

# one groups

*Conversation Guide*

THE FINAL WORDS  
OF JESUS ON THE CROSS

Last  
Words



**BRENTVIEW**

*Est. 1962*



## SUGGESTED MEETING FLOW

Total Meeting Time: 1hr 45mins (*Times included below as an example*)

Time	Activity	Purpose
<b>20 Mins</b> 6pm - 6:20pm	Hang out, serve food, settle kids in [if relevant]	Enjoy time together!
<b>5 Mins</b> 6:20pm - 6:25pm	While still eating, gather together. Open with a brief welcome from the One Group Leader and spend time opening in prayer. [If anyone is new, make sure everyone says their name, etc.]	An important transition. Prayer and choosing an intentional posture to step into the “formal” part of the meeting is going to make the time meaningful.
<b>10 Mins</b> 6:25pm - 6:35pm	Question for conversation: What is the best April Fools Day surprise you have ever given/received? (Have fun!)	This helps us to remember the value of having fun together!
<b>35 Mins</b> 6:35pm - 7:10pm	Sermon-Based Conversation <i>See Guide Below</i>	Each week we will explore core ideas from the previous sermon.
<b>20 Mins</b> 7:10pm - 7:30pm	The Prayer Practice of Examen (see guide)  Pray together: Invite one or two people to pray over what was named in the discussion, for the group as a whole, and for the broader Brentview family.	This helps us set a tone for our group. We are stepping into brave spaces of authenticity together.  Prayer is a key element to what makes a One Group more than a socializing event.
<b>15 Mins</b> 7:30pm - 7:45pm	Hang out, eat left over food and/or dessert. Make sure to help with clean-up!	Fun matters. Enjoy time together.



# SERMON-BASED CONVERSATION & FORMATION

## Last Words #6 - It is Finished

### Briefly Debrief the Spiritual Practice (5 mins)

Take a brief moment to allow people to share about their experiences with the previous week's practice. If you didn't engage, no reason to feel bad. This is an optional practice for those wanting something to incorporate into their devotional lives each week.

### Review (5 mins)

Take a moment to remember the main ideas from the message. Use the notes as a refresher.

**Main Idea:** "Sin and shame lose their power because *it is finished*."

- **Summary:** When we face hard times instead of following through we are tempted to start something new. Jesus finished what he started. He not only sets a good example, he paves the way in dealing with our sin problem and he makes a way for us to join his story. Sin and shame lose their power because *it is finished*.

#### **Sub Points (Why is it important that Jesus finished his work?)**

- Jesus acknowledges a job well done.
  - ➔ "When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit." (Matthew 19:30, NIV) Celebrating a completed project is a healthy practice. In this moment Jesus is self-aware enough to know this is a big deal; it is finished.
- Jesus understands what it is like to finish something difficult.
  - ➔ "Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:39, NIV) Jesus would have been okay to have this taken from his to do list. He understands what it is like to face hard situations and to be tempted to throw in the towel. Your circumstance may not change, but it is helpful to know he understands.
- What is finished?
  - ➔ Jesus' work on the cross connects many images and storylines in the Bible. Here are a few: Jesus takes away the sins of the world. Jesus' victory over Satan is accomplished. Atoning sacrifice is finished. Substitutionary sacrifice is finished. The fullness of God's love is demonstrated. The perfect example of sacrificial love is provided. Reconciliation of all things is made possible. God's victory over death is complete. The reversal of Eden is finished.
  - ➔ Sin loses its power because *it is finished*.
    - Jesus entered the Holy of Holies and made one final and perfect sacrifice to reconcile humanity to God. The curtain wasn't simply raised as it usually was, it was torn in two.
  - ➔ Shame loses its power because *it is finished*.
    - The cross is Jesus making a way for you and I. We are invited to be part of his story. We are invited to be part of his family.

## Read the Scriptures Together (10 mins)

Read each passage aloud as a group in a posture of prayer. Then, read them twice more. ***As you hear the passages, notice a word or phrase that makes an impact on you.***

28 Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty." 29 A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. 30 When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit. **(John 19:28-30, NIV)**

39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."...42 He went away a second time and prayed, "My Father, if it is not possible

for this cup to be taken away unless I drink it, may your will be done." **(Matthew 26:39,42, NIV)**

37 With a loud cry, Jesus breathed his last.  
38 The curtain of the temple was torn in two from top to bottom. **(Mark 15:37-38, NIV)**

11 Day after day every priest stands and performs his religious duties; again and again he offers the same sacrifices, which can never take away sins. 12 But when this priest (Jesus) had offered for all time one sacrifice for sins, he sat down at the right hand of God. **(Hebrews 10:11-12, NIV)**

## Conversation (15 mins)

(It's okay if you only make it through one or two of these questions. The point is that we want to have spiritual conversations that both challenge and invite us to follow Jesus, seek the Spirit, and experience the Father's compassion.)

**#1** Invite a couple of people to share about a word, phrase, or idea that made an impact on them. What might God be inviting you to notice about your own life, in light of this?

**#2** Does it make a difference to you knowing Jesus understands what it is like to face difficult challenges?

**#3** Considering everything Jesus finished on the cross, what seems most significant or meaningful to you?

**#4** Jesus offered one all time sacrifice for sins. Do you ever feel tempted to bring some kind of offering to God to make things right?

**#5** What do you sense Jesus is inviting you to consider when it comes to our conversation so far? (In our prayer time, we will have a chance to listen to God even more.)

## **The Practice of Examen and Prayer (20 mins)**

Take 5 mins of silence together. Reflect on the past several days and/or week.

- \* Invite the Holy Spirit to guide you in the silence, as you reflect back on your week.
- \* Offer gratitude to Jesus for whatever has brought you joy recently. Can you think of 3 things you are grateful for in this moment?
- \* Review the past week. What has been “life-draining?” What has been “life-giving?”
- \* Ask Jesus to help you see him at work in the highs and lows you encounter.

Helpful Things to Note:

- \* *Life-giving: I sense that God has been at work in my family....*
- \* *Life-draining: I have a friend at work who just lost her husband....)*
- \* A solid group response when real needs arise: “How can we help?”

### **Dialogue**

What is one thing Jesus is inviting you to notice based on our conversation today?  
Is there a “life-draining” or “life-giving” area of your life that you’d like to share with the group?

*Remember: “How can we help?” is a great question when appropriate.*

### **Pray Together**

Invite one or two people to pray over what was named in the discussion, for the group as a whole, and for the broader Brentview family.

## TAKE-HOME FORMATION EXERCISE

Each of the following verses relate to Jesus' work on the cross. Read them slowly and prayerfully.

*The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" (John 1:29, NIV)*

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*"And I will cause hostility between you and the woman, and between your offspring and her offspring. He will strike your head, and you will strike his heel." (Genesis 3:15, NLT)*

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*He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world. (1 John 2:2, NLT)*

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*For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. (2 Corinthians 5:21, NLT)*

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*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3:16, NIV)*

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*5 Adopt the attitude that was in Christ Jesus...8 He humbled himself by becoming obedient to the point of death, even death on a cross. (Philippians 2:5,8, CEB)*

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*17 He is before all things, and in him all things hold together. 18 And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. 19 For God was pleased to have all his fullness dwell in him, 20 and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. (Colossians 1:17-20, NIV)*

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*55 O death, where is your victory? O death, where is your sting?" 56 For sin is the sting that results in death, and the law gives sin its power. 57 But thank God! He gives us victory over sin and death through our Lord Jesus Christ. (1 Corinthians 15:55-57, NLT)*

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*21 For since death came through a man, the resurrection of the dead comes also through a man. 22 Just as everyone dies because we all belong to Adam, everyone who belongs to Christ will be given new life. (1 Corinthians 15:21-22, NLT)*

### **Prompts for Reflection:**

Which verses make an immediate impact on you? Meditate on it with Jesus.

Consider the strength of Jesus and his commitment to endure the cross. How do you sense Jesus walking with you when you face your own adversity or struggles?

What is God inviting you to notice about your life? Pray and journal about this.

[Space for Journaling and/or Notes]

## WHERE ARE WE IN THE CURRENT GROUPS RHYTHM?

- Summer Quarter: this is a season of rest for our groups.
- At the start of each quarter, we all gather at the church for a Groups Launch Party!
- Each quarter is about 11 weeks long
- Each Group meets once per week. While Wednesday is a great choice for a weekly Group, we know that some will choose to meet on other days.

## WHAT HAPPENS WEEK-BY-WEEK (BIG PICTURE)?

- **WEEK 1:** Church-wide Groups Launch Party! (Wednesday night, 7pm)
- **WEEK 2:** First meeting as a group, likely in a home (but not limited to this). Review shared commitments which will be finalized in week 3. This includes, but isn't limited to, your group's involvement in the current FOR Calgary initiative.
- **WEEK 3:** Finalize Shared Commitments. (See Attached)
- **WEEKS 4-10:** Do life together! Meet weekly, utilizing the materials provided—for One Groups, this is sermon-based discussion, etc.
- **WEEK 11:** Reflect on the last 10 weeks. Engage in sermon-based conversation. Fill out One Group reflection sheets. Put the following Quarter on the calendar!
- **BETWEEN QUARTERS:** At Brentview, we highly value margin in the calendar. We create clear and predictable rhythms for our Groups so that they are highly accessible and deeply intentional. Also, more margin means that your group can “organically” create times for having fun together. How will you all continue to be in relationship during the gaps in Quarters? Meals, parties, outings, movies, kids play-dates, etc. are some ideas to start with! The December break, for instance, creates a great opportunity for Christmas parties, walking with a hot drink to look at lights, etc.