



YOU ARE UNSHAKEN

Group Guide

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In today's busy, disconnected world it's easier than ever to live isolated, lonely and disconnected and yet we are built to crave deep connection. We not only desire, but need people to walk through life with, share our hopes, desires and struggles with and be deeply known and loved. Unshaken groups help you find your people and foster an environment for you to connect deeply, pray for each other and point each other to Jesus.

Why have an Unshaken Group?

There are studies that show that loneliness is the plague of our generation. People are "connected" online and can be in a room full of people but feel lonelier than ever? Why? Because the greatest needs of mankind are to love and be loved and feel worthwhile to self and others. And this fundamental need cannot be met apart from being known.

Unshaken Groups are characterized by two things: Connecting with each other and connecting with God. The goal of these groups is to get past the surface conversation and be vulnerable with each other and to connect with God together through His Word and prayer.

What is an Unshaken Group?

A small group that meets regularly to connect on a personal level, pray for each other and point each other to the Lord.

How does an Unshaken Group Work?

1. Connect with each other by answering specific questions
2. Watch the video and share answers to the discussion questions.
3. Walk through the Truth Chart together.
4. Pray for each other.

Unshaken Group Schedule

- 30 min. Connect question (see appendix for questions)
- 10 min. Watch video together (follow QR code in book)
- 30 min. Discuss chapter questions & answers
- 30 min. Complete and discuss the Truth Chart.
- 30 min. Pray



What about when the book is over?

When your group is done going through the book, keep meeting as a group and use the following schedule example.

30 min. Connect question (see appendix for questions)

30 min. Discuss 1-3 attributes of God a wee using the discussion questions in the back.

30 min. Complete and discuss the Truth Chart.

30 min. Pray for each other.

Small Group Training

Starting the Group

Your first and second meeting most people are there to check-out the group. Their assessment will most likely be based on the perception of personal acceptance, not necessarily the content. Personal connection with the people will be the big thing that helps people feel like the weekly study is worth their time.

To help communicate that you value them as a person I highly recommended you talk personally with everyone before the first meeting. This will help you establish rapport and make a personal connection.

To start the study, make sure everyone has been introduced in a nice way, maybe in a way that everyone can remember names and communicate the direction and tone of the Bible study.

I recommend using the first 1 or 2 group times to do one of the following:

Soul to Soul- Each person is given 15 minutes to share their life story (most open and vulnerable goes first)

Life Maps- Bring large paper and markers and each person maps out the major events of their life that has shaped who they are and then each take time sharing with the group.

4 H's- Each person has 15 minutes to share their 4 H's:

1. Highs and lows
2. Hero's
3. Heritage
4. Hopes and dreams.

Designing the best environment

You want to provide a safe place, that is free from distractions. It also helps to have it well-lit and a place where everyone can be on the same eye level. You can never go wrong with snacks, and you might want to make sure you have a couple extra Bibles and You Are Unshaken books.

Creating A Sense Of Community

If people in your group don't feel connected to you or the others in the group, chances are they won't come back. You are not in control of what people in your group think or feel or even how they act, but you can set a good example. When you respond to people graciously and look to meet people's needs, others will pick up on your attitude and begin to imitate it. Some things you can do to model a sense of community are:

- Maximize group interaction by using the questions in the appendix that will help the group really get to know each other. The Reveal Cards (a deck of picture cards I created) is one of the best tools I've seen in helping a group connect in a fun, creative, interactive way. I've included the question cards to go along with The Reveal Cards. Order the cards at the Missional Women Shop. www.missionalwomen.com/store/p26/RevealCards
- Help people to share what they are learning.
- Show concern for those in your group by asking for any needs that can be prayed for.
- Do something together as a group outside of the normal meeting time.
- Pay attention when people are talking. Listen and try to understand by asking questions.
- Value other's opinions and steer clear from sharing pat answers.
- Be quick to laugh with them, share your struggles and victories. Be authentic and willing to open up and vulnerable.
- Tension in a group or among group members is inevitable. Agree to work through disagreements and conflict in a peaceful way.

Asking questions in the group will help the group to begin to connect with each other on a deeper level. And when they start feeling more relationally connected to each other they will be able to give and receive each other real encouragement from God's Word.

Dealing with discussion problems and tips

1. What if no one talks?

- If the question was good, meaning it was an open-ended question, just be patient. People need time to think. You can always follow up with, "Does that make sense?"
- If the questions wasn't good or just seemed to miss the point rephrase the question.
- Resist the temptation to fill the silence with preaching.
- Encourage them with your non-verbal communication. Maintain good eye contact, smile, be relaxed.
- Encourage them: compliment their answers, convey acceptance, don't criticize.
- Call on someone who looks like they have something to say.



2. What if someone says something wrong? If someone says something contrary to Scripture. It's important to be gracious and gentle and not put the person down. Yet if it's an essential issue, you don't want to let it slide. Here are some ideas of what you can do:

- Determine if it truly a wrong answer or just a perspective different from yours.
- Redirect the question to the rest of the group saying something like, *"What do you think the Bible says about that?"*
- If its an off-the-wall response, say something like, *"That's an interesting thought. How did you come to that conclusion?"* Lead them to the truth gently.
- Exclude inappropriate answers when you are summarizing.

3. What if someone asks something I can't answer?

- If you don't know an answer, just say that but that you will try to find answer by the next week. The go ask someone that has a lot more Biblical understanding and study the question.
- Ask if they would be willing to research the question and get an answer for the group. It would be a good opportunity for them to learn to search out answers for themselves and share with others. Direct them to GotQuestions.org or other helpful sites.

4. What if someone won't stop talking? If you let this continue it will hurt the community of the group. If someone is dominating the conversation, here are some ideas of what you can do.

- Direct questions to other members of the group.
- Set next to the talkative person and minimize eye contact.
- If these fail, ask for their help in drawing out the quiet members.

5. How can I get someone who never talks to speak up?

- Ask them direct, low-risk questions they can answer comfortably.
- Sit where you can maintain good eye contact and smile.
- Give positive feedback when the do share.

6. What if our conversation keeps getting off track? Rabbit trails are not always bad but can be discouraging for the task driven people. It's important to keep it balanced and not let rabbit trails dominate the night.

- Be light-hearted and make a comment in a joking way how we need to stop following squirrels.
- Use a good question to get back on track.



7. What if there is a disagreement? It is ok to have disagreement and sometimes it can even be good to see if people don't agree but still choose to love each other well but it needs to be handled with grace and truth.

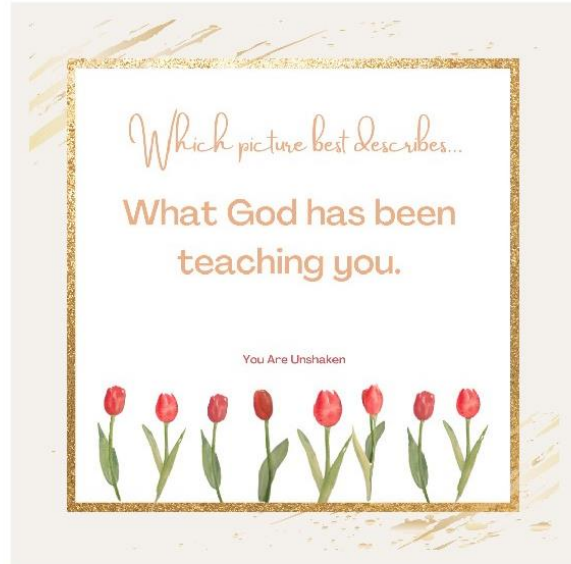
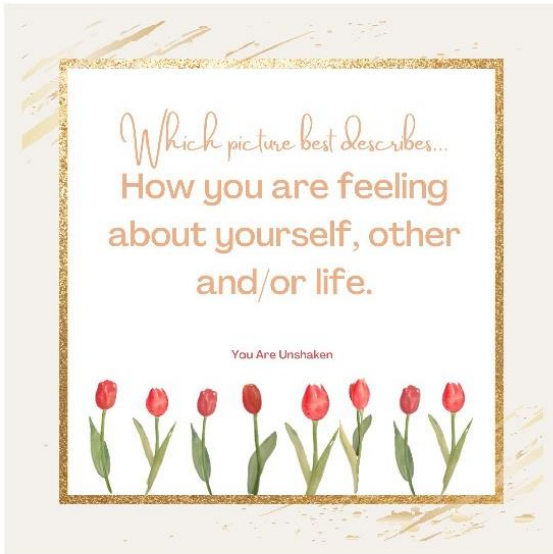
- Remind the group that disagreements are ok and often aid in learning.
- Try not to allow disagreement to become a tangent.
- If two group members like to argue regularly, it would be a good idea to talk to each of them about being a distraction. Remember, problems just won't go away, usually they get worse. If there is help needed communicating or working through conflict, [the communication wheel](#) is a helpful resource.

8. Should I answer all the questions? When the leader answers all the questions, the group members can easily feel like they are not respected or valued. It also removes from them the opportunity to be a self-discovered learner. Here's some tips to help you from answering all the questions.

- Direct another question to a specific person in the group.
- Reverse the question back to the person who asked it.
- Relay the question back to the whole group.



Reveal Cards Questions






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Which picture best describes...
**What you're
trusting the Lord
with (and how).**

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Which picture best describes...
**What God is
doing in your
heart and life.**

You Are Unshaken



Which picture best describes...
**A high and low of
your week.**

You Are Unshaken





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More Connection Questions

- Who are your heroes?
- What are you passionate about and want to spend more time doing?
- How do you show love to others?
- What makes you feel loved?
- What is holding you back from living for the Lord the way you'd like to?
- What do you dream your legacy would be?
- What is a funny witnessing experience you've seen or had?
- What is a characteristic of God that's been meaningful to you?
- Tell us about a recent struggle or victory.
- What is a verse God has used in your life?
- What is one word to describe your day?
- What is one of the kindest things someone has ever done for you?
- What are you working towards that you could use help with?
- What can you do that you could not do a year ago?
- What risk are you happy that you took?
- What challenge do you want to overcome?
- If money was not an issue, how would you spend your time?
- What do you dream of achieving one day?
- What is a defining moment in your life and how did it impact you?
- What moves you to tears or gives you goosebumps?
- What makes you lose track of time?
- What is something new you recently tried and loved?
- What did you learn from your biggest regret?
- What would you do if you were not afraid?
- What do you spend too much time doing?
- What do you want to let go of?
- What virtue do you want more of in your life?
- What is a challenge you want to overcome?



Attributes of God Study

Print off the resources below:

- [Attributes of God list](#)
- [Attributes of God spinner](#)

Pick 1-3 attributes from the list a week to study using the following questions.

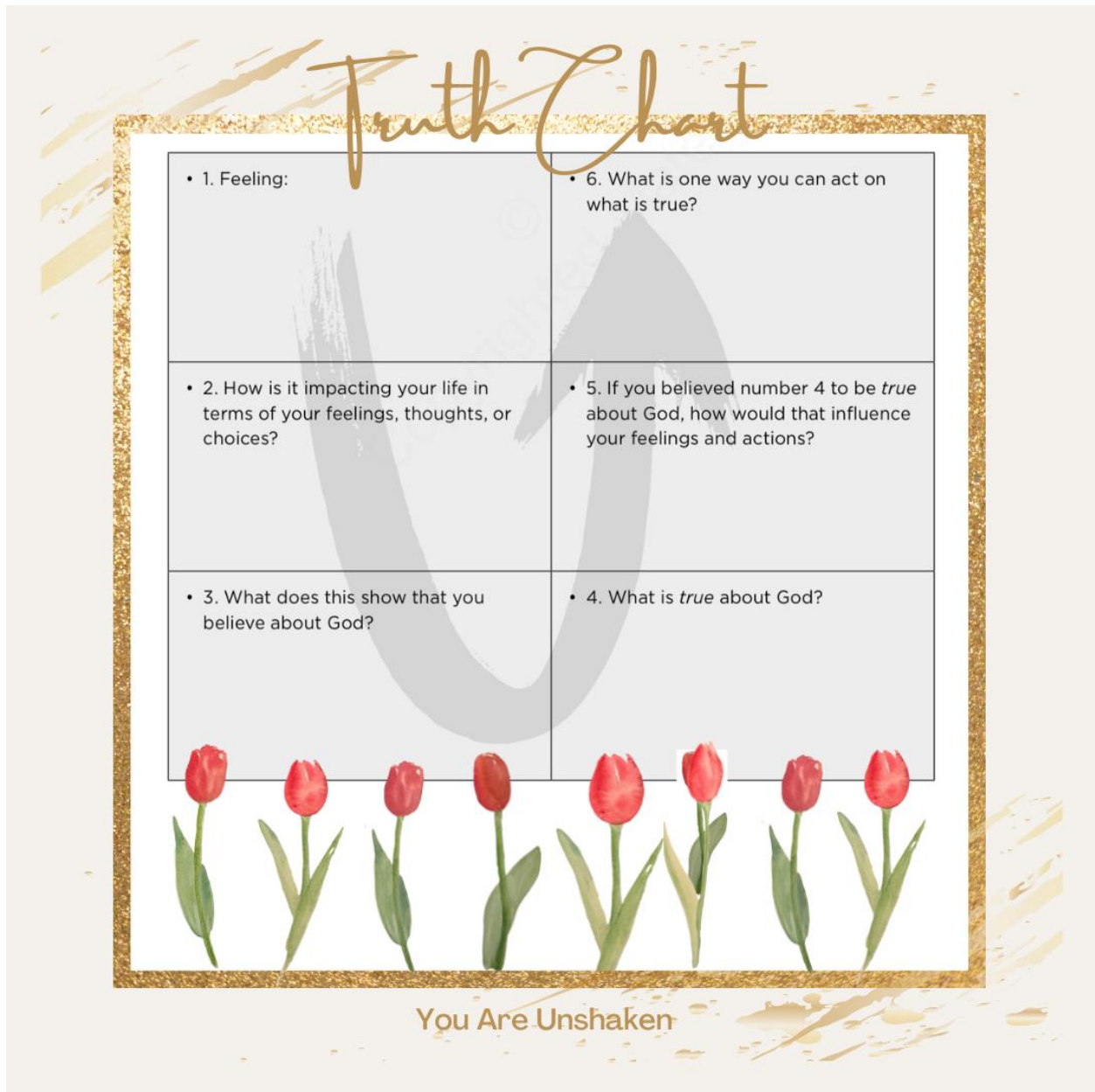
1. Define the attribute.
2. Compare and contrast. What is the attribute? What is it not?
3. Connect it to other attributes using the spinner. What stands out to you when it relates to other attributes.
4. Testimony. Where and how do you see this attribute of God in Scripture? Your own life? Other people's lives around you?
5. What does this attribute of God give you confidence to do?

If you'd like these questions in a cute little printable, download and [print it here](#).

You can also find all of this on the Missional Women Unshaken Groups page:

<https://www.missionalwomen.com/unshaken-groups.html>

Truth Chart



Truth Chart

<ul style="list-style-type: none">• 1. Feeling:	<ul style="list-style-type: none">• 6. What is one way you can act on what is true?
<ul style="list-style-type: none">• 2. How is it impacting your life in terms of your feelings, thoughts, or choices?	<ul style="list-style-type: none">• 5. If you believed number 4 to be <i>true</i> about God, how would that influence your feelings and actions?
<ul style="list-style-type: none">• 3. What does this show that you believe about God?	<ul style="list-style-type: none">• 4. What is <i>true</i> about God?

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Attributes of God

- Advocate (1 John 2:1)
- All Sufficient (2 Cor. 9:8)
- Almighty (2 Cor. 6:18; Rev. 1:8; 19:15)
- Alpha and Omega (Rev. 22:13)
- Ancient of Days (Dan. 7:9)
- Atoning Sacrifice (Rom. 3:25; 1 John 4:10)
- Author and Finisher of our faith (Heb. 12:1-2 AMP)
- Author of Salvation (Heb. 2:10 AMP)
- Author of Life (Acts 3:15)
- Author of Peace (1 Cor. 14:33 NKJV)
- Aseity (Acts 17:25)
- Captain of Salvation (Heb. 2:10 NKJV)
- Comforter (John 14:16 AMP)
- Consuming Fire (Deut. 4:24)
- Cornerstone (Eph. 2:20; 1 Pet. 2:6)
- Counselor (Isa. 9:6)
- Creator (Isa. 40:28)
- Deliverer (Rom. 11:26)
- Door (John 10:9 HCSB)
- Eternal (Ps. 90:2)
- Faithful (Deut. 7:9)
- Faithful and True (Rev. 19:11, 13)
- Father (1 John 3:1)
- Father of Lights (James 1:17)
- Father of the fatherless (Ps. 68:5)
- First and the Last (Isa. 44:6; 48:12)
- Good (Ps. 119:68, Rom. 11:22)
- Gracious (Isa. 30:18a; 1 Pet. 2:2-3)
- Healer (Isa. 53:5)
- Help (Ps. 46:1)
- High Priest (Heb. 2:17; 3:1)
- Holy (Revelation 4:8)
- I AM (John 8:58; Ex. 3:14)
- Immanuel (Isa. 7:14)
- Immutable (1 Sam. 15:29, James 1:17)
- Immeasurable (Ps. 103:11-12)
- Infinite (Rom. 11:33, 1 Kings 8:27)
- Jealous (Ex. 20:5-6)
- Judge (Ps. 68:5, Rev. 19:6)
- Just (Isa. 26:7; 30:18; Ps. 24:7-10)
- Light (1 John 1:5)
- Love (1 John 4:8)
- Merciful (Deut. 4:31)
- Mighty (Deut. 10:17; Isa. 9:6)
- Omnipotent (Isa. 44:24)
- Omniscient (Isa. 40:13-14)
- Omnipresent (Ps. 33:13-14)
- Passover Lamb (1 Cor. 5:7)
- Providence (Acts 17:25)
- Refuge (Ps. 46:1)
- Redeemer (Isa. 47:4)
- Rewarder (Heb. 11:6)
- Righteous (Ps. 145:17)
- Rock (Deut. 32:15)
- Savior (1 John 4:14)
- Shepherd (1 Pet. 5:4; Ps. 23)
- Shield (Ps. 84:11)
- Strength (Ps. 19:14)
- Sovereign (1 Chron. 29:11-12)
- Trustworthy (Ps. 22:4-5, 145:13)
- Truth (John 14:6; Titus 1:2)
- Victorious (1 Cor. 15:57)
- Wisdom (Rom. 11:33)
- Wonderful (Isa. 9:6)
- Wrath (Ex. 15:7 HCSB; John 3:36)

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