

Gathering@Home Guide: Date

1. Welcome

- Decide when during the meeting to eat and share communion together
- Links to ALL resources related to this meeting:
 - <https://www.knexionschurch.com/discussion-tools>

2. Start with Gratitude moment and prayer

- talk about importance of gratitude relating to joy and connection to God
- Ask people to reflect on a recent event this week that they're grateful for
- the leader and/or participants share a gratitude if they are comfortable
- pray, including any shared gratitudes and for peace, focus from distractions as you continue

3. Worship together

- live music if applicable
- Youtube videos otherwise
- Suggested playlist available on web page and Youtube

4. Announcements

- Next Sunday at Hotel
- Serving Day on Nov 30
- Fill a Sock (hand out socks)

5. Kids (If there are families with kids in group)

- play video for kids; link found in discussion tools on Knexions web site
- whole group participates in any activities suggested in video (support for families and kids)

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6. Discovery Bible Study (DBS)

1. **Pray** - for minds to be open to know God/Jesus better and to be transformed
2. **Watch Podcast** - Barriers to being loving
 - from book by William R Miller and it's called Lovingkindness: Realizing and Practicing Your True Self.
 - 3 categories of barriers to love: Inattention, Negative Emotions and Privilege.
 - Inattention which basically means NOT being present or noticing. Both are necessary for someone to feel loved.
 - Negative emotions are based on danger response. Flight Emotions: Fear, Worry and Anxiety and Fight Emotions: resentment, bitterness, anger, and hatred
 - Privilege is our response to when we think we have a special right or advantage, available only to me or my group.
3. **Share** - What about today's podcast surprised you or made you think about your life and circumstances in a different light.?
4. **Answer questions**
 1. When the Apostle Paul says 'Let God transform you into a new person by changing the way you think.' how does that happen?
 2. Taking into account God's character, what do you think God's will is for us?
 3. Think of a specific situation in the past where applying the golden rule with some imagination might have helped the situation turn out better than it did. Explain if comfortable.
 4. How would the world be different if everyone was aware of the barriers to love and practiced the Golden Rule with some imagination?
5. **Reflection and Application**
 - Based on today's video and discussion, what is one potential situation this coming week, where I might be able to use the golden rule and some imagination to live this out? Explain if comfortable.
6. **Prayer**
 - Ask people to share needs if comfortable and then take turns praying for needs
 - Leader wraps up in prayer for unity in our community and for opportunities to Bless and share with family, friends and neighbours

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6. Ending the Meeting

- let the meeting end naturally
 - If the last thing is prayer after the DBS then that is a natural ending point. People may want to continue to talk or switch conversations to something else
 - if the last thing is eating together then let the conversation continue. Be mindful of the host home. Confer with them if the meeting needs to end at a specific time
- remind everyone that the next time we meet will be at the hotel on Nov 16.