

*Breaking Down  
Walls*



Small Groups  
Rally Day  
Sunday, September 8, 2019

## Why Small Groups?

1. The very first followers of Jesus were in a small group called the apostles and disciples. From here the church flourished and grew as people studied, learned, grew in faith, and practiced the basic commandments to love God and love neighbors.

The book of Acts 2:42 says:

*'They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. 43 Everyone was filled with awe at the many wonders and signs performed by the apostles. 44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.'*

2. Small groups is what SOPC naturally does well. This has always been a church of small groups, it seems, so we are capitalizing on this strength to do four things specifically:

Reach towards God

Reach one another

Reach Out to others

Reaching new leaders

3. Small groups are NOT about being 'busier' or having one more thing to do. Small groups are about CHOOSING where you need or desire to grow each semester, per God's calling. It is having the freedom to respond to God's call. If you are currently in a group and you wish to explore something for this semester, go and search - the time limitations of small groups allow for flexibility!

#### 4. Small Groups Incorporate Intentional Life Changing Spiritual Principles

##### Spiritual Growth Principle #1: Stress and Release

By working in this realm of life, we learn to let go and let God. The basic stressors of life are acknowledged, prayed over and worked on within a small group to the extent that the group is able to share. Things like jobs, retirement, raising children, frustrations and joys all find a way into the life of your small group. Then the group works to help let them go and give them to God.

##### Spiritual Growth Principle #2: Four Spaces to Grow

There are four types of space for any given person: Public Space, Social Space, Personal Space, Intimate Space. We grow spiritually and connect with others in all four spaces. Groups intentionally move people from public space....to social space. Groups provide a safe place to decide who to become personal with. This personal space is the place where you experience God's grace!

##### Spiritual Growth Principle #3: Balance Truth and Life

*Jesus told him, "I am the Way, the truth and the Life", John 14:6.* Truth focused groups are good in that they emphasize the Bible but are limited because they tend to focus on 'getting the right answer'. Life focused groups are good in that they emphasize doing life together but are limited because they tend to focus only on personal experience. Growth groups focus on transformation not on information or introspection. Growth groups are where God's truth meets my life.

What is a GG "Win"? Look for these often! My growth group WINS when together we apply Biblical truth to our lives AND pray for one another. If you are in a GG and you are seeing God at work within your community, celebrate and tell the story!

# SOPC Small Groups

Need a ride?

## SUNDAY

- S1 Godly Play** 9:45 am Ages 4yo-5th Grade  
As you walk into the Godly Play room you step into the Bible. Travel with us through the old testament, hearing stories about people such as, Abraham, Sarah, Isaac, David, etc. As we listen, wonder, and talk together, we will not simply know about God, but know God better. Join us.
- S2 Middle School SS** 9:45 am 5th, 6th 7th Grade  
Students will study 1Joh, the Early Church, Galatians and Jeremiah. All lessons show how these Old and New Testament stories relate to adolescent life.
- S3 High School Youth SS** 9:45 am 8—12 Grade  
High school students will be heading into stewardship season with lessons about living as a Christian steward in our youth; then move into Parables of Jesus and Philipians.
- S4 Brewing Faith** 9:45 am Adults  
We will be exploring “Women of the Bible.” Though only about 1% of the words in the Bible are spoken by women, their lives, actions, and thoughts are worth examining— What did they do? What were their motivations? Was there more to their stories than the Bible recorded? What can we learn from the Scripture from a woman’s perspective? From Eve to Mary Magdalene, we will attempt to view the biblical stories about them from their own points of view. Join us.
- S5 The Fellowship Class** 9:45 am Adults  
We will begin a study of Revelation on Sunday, Sept 15. We welcome new friends as we discuss our faith with lessons drawn from biblical writers. Come and hear.
- S6 Roads & Anchors** 9:45 am Adults  
We are studying “*The Wired Word*”, an on line weekly series that highlights current events and examines the biblical principles behind them. The class is very participative and we sit in a circle for our discussions.
- S7 Covenant Ringers** 12:15 pm Worship with Bells  
Our Covenant Ringers celebrate God’s goodness by joyfully ringing God’s praise. They rehearse weekly after Sunday morning worship.
- S8 Granny’s Sunday Dinner** 12:15 pm Following Worship  
A home made lunch after church service for various groups. If you are a new member (Sept 15), have recently lost a loved one (Oct 6) or are a Veteran (Nov 10), we will serve an old fashion home cooked meal, served on fine china, crystal. Please sign up under your specific date, space is limited to twenty people.
- BOOTCAMPS** Worship, Snacks & Study
- S9 October Adult Bootcamp** 5:15 pm Justice
- S10 Sept/Nov Adult Bootcamp** 5:15 pm The Bible Project-New Testament
- S11 J.A.M. (Jesus and Me)** 5:15 pm 3yo-4th Grade  
Come and enjoy Bible stories, crafts, games and more!!
- S12 The Crew—Middle School Youth** 5:15 pm 5th—7th Grade  
We will be studying “*Mixing It*” up with Harry Potter. We will be watching clips from the Harry Potter Movies and discussing what we can take from them in regards to our faith and everyday lives.
- S13 The Tribe—High School Youth** 5:15 pm 8th—12th Grade  
Looking at contemporary movies through a faith lens. We will evaluate living into the lessons we take from pop culture into our surroundings while living into our faith and everyday lives.
- S14 Children & Youth Worship Teams** 5:15 pm  
We will infuse creative music, movement, skits, and readings into our worship.

## MONDAY

- M1 Women's Bible Study** 10:30 am Leviticus  
Begins Monday, Sept 9. We will look at the Book of Leviticus from an historical and religious study.
- M2 Women's Lunch** 12:00 pm Lunch with Fellowship  
The third Monday of each month meet with others for fun and fellowship. A different restaurant is chosen each month. If you would like to attend, contact Margaret Royals 803-957-0430.

## TUESDAY

- T1 Community Yoga** 7:00 pm Community Yoga  
Cost:\$10/month, Leader: Lindsay Grady. This is classified as a "beginner/intermediate" yoga class that goes through the basic yoga poses for the first 50 min and concludes with a time of meditation.
- T2 Mary Martha Circle** 11:00 am Women's Bible Study  
We meet in the Session Room the 2nd Tuesday of each month. We are studying the *Horizon* Bible Study, "Love Carved in Stone" a fresh look at the Ten Commandments. For more information contact Myrna Gause 772-4735.
- T3 Presbyterian Comm. Circle** 11:00 am Women's Bible Study  
We meet at the Presbyterian Communities the 2nd Tuesday of each month. We are studying Ed Keelen's Devotional "Helpful Reflections for Difficult Times". For more information contact Beverly Hudson 749-2254.
- T4 Rachel Circle** 2:00 pm Women's Bible Study  
We meet in the Fellowship Classroom the 2nd Tuesday of each month. We are Studying "*What's so Amazing about Grace*" by Philip Yancy. For more information contact Jo Groce 781-7708.

## WEDNESDAY

- W1 Chair Yoga** 12:15 pm 60 and Young Again  
Cost: \$10/month, Leader: Randa Downes Participates seat in a circle on chairs and do their poses and breathing exercises with the chair as a prop. Very relaxing, particularly good at breath control and stretching.
- W2 Cookies, Coffee & Conversation** 2:00 pm Over 60 and Single  
If you are single, either divorced, widowed, or always single, 60 and over—this could be the group for you! Come meet others for conversation and fellowship.
- W3 Koinonia** 5:30 pm Breaking Down Walls  
Come for dinner, fellowship and help break down the walls and form relationships, as we learn about different faiths
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|---------|----------------------------|
| Sept 18 | Buddhism                   |
| Sept 25 | Judaism                    |
| Oct 2   | Islam                      |
| Oct 9   | Baha'i                     |
| Oct 16  | Paganism                   |
| Oct 23  | Sikhism                    |
| Oct 30  | Hinduism                   |
| Nov 6   | Breaking Down Walls Finale |
- W4 Music Ministry** 7:30 pm Choir  
Seven Oaks Music Ministry brings inspiring, faith-building music to the worship and life of our church. The Chancel Choir lifts their hearts, hands and voices in songs of worship and praise to God. The meet weekly on Wednesday evenings. We invite you to come and share your gifts, grow in your faith and enjoy rich fellowship, as we minster together through music.

## THURSDAY

- Th1 The Artist's Way** 12:00 pm Creativity as Giving Back to God  
Come take a creative journey into discovering how we can best use the gifts God has given us. You will need to purchase a book "The Artist's Way", a journal, and pens.
- Th2 Ruth Circle** 10:30 am Women's Bible Study  
We meet the 2nd Thursday of each month at various restaurants for breakfast as we study the *Horizon's* Bible Study, "Love Carved in Stone", a fresh look at the Ten Commandments.
- Th3 Hannah Circle** 6:30 pm Women's Bible Study  
We meet at members homes the 2nd Thursday of each month. We will be studying the *Horizon's* Bible Study, "Love Carved in Stone" a fresh look at the Ten Commandments. We are a missions inspired circle.

## FRIDAY

- F1 Lantern's Men's Prayer Group** 6:45 am Devotion & Fellowship at its best  
Meetings start with a light breakfast. Group is in a circle formation where everyone has a chance to contribute to the conversation. Our 20 min devotional uses the book "Spiritual Disciplines" by Richard Foster. Join us for discussions, fellowship and prayer.

**Dates TBD** These groups will determine meeting times based on preferences from sign up sheets.

- DD1 Young Women's Bible Study** (45 or younger) Beth Moore  
Is family life a challenge? Is work driving you crazy? Do you know God has a purpose for your life, but you can't figure it out? We will use Beth Moore's video series "Children of the Day" to help encourage us to live a better Christian life. We will be meeting in individual homes in the evenings.
- DD2 Slainte' Faith** Christian Fellowship among the Monks  
Slainte is for those who share an interest in learning about and sampling locally brewed beers and ciders and distilled spirits. We will meet twice a month at a local brewery "ale house". Our purpose is to gather around a shared common interest, building closer relationships, building closer, more connected relationships, encouraging each other to invite others, who are not now members of SOPC and who may not be affiliated with any Christian congregation at all. We invite everyone to join us and see for themselves that Christian love and fellowship are lived valued that do not exist only in the church.
- DD3 Trash to Treasure** The art of Reinventing trash into beauty  
Our group will learn how, and practice transforming an item (from home or thrift store) into a nice item for someone's home. We will paint and refurbish small items like trays, frames, candlesticks, boxes, small furniture etc. If you are a crafter, join us and we can learn from each other.
- DD4 Reading Buddies at SOES** Encourage a child by reading a book!
- DD5 Inquirer's Class** Information about SOPC  
If you are visiting Seven Oaks Presbyterian Church and would like to learn more, please join us when this class starts.

Missions ministry team is a small group of volunteers that coordinate the many mission projects of SOPC. You can sign up for one or more of the following projects: Family Promise, Providence Home, Habitat for Humanity, Back Packs, Sharing God's Love and much more. Check out the table in the Fellowship Hall after Worship.



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