

Core Help Compilation

We'd like for you to do at least 1 book study a semester.

-We highly encourage you to watch the Bible Project Video

Options:

Galatians (6 Chpts)

Ephesians (6 Chpts)

Philippians (4 Chpts)

Colossians (4 Chpts)

1 Peter (5 Chpts)

-You can also pick other books, but we would not recommend picking a book that is over 10 chapters long.

Table of Contents

Below are the core helps we've prepared for you, we would like for you to choose 4 of the in the Fall and 6 in the Spring.

Confession

Vulnerability

Holy Spirit

Worship

Diversity

Evangelism

Shame

Anxiety

Depression

Thankfulness

Giving/Generosity

We hope that this is helpful, but we realize that since we're trying this for the first time, there may be things that need to be changed or we want to add. You can email suggestions to sarahg@anyfocus.org

Confession of Sin Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs
- This core could be a sensitive subject to many. Spend time with your cofa praying for your core and for the Spirit to enable the students to bring sin into the light. Think of something you need to confess or even have confessed and share that in core. Your openness can set the tone for this core.
- It could also be a good time to think through how we should or would handle other people's confessions. How should we act? What facial expressions are helpful and unhelpful? What are some helpful things to say after someone says something emotional? We also may not be equipped to handle every situation that we're told about. It's a good idea to think through who we could get involved and how we can get those people involved. Your peer team leader is a great resource to begin with and can help you think through how to respond.
- What people deal with ranges a lot. Sometimes confession can center on porn, gossip or lying. While those things need to be confessed, we want to also make sure we don't discourage people with bigger deals to share because they don't think anyone else is going through anything worse. Some people in your core may have been abused, gotten an abortion, or are struggling with things that have big legal implications. It's good to think through how to make sure that those people feel comfortable sharing as well.

DIVE DEEPER QUESTIONS/ACTIVITIES

- Today we are going to talk about confession of sin but first how do you feel about this subject? There will probably be a lot of negative emotions about discussing the topic, ask them why they have those emotions? It's good to be aware of how they're feeling, and it might be good to spend some time and respond to some of their emotions. You can also take the time to pray as a group on making each other bold in confessing sin and seeking to bring every area of their life to light and to healing.
- Why do you have a hard time confessing sin to God and others? What fears do we have in regards to confession of sin?
- What are some things we should be confessing?
- What is something you need to confess and seek prayer in?

- What do you think are the consequences of NOT confessing your sin?

SCRIPTURE

- Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. - James 5: 16
- Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. - Proverbs 28: 13
- Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord - Acts 3: 19
- This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. **20** Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. **21** But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God. - John 3: 19-21
- Bear one another's burdens, and so fulfill the law of Christ. - Galatians 6:2
- This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. **6** If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. **7** But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. **9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. **10** If we claim we have not sinned, we make him out to be a liar and his word is not in us. - 1 John 1: 5-10

WORSHIP

- Lord I Need You - Matt Maher
- Make us one by Jesus Culture

PRAYER

- Pray for those who have confessed something to be healed, restored, etc. (James 5:16)

MISSION

- On a sheet of paper write down a name of a person you would trust confessing to. Write down some things that you need to confess and go do it this week!

ADDITIONAL RESOURCES

- CCF Core - <https://docs.google.com/document/d/15FpTkimHBQhtCUUaG-xcbUxG33bekHSzpGdcGDjrd58/edit>

Vulnerability Core Help

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PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs.
- What are some ways that you can create a 'vulnerable atmosphere' in core? How are the seats arranged? Are people sitting close together or far apart?

DIVE DEEPER QUESTIONS/ACTIVITIES

- Have you ever shared something really personal and private with someone before? What was that experience like?
- What emotions do you have when you think about being vulnerable? Why do you have that emotion when thinking about this?
- What are things that keep us from being vulnerable?
- Why is it important to be vulnerable?
- How can vulnerability help us in our relationships? (think about people and God)
- What does our culture tell us about vulnerability? Who is allowed to be vulnerable? When? Why? // When are the moments that you are NOT allowed to be vulnerable?
- What is a question that you'd love to ask a parent/loved one but you're afraid that it's too vulnerable?

SCRIPTURE

- This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. **20** Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. **21** But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God. - John 3: 19-21
- Bear one another's burdens, and so fulfill the law of Christ. - Galatians 6:2
- This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. **6** If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. **7** But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. - 1 John 1: 5-7
- In your relationships with one another, have the same mindset as Christ Jesus: **6** Who, being in very nature God, did not consider equality with God something to be used to his

own advantage **7** rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. **8** And being found in appearance as a man, he humbled himself by becoming obedient to death — even death on a cross! **9** Therefore God exalted him to the highest place and gave him the name that is above every name, **10** that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, **11** and every tongue acknowledge that Jesus Christ is Lord to the glory of God the Father. - Philippians 2: 5-11

WORSHIP

- If We're Honest - Francesca Battistelli
- Stained Glass Masquerade - Casting Crowns
- Psalm 139 - read it aloud, notice how vulnerable David is with the way he talks to God, shares himself and invites God into his heart. Write your own Psalm to God **not asking for anything specifically** - but, just be vulnerable with him. Share with him what's on your mind. Afterwards, read aloud with one another.

PRAYER

- In the Psalms, David cries out Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139: 23-24) Have your core rewrite these verses as their own plea to God.
 - This can be done in core or it can also be done outside of core with a partner - maybe come back after one week and share how it went.

MISSION

- Think of someone you could be vulnerable with. Think of something that you're still keeping from the light and share that with that person.
- Think of your vision for vulnerability in core for the semester - write it out and/or discuss how vulnerable you'd like core to be this year!

ADDITIONAL RESOURCES

- FOCUS Article - <https://anyfocus.org/media/vulnerability/>
- Brene Brown TedTalk on Vulnerability - <https://youtu.be/iCvmsMzIF7o>
- CCF Core - <https://docs.google.com/document/d/15FpTkimHBQhtCUUaG-xcbUxG33bekHSzpGdcGDjrd58/edit>

Holy Spirit Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs
- Consider starting your core on the Holy Spirit by watching the Holy Spirit Bible Project Video. A link is attached below under additional resources

DIVE DEEPER QUESTIONS/ACTIVITIES

- How would you describe the Holy Spirit?
- What's one question you have about the Holy Spirit?
- What do you think of when you think about the Holy Spirit?
- What have you been taught about the Holy Spirit?
- In what ways have you experienced the Holy Spirit's activity in your life?
- How would you like to experience the Holy Spirit moving forward?
- What needs to change in your relationship to the Holy Spirit?

SCRIPTURE

*Some of these scriptures may be unfamiliar to you. I put a small explanation of what the scripture is saying to help you know how to use it. Most of these scriptures are just explaining what the Holy Spirit does

- When you hide your face, they are terrified; when you take away their breath, they die and return to the dust. When you send your Spirit, they are created, and you renew the face of the ground - Psalm 104: 29-30
 - This scripture can be used along with Genesis 1: 2 and Genesis 2: 7 to talk about the Spirit's work in creation/life.
- But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. - John 14: 26
 - The Spirit is our teacher, and He reminds us of what Jesus has said
- In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. - Romans 8: 26-27
 - The Spirit is interceding for us. He is praying for us, even when we don't even know what we should be praying for!

- You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. **14** For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." **15** If you bite and devour each other, watch out or you will be destroyed by each other. **16** So I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. **18** But if you are led by the Spirit, you are not under the law. **19** The acts of the flesh are obvious: sexual immorality, impurity and debauchery; **20** idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions **21** and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. **22** But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **23** gentleness and self-control. Against such things there is no law. **24** Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** Since we live by the Spirit, let us keep in step with the Spirit. **26** Let us not become conceited, provoking and envying each other. - Galatians 5: 13-26
 - The Holy Spirit is helping us to look and live more like Jesus/God. If you are walking by the Spirit, then you will be living your life for others and will be reflecting the kinds of fruit listed. If you are walking by the flesh, then you will be living your life for yourself and will be reflecting the kinds of fruit listed above.
- But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth. - Acts 1: 8
 - This scripture is showing that the Holy Spirit will give us power to be Jesus' witnesses
- So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. **10** For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. **11** "Which of you fathers, if your son asks for a fish, will give him a snake instead? **12** Or if he asks for an egg, will give him a scorpion? **13** If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him - Luke 11: 11-13
 - This scripture shows us that the Holy Spirit is a good gift that God gives us
- "I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you. - John 16: 12-15

- The Spirit guides us into truth. What He shares He has heard from the Father
- I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. **26** I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. **27** And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. **28** Then you will live in the land I gave your ancestors; you will be my people, and I will be your God. **29** I will save you from all your uncleanness. - Ezekiel 36: 25-29a
 - Part of the hope of God's people was that God was going to give them a new spirit, His spirit, and the spirit would help them keep His commands

WORSHIP

- Holy Spirit - Kim Walker

PRAYER

- Ask God to transform you by the influence of the Holy Spirit. Ask God to open your eyes to how the Holy Spirit is working in your life and in the lives of those around you.
- Luke 11: 11-13 says that God will give the Holy Spirit to those who ask him. Spend some time praying for the Holy Spirit. If you aren't sure you believe that the Holy Spirit is a good gift from God, take that fear to God. Ask him to show you how this gift is indeed good.

ADDITIONAL RESOURCES

- FOCUS Core - <https://anyfocus.org/media/holy-spirit/>
- Bible Project video on the Holy Spirit - <https://youtu.be/oNNZO9i1Gjc>
- CCF Core Help - https://docs.google.com/document/d/1njp_Hu-el1AsYi57GnMRjPg_Vaa8LTfUAvx_9r0M11M/edit

Worship Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

Goal: The goal of this core plan is assist your core in thinking biblically and objectively about worship while still understanding the reverent submission, lifestyle, and posture we, as Gods people, should have in worship.

Before your core:

- Your core environment should be always warm and welcoming. Consider having snacks, or some kind of refreshments. Make sure there is plenty of room to sit and that the seats are arranged in a circle. Always be early, welcoming, and prepared for core to start. It would be good to consider notifying your core a week ahead of time that a discussion on biblical worship would be happening so they can prepare.

PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this information to their needs
- Invite your core members to bring a worship thought

INTRO

- If you feel comfortable leading 2-3 worship songs when core begins I would encourage you to do so. If not, discuss with your co-facilitator students in your core that you think would be interested in serving in this way.

DIVE DEEPER QUESTIONS/ACTIVITIES

- What is worship?
- Everybody worships something at all times. Reflect and respond to this statement
- How do the things we worship affect us?
- What does music and songs have to do with worship?
- We often think of worship as something that happens at a given events point and time (Sunday mornings, Friday nights, etc.) and then ends when the event is over. But if someone were looking into your life (sort of like a super-intensive reality TV show) and monitoring your thoughts and actions - what is something that they would conclude you spend a large amount of time thinking about, pursuing, stressing over and/or trying to figure out? (Let them think about this for a few minutes if they need to)

SCRIPTURE

Study and Discussion (Read these scriptures first and then discuss)

Matthew 22: 34-38 "Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment..."

Romans 12:1-2 "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will."

Psalms 100: 1-5 "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations."

Psalms 86: 9-10 "All the nations you have made will come and worship before you, O Lord; they will bring glory to your name. For you are great and do marvelous deeds; you alone are God."

Think out loud:

- What do we learn, here about worship?
- How do our earlier answers regarding what we spend a lot of our time/energy thinking and worrying about tell us about our personal worship?
- What does it look like to offer our body as a 'living sacrifice, holy and pleasing to God'? Be specific.

WORSHIP

- See earlier activity

PRAYER

- Break up into pairs. Ask what was most challenging about this discussion. Read through Psalm 139 in your pairs and ask the Lord to show you the areas of your life that you need to hand over as an act of worship to him.

MISSION

- Invite everyone in the group to exchange contact info with the person they paired to pray with and get coffee (or spend time) with them this week. Ask them to simply focus on getting to know one another.
- Make sure to follow-up on this "Go" section during your next core. The more time you take to talk about this, the more likely people are to do it.

ADDITIONAL RESOURCES

- FOCUS Core Help - <https://anyfocus.org/media/worship/>
- CCF Core Help - <https://docs.google.com/document/d/1h756FI0Ehp2kv-3VysUSZwnmJxWSaMVivu32w8G7sms/edit>

Diversity Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

DIVE DEEPER QUESTIONS/ACTIVITIES

- What do you think of when you hear the term diversity?
- Do you have a diverse friend group? What would it look like for you to pursue friends who are different than you?
- What are ways you can pursue diversity? (In work, friend group, core, church)
- Where do you see room for growth in your life when it comes to diversity? Or the Church?
- Do you value diversity?
- Do you ever feel like being different is a bad thing? Why or why not?
- What do you think diversity adds to groups?
- What does it look like to be unified, but different?
- How can we honor those who are different than us? Or to parts that are 'unpresentable' (1 Corinthians 12: 22-24)

SCRIPTURE

- After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. 10 And they cried out in a loud voice: "Salvation belongs to our God, who sits on the throne, and to the Lamb." - Revelation 7:9-10
- My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favoritism. 2 Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. 3 If you show special attention to the man wearing fine clothes and say, "Here's a good seat for you," but say to the poor man, "You stand there" or "Sit on the floor by my feet," 4 have you not discriminated among yourselves and become judges with evil thoughts? - James 2: 1-4
- Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. 13 For we were all baptized by [c] one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. 14 Even so the body is not made up of one part but of many. 15 Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. 17 If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18 But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. 19 If they were all one part, where would the body be? 20 As it is, there are many parts, but one body. 21 The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet,

“I don’t need you!” **22** On the contrary, those parts of the body that seem to be weaker are indispensable, **23** and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, **24** while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, **25** so that there should be no division in the body, but that its parts should have equal concern for each other. **26** If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. **27** Now you are the body of Christ, and each one of you is a part of it. **28** And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. **29** Are all apostles? Are all prophets? Are all teachers? Do all work miracles? **30** Do all have gifts of healing? Do all speak in tongues? Do all interpret? **31** Now eagerly desire the greater gifts. - 1 Corinthians 12: 12-31

- Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age. - Matthew 28: 19-20
- Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. - Colossians 3: 11
- So in Christ Jesus you are all children of God through faith, **27** for all of you who were baptized into Christ have clothed yourselves with Christ. **28** There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. **29** If you belong to Christ, then you are Abraham’s seed, and heirs according to the promise. - Galatians 3: 26-29
- Then Peter began to speak: “I now realize how true it is that God does not show favoritism **35** but accepts from every nation the one who fears him and does what is right. - Acts 10: 34-35

WORSHIP

Make us One - Phil Wickham

Build Your Kingdom Here - Rend Collective

MISSION

- Ask someone from a different ethical or cultural background their experience with race and diversity in the Church and outside of it?
- Make friends with someone who is different than you.

ADDITIONAL RESOURCES

- CCF Core Help - <https://drive.google.com/file/d/0B7AlhZW8NmW4Y2hNNmdOdkk1UDQ/view>

Evangelism Core Help

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PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs

DIVE DEEPER QUESTIONS/ACTIVITIES

- How did you get involved in this core? What would it have been like if someone had not invited you?
- What stops you from reaching out to people?
- What are your fears when it comes to evangelising?
- When you hear the word “evangelism,” what do you think about?
- What is evangelism? What are things we can do to evangelize?
- What are things you do right now to evangelize?
- What relationships are the hardest to share God to? And why? Are there anythings the group can think of to help share to that person/group?

SCRIPTURE

Give praise to the Lord, proclaim His name; make known among the nations what He has done.
- Psalm 105:1

Then I heard the voice of the Lord saying, “whom shall I send? And who will go for us?” And I said, “Here am I. Send me!” - Isaiah 6:8

And he said to them, “Go into all the world and proclaim the gospel to the whole creation. - Mark 16:15

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” - Matthew 28:19-20

For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, “Anyone who believes in him will never be put to shame.” For there is no difference between Jew and Gentile -- the same Lord is Lord of

all and richly blesses all who call on him, for “Everyone who calls on the name of the Lord will be saved.” How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: “How beautiful are the feet of those who bring good news!” - Romans 10: 10-15

As for you, always be sober-minded, endure suffering, do the work of an evangelist, fulfill your ministry. - 2 Timothy 4:5

Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.” - Matthew 9: 37-38

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth. - Acts 1:8

Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. - 2 Corinthians 5:20

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. **14** “You are the light of the world. A town built on a hill cannot be hidden. **15** Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. **16** In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. - Matthew 5: 13-16

PRAYER

- Spend some time in prayer asking God who He is sending you to. Share with the group at the end. Challenge for the week is to go and try to reach out to that person or group; share the next week on how that went.
- Spend some time confessing to each other what holds you back from sharing the good news with others or what keeps you from having a mind-set of evangelism in every part of your life. Then pray for each other, asking God to free you from those things and to help you live to share the good news wherever you go!
- Spend some time praying as a core for a group you feel called to purposefully reach out to on campus. Set a goal to make an event or several events and invite people from that group to it. Think through how you guys as a core can be outreaching and invitational to that group.

MISSION

- Pair up and go do campus conversations together for at least an hour sometime during the week.
- Try to talk to someone in each of your classes this week

WORSHIP

- Spend time sharing what the “good news” has been for each of you; what has God saved you from? How is He making you new?
- Sing some songs about being outreaching (I Will Go by Starfield, All I Am by Phil Wickham, Send Me Out by Steve Fee, etc)

ADDITIONAL RESOURCES

CCF Core Help -

https://docs.google.com/document/d/11gjyoLgIG5kIpIDRgKRQAFt4cegbw14inJM6C_YpFY4/edit

FOCUS Article - <https://anyfocus.org/media/the-good-news-of-evangelism/>

FOCUS Article - <https://anyfocus.org/media/outreach/>

Winter Camp Talk - Geoff and Jessica Mumley - Winter Camp 2018

1. <https://anyfocus.org/media/winter-camp-2018-friday-pm-geoff/>
2. <https://anyfocus.org/media/winter-camp-2018-saturday-am-geoff/>
3. <https://anyfocus.org/media/winter-camp-2018-saturday-pm-jessica/>
4. <https://anyfocus.org/media/winter-camp-2018-sunday-pm-geoff/>
5. <https://anyfocus.org/media/winter-camp-2018-monday-am-jessica/>

Shame Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan.

Pre-Thinking:

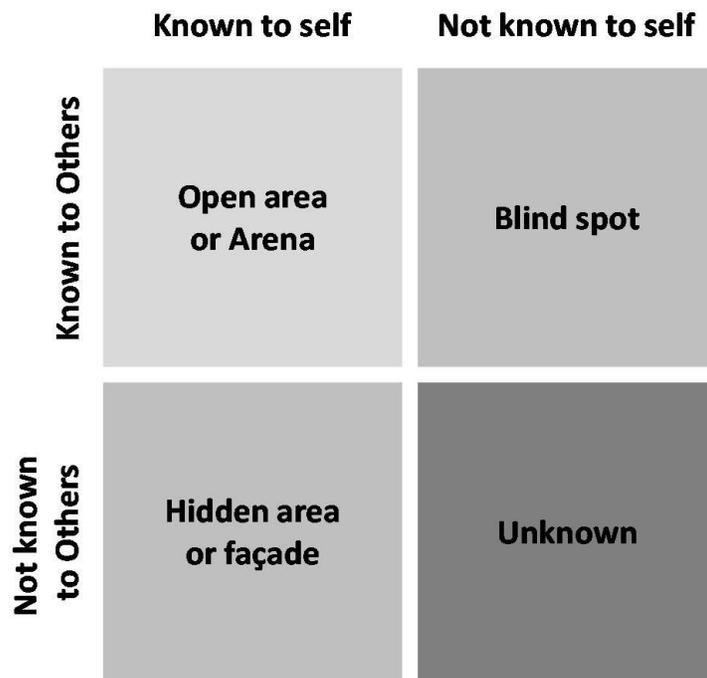
- This goal of this core shouldn't be talking about GUILT or SIN although this could be part of shame.
- Shame is an entirely different issue in and of itself. Guilt is when we feel bad about something we did. Shame is about feeling bad about who we are, feeling like we are a mistake, feeling like a problem for something we didn't do. This is what we are trying to unpack!

Scripture:

- 👉 2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
- 👉 1 Peter 4:8 Above all, love each other deeply, because love covers over a multitude of sins.
- 👉 Revelation 21:4 He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”
- 👉 Psalms 42:5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Questions:

- 👉 What tactics do you employ to hide?
- 👉 What are some thoughts that go in your head that is self-condemning?
- 👉 What do you think are the differences between guilt and shame?
- 👉 From whom do you hide?
- 👉 With whom -- on your best days-- do you wish you could be fully transparent?
- 👉 What has been your experience of making yourself intentionally vulnerable? What are some behaviors you employ to avoid being vulnerable?
- 👉 What are the things we feel shame about?
- 👉 Romans 12: 2 says, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” How are we conforming to the world by the way we feel shame? What does renewing our minds look like? What can we do to renew our minds?



Consider the Johari Window:

What things are in the **hidden** area (known to self but not known to others) that need to be shifted to the **open** area?

The Johari Window Model

Mission/Service:

Break the Silence: This week share a story or an event of your life that brings shame to your life and be vulnerable in exposing the shame!

Worship: How to be yours by Chris Renzema

<https://www.youtube.com/watch?v=qTkizqfeOB0>)

You say that You love me, don't say that

You love me

Cause I don't know how to be Yours

You say that You want me, dont say that

You want me

Cause I don't know how to be Yours

I still act like an orphan I guess

My hard heart breaks to confess

That even while You hold me

As I cry on the floor

I still don't know how to be Yours

You say that You love me, don't say that

You love me

Cause I don't know how to be Yours

You say that You want me, dont say that

You

want me

Cause I don't know how to be Yours

I still act like an orphan I guess

My hard heart breaks to confess

That even while You hold me

As I cry on the floor

I still don't know how to be Yours

So love Me or hate Me

I'm not going anywhere

Leave Me or take Me

You still bare My signature

Know Me or not

Seen or forgot

I'm not walking out on you

Prayer:

God has power over the things that we are ashamed of. Take time in core and this week to pray over those things in your life!

Additional Resources:

Shame - Brene Brown: <https://www.youtube.com/watch?v=psN1DORYYV0>

The Soul of Shame by Curt Thompson

Anxiety Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs
- If anxiety is not something you deal with, it might be a good idea to ask someone you know who does deal with it what it is like or read more about it.

DIVE DEEPER QUESTIONS/ACTIVITIES

- Have a backpack and several items to fill the backpack up. Have each person in your core answer the question: “what is something that makes you anxious?” After they’ve answered, have them label an item with a sticky note of what they’re anxious about and put it in the backpack. Once everyone has finished and the backpack is full, pass the backpack around. Our anxiety can be like this big backpack. It started off empty, not very heavy, but as we add more and more things that we become anxious about, we have this heavy weight that we’re walking around all day with.
- What makes you anxious?
- What does anxiety look like in your life? (Do you have fears or worries?)
- How do you tend to deal with your anxiety?
- Philippians 4:6 - (if you did the backpack opener) have each person take their item back and “present their request to God.” Go around in a group and have each person pray to God and give Him control of what they’re anxious about.
- Activity: have each person write down what they’re anxious about on an index card. Then have them write out three truths countering that anxiety.
- Why is it hard for you to bring your anxieties to God?
- What do these scriptures tell us about God’s vision for how we respond to stress, anxiety, fear, etc.?
 - Fill in the blank. My anxiety is keeping me from _____.
 - Fill in this next blank: I’m ready to start believing _____ about myself.

SCRIPTURE

- Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by

prayer and petition, with thanksgiving, present your requests to God.⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. - Philippians 4: 4-9

- Cast all your anxiety on him because he cares for you - 1 Peter 5: 7
- “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. - Matthew 6: 25-34
- Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?” - Hebrews 13: 5-6
- Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. - John 14: 27
- For God gave us a spirit not of fear but of power and love and self-control. - 2 Timothy 1: 7
- Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths - Proverbs 3: 5-6
- Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your

mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - Romans 12: 1-2

- You have searched me, Lord, and you know me. **2** You know when I sit and when I rise; you perceive my thoughts from afar. **3** You discern my going out and my lying down; you are familiar with all my ways. **4** Before a word is on my tongue you, Lord, know it completely. **5** You hem me in behind and before, and you lay your hand upon me. **6** Such knowledge is too wonderful for me, too lofty for me to attain. **7** Where can I go from your Spirit? Where can I flee from your presence? **8** If I go up to the heavens, you are there; if I make my bed in the depths, you are there. **9** If I rise on the wings of the dawn, if I settle on the far side of the sea, **10** even there your hand will guide me, your right hand will hold me fast. **11** If I say, "Surely the darkness will hide me and the light become night around me," **12** even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. **13** For you created my inmost being; you knit me together in my mother's womb. **14** I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. **15** My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. **16** Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. **17** How precious to me are your thoughts, God! How vast is the sum of them! **18** Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you. **19** If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! **20** They speak of you with evil intent; your adversaries misuse your name. **21** Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you? **22** I have nothing but hatred for them; I count them my enemies. **23** Search me, God, and know my heart; test me and know my anxious thoughts. **24** See if there is any offensive way in me, and lead me in the way everlasting. - Psalm 139

WORSHIP

- Nothing I hold Onto - United Pursuit
- Lay It all Down - Will Reagan
- Follow You - Ben Rector

PRAYER

- Split up into groups of 2 or 3. Have the groups tell each other things that they are anxious about. Then have the people in groups pray for each other and their anxieties.
- There can be more serious types of anxiety that students are unwilling to talk about openly. Maybe have the students write down on sheets of paper what makes them anxious (anonymously). At the end of core pull out each sheet, hand them out and pray over each one.

MISSION

- Memorize a verse to help you combat your anxieties

ADDITIONAL RESOURCES

- There are different types of anxiety: general anxiety, social anxiety, specific phobias, panic disorders, OCD, etc. maybe direct the people in your core towards a website/resource where they can learn more about the different types...? Link: <https://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety>

Depression/Lament Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs

DIVE DEEPER QUESTIONS/ACTIVITIES

- How have you or someone you know been affected by depression or extreme sadness?
- What do you do to help someone who is depressed or down?
- What does God think about those who are hurting or apathetic?
- Why does a good father want to hear when his children are sad?

SCRIPTURE

- Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light - Matthew 11: 28-30
- Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths - Proverbs 3: 5-6
- Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - Romans 12: 1-2
- Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. - Philippians 4: 4-9

- Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. - Romans 12:9-15

WORSHIP

- Read Psalm 22 together. What does lament do for us? What emotion does the psalm start with? What emotion does the psalm end with? What does this say about how we should talk to God about our hurts?
- Write your own lament psalm to God.

PRAYER

- Pray together for healing.
- Pray together for comfort and guidance.
- Pray that each of us would have compassion for each other and be able to mourn with those who mourn.

MISSION

- Reach out to someone who you know is having a hard time, or inquire of someone who you think may need some comfort. Give them an encouragement, offer time to them, show that you are willing to listen and carry their burdens with them.
- Give encouragement to the other people in your core who may have shown vulnerability and shared tough things they're going through. Spend time with them this week.

ADDITIONAL RESOURCES

- Mental Illness and Suicide -
http://www.thenortheastchurch.com/content.cfm?id=1333&download_id=1282#attached_content

Thankfulness Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

PRE-THINKING

- Make sure you think about your core and what your core needs, so you can adapt this to their needs
- There are levels to thankfulness. The first level is politeness with people we don't know: we thank people for opening the door for us or for blessing our sneezes. The second level is politeness with people we do know: we thank our friends, family members, roommates for doing something nice they've just done for us. The third level is thoughtfulness/intimate: thanking someone for specific things they've done for you and letting that person know how much you appreciate them. This level is not just a "thank you," but "Thank you so much for continually supporting me. You are such a good friend, and I just want you to know how much I appreciate your steadfastness, thoughtfulness, and caring heart. You're a really great friend!"

DIVE DEEPER QUESTIONS/ACTIVITIES

- Why is it important to be thankful?
- How do you show your thankfulness to people?
- Why aren't we openly and verbally thankful sometimes?
- How does thankfulness affect a relationship?
- How does thankfulness affect your relationship with God?
- How has being unthankful affected a relationship you have?
- How does active thankfulness grow humility?
- If you have a whiteboard or something big to write on: make three sections on the whiteboard. First section is titled daily, second is titled weekly, and the third is titled monthly (you can also put people in this category that maybe you see even less regularly than monthly). Have your core brainstorm some types of people they encounter for each category (i.e. friends, family, advisors, teachers, starbucks cashier). After you're finished filling out the board, ask "which of these people do you consistently thank?"

SCRIPTURE

Continue steadfastly in prayer, being watchful in it with thanksgiving - Colossians 4:2

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4: 6-7

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **16** Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. **17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. - Colossians 3:15-17

Shout for joy to the Lord, all the earth. **2** Worship the Lord with gladness; come before him with joyful songs. **3** Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. **4** Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. **5** For the Lord is good and his love endures forever; his faithfulness continues through all generations. - Psalm 100

We give thanks to God always for all of you, constantly mentioning you in our prayers - 1 Thes. 1: 2

Rejoice always, **17** pray continually, **18** give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thes. 5: 16-18

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. **4** Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. - Ephesians 5: 3-4 (Can also read 5: 1-20)

It is written: "I believed; therefore I have spoken." Since we have that same spirit of faith, we also believe and therefore speak, **14** because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself. **15** All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God. **16** Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. **17** For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. **18** So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. - 2 Corinthians 4: 13-18

11 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. **12** As he was going into a village, ten men who had leprosy met him. They stood at a distance **13** and called out in a loud voice, "Jesus, Master, have pity on us!" **14** When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. **15** One of them, when he saw he was healed, came back, praising God in a loud voice. **16** He threw himself at Jesus' feet and thanked him—and he was a Samaritan. **17** Jesus asked, "Were

not all ten cleansed? Where are the other nine?**18** Has no one returned to give praise to God except this foreigner?"**19** Then he said to him, "Rise and go; your faith has made you well." - Luke 17: 11-19

PRAYER

- Spend some time in prayer thanking God for different things He has done in your life.
- It's hard to be thankful all the time. Share with the group in what ways you can be thankful to God and to those around you. Spend time repenting in prayer for those things and ask God to grow a heart of thankfulness in you.

MISSIONAL

- Spend some time writing thank you notes or texts to people in your life
- Is there someone you aren't very thankful for? Spend some time thinking and praying about how you can make steps to change that.
- Sometimes it's hard for us to evaluate whether we actually express our gratitude/thankfulness to others. We feel thankful, but we may not actually say it. Ask people in your life (people you are mentoring, peers, and your mentors) whether you express your thankfulness to them.

WORSHIP

- Sing songs of praise to God (Thank You God For Saving Me by Chris Tomlin, Song of Hope by Robbie Seay Band, Forever Reign by Hillsong, etc)
- Write a psalm of thankfulness to God. If you feel comfortable, share your psalm with the group

ADDITIONAL RESOURCES

Article - <https://anyfocus.org/media/thankful-exchange-2/>

Giving/Generosity Core Help

*Disclaimer: this is not a full core plan. This is meant to help you think through different components of core to help you plan

PRE-THINKING

- Think through your own giving habits, what are you good at? What do you need to grow in? (It can be good to start thinking through how you're doing in this area before you start thinking through how other people need to grow)

DIVE DEEPER QUESTIONS/ACTIVITIES

- Share a story of how someone else's giving has impacted you?
- What is the best gift you've ever received?
- What's the most generous thing someone has done for you?
- What prevents you from being generous?
- Lev. 23:22 - what would it look like for you to leave room in your life to benefit others?

SCRIPTURE

- "When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Leave them for the poor and for the foreigner residing among you. I am the LORD your God." - Lev. 23:22
- Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. **42** But a poor widow came and put in two very small copper coins, worth only a few cents. **43** Calling his disciples to him, Jesus said, "Truly I tell you, this poor widow has put more into the treasury than all the others. **44** They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on." - Mark 12: 41-44
- Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. - Luke 6:38
- One gives freely, yet grows all the richer; another withholds what he should give, and only suffers want. Whoever brings blessing will be enriched, and one who waters will himself be watered. - Proverbs 11:24-25
- **19** "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. **20** But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. **21** For where your treasure is, there your heart will be also. **22** "The eye is the

lamp of the body. If your eyes are healthy, your whole body will be full of light. **23** But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! **24** “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. - Matthew 6: 19-24

- Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. - 2 Cor. 9:7 (could also read 9:5-15)
- **16** This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. **17** If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? **18** Dear children, let us not love with words or speech but with actions and in truth. - 1 John 3:16-18
- **17** Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. **18** Command them to do good, to be rich in good deeds, and to be generous and willing to share. **19** In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life. - 1 Timothy 6: 17-19

PRAYER

- Spend time thinking and praying about whether you are a giving person? Think about not only your money, but your time, love, affection, other material items. Ask God to help you be more and more giving in every area of your life

MISSION

- Are people in your core giving regularly? Why or why not? What do they choose to give to regularly?
- Decide as a core something you could give money to as a group (i.e. sponsor a child in need, giving to the homeless)
- Do you have a budget? Why or why not? (Maybe share about the idea of allocating money for ‘God’s money’ so that you’re able to give when you feel the holy spirit give you the desire to...)

ADDITIONAL RESOURCES

CCF Core Help -

<https://docs.google.com/document/d/1i6Y9sZVsLwjRZb3SRR0nBCURh-KKdE7Jpq7Ja4fE0w/edit>