

UNDERSTANDING THE QUESTIONS



(1) What are your successes and struggles?

People connect to one another by sharing about their life and listening to the other person share about their life. This question will provide a space for the current speaker to share both the good and the bad from the past couple weeks with the others in the band. This is very similar to the classic “highs and lows” question that a lot of church small groups use.

Life is filled with struggles, and we weren’t meant to face them alone. Your band can be a safe place for you to be authentic about the challenges you’re facing, not just the highlights.

When you prepare to share, you might want to evaluate these four categories of your life: family, relationships, work, and yourself. When you share your successes, the group will celebrate with you, and when you share your struggles, they will encourage and empathize with you.

(2) What might God be speaking to you through the Spirit and the Scriptures?

This question is incredibly significant to an impactful band meeting. Many Christians can attend Sunday services without ever thinking deeply about this, but our spiritual growth depends on listening to and obeying the Lord. The Lord speaks to us both by the Scriptures and by His Spirit that dwells within us. Every believer should be reading God’s word, listening for the Holy Spirit’s leading, and taking action on what the Lord has spoken.

Between meetings, this question helps shape your prayers and Scripture reading. When you read the Bible on your own, ask God to speak to you. Identify one lesson that you can take away from that passage and contemplate on it with God. When you pray, say something like, “Speak, Lord, for your servant is listening.” Then set aside some time to listen to the Holy Spirit. When you answer the question in the band meeting, recall those moments during your personal time with God and share what God has been speaking to you.

Answering this question each week will help keep you accountable to the band to: 1. Develop a sensitivity to the Spirit’s leading and 2. Act upon what God tells you to do. Obediently taking action is key to your spiritual growth, not just coming up with something to tell the band at your next meeting. When you learn to identify what God is saying, share it with the band, and act on it, you will develop a transformative habit that will form you to be more like Jesus!

(3) Where have you shared or shown the love of Jesus outside of the church?

We are not only doing life together and growing spiritually together, but we are on mission together (Mt. 28:19-20). This question reminds us of our shared mission to reach for others in love with the good news. Answering the question at each meeting will help keep you mindful of your mission to share the gospel message and the love of Jesus with your neighbors, friends, and coworkers. Your fellow band members will cheer you on as you live on mission for Jesus!

(4) Do you have any sin to confess?

Confession is a normal, healthy rhythm of the Christian community that brings freedom from sin and shame. First, we confess our sins to God to receive forgiveness, then we confess them to one another to receive healing and to be prayed for. James 5:16 commands us to “confess your sins to one another and pray for one another, that you may be healed.”

After a few band meetings, your band will begin to ask this question at each meeting. You may not have a sin to confess every week, but when you do, you will have a safe place to confess it. Your band will remind you of God’s grace and pray for you.

This may feel intimidating if you are not used to confessing sin, but taking that risk of bringing your sin into the light breaks sin patterns and shame cycles. It’s worth it!

Because trust is so important to confessing sin to your band members, everything that is shared within the band must be kept strictly confidential. The only exception is when serious situations need to be reported to a KC leadership (like physical abuse, self-harm, and illegal activities).

(5) Is there anything that you desire to keep secret?

Like the confession question, this question will not be asked until after a few meetings. At first glance, this may seem like a similar question as the previous one about confession. While a secret may well involve sin, a secret is not always a sin. Sometimes we desire to keep hidden the things that have been done to us, difficult feelings we experience, or challenging circumstances. The danger of this is that shame sets in as a result. Your band is a place where you can bring everything to the light and find love and encouragement from the body of Christ.

7 Commitments of Discipleship Band Meetings:

1. **Respect the clock** - Don't take longer than your allotted time to answer the questions, so the band can end on time.
2. **Permission to pass** - You can always skip a question.
3. **Limit cross-talk** - Unlike a small group discussion, band members take turns answering the questions. Please don't interrupt.
4. **Let the Holy Spirit be the counselor** - Encouragement is ok, but don't give advice or solve their problems. Let God work!
5. **Empathy and encouragement** - In life and in the meeting, have an attitude of empathy and encouragement with the band.
6. **Affirm forgiveness** - When sin is confessed, remind them that God has forgiven them. "In the name of Jesus, you are forgiven".
7. **Strictly confidential** - No one will confess anything if they can't trust you.

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