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other." This seems so basic to those who follow Jesus, yet we still put boundaries on who gets the proximity of that love. Why?
5. This week's challenge as a group is to look at a map one more time. While on the surface it may seem some faraway place is the location for comfort, it is often right where we do our own daily life. We keep the same set of friends, stay in our homes, remain near our place of business, and never change our proximity to the mess of humanity around us. Let's close with the same prayer Brittney had from the video:

** God, place broken-hearted people in my path and fill me with You so I can let Your love heal their pain. Amen. **

End the group by asking members to share in the group text any experiences they have with the work God does in their lives through these prayers. Southeast would love to hear those stories! Email those to us at OneAtATime@secc.org.

DISCUSSION

Discuss the following questions with your group as you read through the text. If your group is larger, consider breaking into smaller groups.

- What questions come up when you read through the story?
- Why would Jesus be willing to be in close proximity to such a messy story when others were not?
- Who are the modern-day burial cave dwellers among us that no one wants to be close to?
- What was the result of this *one at a time* moment in verse 20?

*THIS WEEK
LOVE SOMEONE
WHERE THEY ARE AT!!
Be an encouragement.*



SESSION 4: INTERSECTIONS

* Big Idea:

Jesus met people at the intersection of their life's moments, forever changing the direction of their lives.

1. An intersection is a place where two or more roads come together. There are certain intersections in life that we recognize as significant, like graduation, getting married, or the unexpected loss of jobs or relationships. Have each person in the group make a list of three to five important life intersections they have experienced. Instead of numbering them, start each one with an X.
2. As a group, go around and share some of the intersections from the lists. How have they determined the direction of your life from that moment on?
3. Jesus had a way of meeting people at the intersections of life, and *one at a time*, their life direction would forever change.

Open up John 4:1-30 together.

DISCUSSION

Discuss the following questions with your group as you read through the text. If your group is larger, consider breaking into smaller groups.

- It says in verse 4 that Jesus had to go through Samaria, which Jews usually avoided. What are some versions of this in our everyday lives?
- Based on the conversation from the woman and Jesus, how would you describe Jew/Samaritan relations at the time? Zooming into your local area, what groups have such strong tension that they even avoid each other?
- The woman's reaction in verse 29 gives us a glimpse into her transformation. Why is it significant for that to be her first public comments about Jesus?



4. Have you seen Jesus meet you or someone you know in their life's intersection moment? Draw an X (a shorthand symbol for intersection) on the top of your hand as a reminder of God's presence in the intersections this week.
5. The hope and healing stories of Jesus often happen when Jesus is introduced to people at the right time and the right place. We need to look around and have our eyes open to the opportunities. This is our prayer this week:

* *Jesus, give me Your eyes to see the intersections where I can introduce Your hope and healing at just the right time. Give me Your Spirit of courage and not fear when those moments come. Amen.* *

Ask group members to share in the group text any experiences they have with the work God does in their lives through these prayers. Southeast would love to hear those stories! Email those to us at OneAtATime@secc.org.

X EYES THAT SEE

ONE AT A TIME
WE MEET PEOPLE AT THE INTERSECTIONS OF THEIR LIVES

SESSION 5: EXTRA-MILE MENTALITY

WHO CAN I GO THE
EXTRA MILE FOR
THIS WEEK? ↷

* Big Idea:

Jesus used the power of an extra-mile mentality to gain the attention of someone who might otherwise ignore Him.

1. What are some foods you refuse to eat without salt or some kind of seasoning? Don't feel like you need to rush this discussion.
2. Open up Matthew 5:13 together.

DISCUSSION

Discuss the following questions with your group as you read through the text. If your group is larger, consider breaking into smaller groups.

- Jesus made a comparison between how we treat people and the salt on food. What does it look like when believers are salt-of-the-earth people?
 - Jesus went on to argue that when salt loses its purpose, it gets thrown out and trampled on. How do you react to that statement, knowing His followers are the salt?
3. Read Matthew 5:41 in a few different versions together.
 - Have you been forced to go the extra mile for someone when it wasn't convenient?
 - Have you ever had someone go the extra mile for you?
 - Have you ever gone the extra mile when someone wronged you?

4. What sometimes prevents us from wanting to go the extra mile?
5. In the Gospels, Jesus flipped upside-down what it means to truly influence others for lasting change. Here in Matthew 5, we see the power of extra-mile mentality to gain the attention of someone who might otherwise ignore the call of Jesus. This is our prayer this week:

* *Jesus, remove my pride when the moment hits, so I can go the extra mile when it counts. May I be the salt of the earth in the little moments with the people who need it the most. Amen.* *

End the group by asking members to share in the group text any experiences they have with the work God does in their lives through these prayers. Southeast would love to hear those stories! Email those to us at OneAtATime@secc.org.



SESSION 6:

THE POWER OF AND

*Big Idea:

Jesus lived out compassion by always having an action that succeeds the emotion.

1. Some research suggests there are as many as 34,000 different emotions. Today, let's kick off group time with an emotional check-in. List the following six emotions for the group to choose from: Excited, Frustrated, Tired, Happy, Sad, Hopeful. Have each emotion (or coordinating emoji) printed out individually in front of the group. Have each member start by saying, "I am checking in (emotion)," and then giving their explanation.
2. One thing that was awesome about Jesus was that emotions were part of His life here on earth. One emotion that seems to come up more than any other was compassion. How do we usually define compassion?
3. In which situations do we struggle to have compassion for others?
4. Jesus lived out compassion by always having an action right after having the emotion.

Open up Luke 7:11-16 together.

DISCUSSION

Discuss the following questions with your group as you read through the text. If your group is larger, consider breaking into smaller groups.

- Jesus showed compassion in three different expressions in this story. Identify the following moments from the verses: He saw, He felt, He acted.
- Jesus gave us an encompassing view of compassion with these three expressions. How does compassion become incomplete without one or more of these elements?
- How did Jesus go from having no earthly connection with this widow to having such a deep sense of compassion for her that it moved Him into action?

5. Jesus-like compassion breaks your heart, but it also moves your muscles. Living a life of impact and influence *one at a time* means that we will always look for the *And*. This is our prayer this week:

* *Jesus, may we show others a complete view of compassion where we see, feel, and act because of Your compassion toward us first. Amen.* *

Ask group members to share in the group text any experiences they have with the work God does in their lives through these prayers. Southeast would love to hear those stories! Email those to us at OneAtATime@secc.org.

What is my And? Am I my And?



ONE AT A TIME

JESUS HAD A LIMITED TIME ON EARTH, AND RELATIVELY BRIEF MINISTRY, BUT HE ALWAYS HAD TIME FOR THE ONE. JESUS REPEATEDLY TOLD HIS FOLLOWERS TO “LOVE OTHERS AS I HAVE LOVED YOU.” ONE AT A TIME IS THE WAY JESUS LOVED. A WORD YOU HEAR A LOT THESE DAYS, A WORD THAT DRIVES A LOT OF SOCIAL MEDIA AMBITIONS, IS THE WORD INFLUENCER. JESUS WAS THE ULTIMATE INFLUENCER, BUT HE INFLUENCED PEOPLE ONE AT A TIME. INCREASINGLY, WE DEFINE INFLUENCE AND IMPACT BY HOW MANY...HOW MANY FANS, FOLLOWERS, FRIENDS. THE HIGHER THAT NUMBER THE MORE OF AN INFLUENCER WE MUST BE. JESUS WAS NEVER INTERESTED IN HAVING THE BIG CROWDS. HE NEVER CHASED POPULARITY. INSTEAD, HE SPENT MOST OF HIS TIME WITH A SMALL NUMBER OF PEOPLE AND GAVE MOST OF HIS ATTENTION TO ONE PERSON AT A TIME.