God OS Small Group Study — Leader's Guide

The God OS Small Group Study is a six-week journey through a simple idea: the Christian life runs best on God's operating system, not ours. Each week explores one pillar of a daily framework — the Gospel foundation, Worship, Word, Walk, and Prayer — and the final week turns practice into a sustainable life. Between sessions, participants use the God OS Daily Worksheet (paper or the free app) for at least ten minutes a day, so the group doesn't just discuss the framework — it experiences it. Everything is free and always will be: this study, the worksheets, the app, and everything else at godoperatingsystem.com.

How to Use This Study

Session length

60-75 minutes: opening question (5-10 min), Scripture & discussion (40-45 min), The Core teaching summary (5-10 min), Run It This Week + prayer (10 min).

Pacing

Every week deliberately includes more questions than 60 minutes needs — choose, don't rush. If discussion runs short, loop into the alternative questions and the practice-it-together exercises; if it runs long, let the Spirit set the schedule.

Companion videos

Optional: the pillar weeks have companion teaching videos (the God OS Core series, ~8 minutes each) at godoperatingsystem.com — many groups like opening the discussion with the video. The series is rolling out; check the site for what's live.

Bibles

Have the group read each passage aloud from their own Bibles before discussing — key verses are printed for reference, but the full passage matters.

Materials

Each participant needs a Participant Guide and a stack of Daily Worksheets (both free at godoperatingsystem.com/resources) — or the free app. For the optional Week 7, each participant also needs a printed Walk Plan sheet, free from the same page.

Group size

Works for 3 to 15. Above 10, split discussion into sub-groups of 4-5 and regather for the teaching summary.

Six weeks or five

Groups locked to five sessions can combine Week 5 (Prayer) into Week 6 — use the Lord's Prayer passage and the pairs-intercession closing, and point the group to the rest as homework.

Week 7 is a bonus

The study is six weeks; Week 7 is an optional seventh session on the Walk Plan — the once-a-season page whose Short List is where each morning's focus comes from. Groups on a fixed six-week calendar should assign it as homework instead: hand out the Walk Plan sheet at the end of Week 6, ask everyone to fill it in that week, and follow up in pairs or at a reunion. It works either way; what it should not be is skipped silently.

The one rule

This is a system, not a list of rules. If the group hits a rich vein, let the schedule bend — never let the process get in the way of the presence.

Leading Well

- Your goal is grown people, not finished pages. A night that covers four questions deeply beats a night that covers ten thinly.
- Make sharing safe: say early and often that what's shared at this table stays at this table — then model it.
- Go first with vulnerability. The group will only ever go as deep as you've shown them is safe.
- Draw out the quiet ones by name, gently: 'Sarah, I'd love your take — no pressure.' Then genuinely honor whatever they offer.
- Don't fear silence. After a hard question, count to ten in your head before rescuing the room — the best answers live past second five.
- Bound the talkative kindly: 'Great — let's get two more voices on this one.'

• Watch for the hurting. When a question lands hard on someone, follow up personally during the week — that conversation may matter more than every session combined.

• Pray for each member by name between sessions. It will change how you lead them more than any technique.

• Keep pointing everything back to time WITH God, not just talk ABOUT God — the practice between sessions is the actual study.

Using this study with your group? We'd love to know — it's our only request. Email godoperatingsystem@gmail.com or leave a comment at godoperatingsystem.com. You're free to print, copy, and adapt all of it for your church (see godoperatingsystem.com/permissions).

Week 1: The Reboot

Aim: See the difference between doing religion and enjoying a relationship with God — and hear the full Gospel foundation everything else is built on.

OPENING — 5-10 MIN

Boot Up: Opening Question

What's something you do every day mostly on autopilot — without thinking about why you started?

LEADER: Keep it light — coffee routines, commutes, phone habits. You're planting the idea that faith can drift onto autopilot too.

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: Isaiah 29:13 & Matthew 15:8-9

> *"These people come near to me with their mouth and honor me with their lips, but their hearts are far from me." — Isaiah 29:13 NIV*

Q1. What's the difference between honoring God with our lips and honoring Him with our hearts?

Q2. Where are you most tempted to run your faith on autopilot — church, prayer, giving, serving?

LEADER: Jesus quotes Isaiah at the Pharisees — the most religiously active people of their day. The danger isn't activity; it's activity disconnected from the heart. Let the group sit with how respectable autopilot religion can look.

Read together: John 15:1-8

> *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." — John 15:1-8 NIV*

Q3. What does a branch actually do all day? What does that suggest our main job is?

Q4. Verse 5 says apart from Him we can do nothing. Where have you tried to produce fruit by willpower — and how did it go?

LEADER: Draw out the branch image: branches don't strain, they stay connected — the vine does the producing. This is the central mechanic of the whole study: relationship first, fruit flows from it.

Read together: Ephesians 2:8-10

> *"For it is by grace you have been saved, through faith... not by works, so that no one can boast." — Ephesians 2:8-10 NIV*

Q5. Why is it important that salvation can't be earned? How does earning-mode poison a relationship?

Q6. Verse 10 says we're created to do good works God prepared for us. How do verses 8-9 and verse 10 fit together?

LEADER: The order matters enormously: saved BY grace FOR works — never saved by works. Works are the fruit, not the root. If anyone in the group is carrying earning-mode exhaustion, this is the passage that sets it down.

Read together: Romans 5:8 & Romans 10:9-13

> *"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." — Romans 5:8 NIV*

Q7. What did God do, and when did He do it — before or after we cleaned ourselves up? Why does that order matter?

Q8. Romans 10:9 describes the response: declare and believe. In your own words, what is a person actually saying yes to?

Q9. Private reflection — no sharing required: where would you honestly place yourself today — curious, considering, or committed? Tell God, silently, exactly where you are.

LEADER: This is the full Gospel moment of the study. Read the Gospel box aloud slowly, or invite a strong reader to. ZERO pressure — no hands, no singling out. Say plainly: 'If tonight is your night, I would love to talk after — or any week of this study.' Then move on warmly. Follow up one-on-one with anyone God highlights to you.

Read together: Revelation 3:20

> *"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." — Revelation 3:20 NIV*

Q10. Jesus pictures faith as a shared meal — unhurried time together. How does that compare with how you usually picture the Christian life?

LEADER: Written to a lukewarm CHURCH — this is Jesus inviting believers back to the table, not just outsiders in. End the discussion here: the whole study is an answer to this knock.

The Gospel, Plainly

God made you and loves you — right now, as-is. But our sin separates us from Him, and no amount of good deeds can bridge that gap. So God bridged it Himself: Jesus lived the perfect life we couldn't, died on the cross to pay for our sins, and rose again. That gift is free — received not by earning but by turning from our rebellion and trusting Him: "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved" (Romans 10:9). If that's the step you want to take, you can tell Him so in your own words — something as simple as: "Jesus, I need You. Forgive my sin. I believe You died and rose for me. Be my Savior and my Lord." Then tell someone — your leader would love to be the first to know. (A free New Believer's Quick Start Guide is at godoperatingsystem.com — and no one here will ever pressure you; this table is a safe place to be exactly where you are.)

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

God OS is a simple daily framework for living on God's operating system instead of our own. A phone's operating system decides where the resources go; God OS is about letting God allocate ours — our time, energy, money, and heart. It's built on four pillars: Worship (daily time with God), Word (letting Him speak through Scripture), Walk (living it out, one focus at a time), all standing on the Gospel — the foundation of grace we just read. Here's the one thing to remember from tonight: this is a system, not a list of rules. The power source is God Himself — our job, like the branch, is to stay connected. Over the next five weeks we'll practice each pillar together.

System note: the Gospel is the foundation the whole system is built on — everything else runs on top of grace, never instead of it.

PRACTICE & PRAYER — 10 MIN

Run It This Week

This week, simply spend at least five honest minutes with God each day. No structure yet — just show up and talk to Him. If autopilot religion has been your pattern, tell Him that in your own words. Notice, each day, whether you ran toward the time or avoided it.

Closing Prayer

Pray Revelation 3:20 for each other: that everyone in the group would hear the knock this week and open the door — not to more religion, but to the meal.

Week 2: Worship

Aim: Discover worship as far more than singing — eight doorways into daily time with God — and adopt the Meaningful Minimum.

OPENING — 5-10 MIN

Boot Up: Opening Question

When you hear the word 'worship,' what's the first picture that comes to mind? Where do you think that picture came from?

LEADER: Most will picture Sunday singing. No correction needed yet — the study itself will widen the picture.

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: Psalm 95:1-7

> *"Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture." — Psalm 95:1-7 NIV*

Q1. Count the different actions in these verses (sing, shout, thank, bow, kneel...). What does the variety suggest about what worship can be? Which of these are we doing now — and give examples of how we could add the others to our lives.

Q2. The psalm gives reasons to worship (He's the great King, our Maker, our Shepherd, etc.). List all the reasons given in this psalm — then add five more of your own.

LEADER: Let the group literally list the verbs and the reasons — both lists are eye-openers. Worship in Scripture is a whole-life, whole-body range of responses, not one musical genre.

Read together: Zephaniah 3:17

> *"The LORD your God is with you... he will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing." — Zephaniah 3:17 NIV*

Q3. We usually picture ourselves singing to God. This verse says He sings over US. How does that land on you?

Q4. How would daily time with God change if you truly accepted and internalized that He delights in you — before you say or do anything?

LEADER: This is often the emotional center of the night. Give it room. Some in the group have never heard that God delights in them; watch for who goes quiet.

Read together: Psalm 139:23-24

> *"Search me, God, and know my heart; test me and know my anxious thoughts." — Psalm 139:23-24 NIV*

Q5. David invites God's inspection. What makes that invitation feel risky — and what makes it safe?

Q6. Confession is one of the eight doorways of worship. Why does honest confession belong in worship rather than apart from it?

LEADER: Connect confession to Zephaniah: we can invite the search BECAUSE He delights in us. Conviction from a delighting Father is safe; that's what makes confession worship rather than dread.

Read together: Psalm 46:10

> *"He says, 'Be still, and know that I am God.'" — Psalm 46:10 NIV*

Q7. Why is stillness so hard for us? What competes for it — and what does stillness deliver?

Q8. Listening is worship too. What might it look like, practically, to listen to God this week?

LEADER: Keep this one brief and practical — stillness, Scripture, godly counsel, journaling. Set up the week's practice: the worksheet has a Listen prompt every day.

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

Worship is the cornerstone of God OS — and it's much bigger than Sunday singing. The daily worksheet gives eight doorways into time with God: Praise Him, Adore Him, Talk to Him, Learn about Him, Confess to Him, Listen to Him, Re-Surrender, and Sing to Him. You won't usually use all eight every day — it's a menu, not a checklist. And here's the key habit: the Meaningful Minimum. Set a floor, not a ceiling — at least ten minutes a day you can keep even on your worst day. God isn't holding a stopwatch; He's glad you showed up. The minimum gets you in the door. He takes it from there.

System note: Worship is the power connection. A system that never plugs in runs on battery until it dies — connect daily.

PRACTICE & PRAYER — 10 MIN

Run It This Week

Starting tomorrow: at least ten minutes a day using the God OS Daily Worksheet (paper copies are provided with this study, or use the free app at godoperatingsystem.com/app). Across the week, try all eight doorways. Bring one highlight — something that happened in your time with Him — to share next session.

Closing Prayer

Pray in pairs — and practice a doorway while you do it: each person picks one (praise, adoration, confession, listening...) and prays that way for their partner. Then take Zephaniah 3:17 home: ask that each of you would, once this week, actually sense that God delights in you.

Week 3: Word

Aim: Encounter Scripture as living and active — God's daily voice, not a reference book — and build a simple sustainable reading habit.

OPENING — 5-10 MIN

Boot Up: Opening Question

What's a text, note, or letter you've kept for years? Why do written words from certain people matter so much?

LEADER: You're setting up the idea that Scripture is a personal word from Someone, not information from no one.

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: 2 Timothy 3:16-17

> *"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." — 2 Timothy 3:16-17 NIV*

Q1. Four uses are listed: teaching, rebuking, correcting, training. Which have you experienced most in your life? Which do you tend to avoid?

Q2. What difference does 'God-breathed' make when you open the book on an ordinary Tuesday?

LEADER: Note the balance: two comfortable uses (teaching, training) and two uncomfortable ones (rebuking, correcting). A Bible that never corrects us is a Bible we're not really reading.

Read together: Hebrews 4:12

> *"For the word of God is alive and active. Sharper than any double-edged sword... it judges the thoughts and attitudes of the heart." — Hebrews 4:12 NIV*

Q3. Alive and active — has a passage ever read YOU, arriving exactly on time for your situation? Tell the story. (Newer to the Bible? Has any piece of writing ever seemed to find you at exactly the right moment? What would it mean if a book could do that reliably?)

Q4. How is reading a living word different from reading information?

LEADER: Collect the stories — they're the best teaching in the room tonight. The alternative question gives unchurched attendees a real way in; treat their answers as fully valid contributions.

Read together: Psalm 1:1-3

> *"That person is like a tree planted by streams of water, which yields its fruit in season." — Psalm 1:1-3 NIV*

Q5. The blessed person meditates 'day and night.' What's the difference between reading a verse and carrying it through the day?

Q6. What would 'planted by streams' look like in your actual weekly schedule?

LEADER: Meditation here isn't emptying the mind — it's chewing on the Word all day. Connect to the worksheet's carry-verse habit and to consistency over volume.

Read together: Psalm 119:9-11

> *"I have hidden your word in my heart that I might not sin against you." — Psalm 119:9-11 NIV*

Q7. What's one verse you know by heart that has actually shown up when you needed it? (Or: share a line — from a film, a song, a book — that has stuck with you for years and shaped a real moment. Words lodge in us and steer us; that's exactly why we hide THE Word in our hearts.)

Q8. What keeps most of us from memorizing Scripture — and is the obstacle real or assumed?

LEADER: The quote alternative isn't a detour — it proves the mechanism (words lodge and steer) and then aims it at Scripture. Keep expectations warm and low: one verse a month changes a life. The bar isn't perfect recall — it's Scripture hidden where the Spirit can reach it.

Practice it together: Philippians 4:6-7

> *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." NIV*

Q9. Read the passage aloud twice, slowly. Observe and interpret together: what's the command, what's the promise, and what surprises you about the order?

Q10. Now apply it: each person writes one line — what would obeying this passage actually look like for you tomorrow? Then share your favorite way to study the Word: tools, times, translations, methods.

LEADER: This is the live workshop — the group experiences read-observe-apply in ten minutes, which demystifies 'Bible study' for everyone, especially newcomers. The method-sharing at the end lets veterans equip beginners without a lecture.

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

God speaks — primarily, reliably, daily — through His Word. It's not a rulebook or a history text; it's alive, and it's the main way He'll grow you. The habit that works: small and consistent beats ambitious and abandoned. One chapter a day — the Gospel of John is the perfect starting point. Read it slowly, jot what stands out (a promise, a correction, a question, something about who God is), and carry one verse into the day. The worksheet's Word section walks you through exactly this. Two hundred and sixty days of one chapter a day reads the entire New Testament — no heroics required.

System note: the Word is the daily system update — God's input that patches our thinking and guides the walk. Check for updates every morning.

PRACTICE & PRAYER — 10 MIN

Run It This Week

Add the Word section to your daily time: one chapter of John per day, one line of notes, one carry-verse. If a day collapses, read three verses instead of zero — the floor, not the ceiling.

Closing Prayer

Pray in pairs: ask your partner how you can pray for them this week specifically about their time in God's Word — then pray it, right there. Carry their request all week. Close with Psalm 119:18: 'Open my eyes that I may see wonderful things in your law.'

Week 4: Walk

Aim: Move faith into the visible world through one Spirit-led focus each day — powered by His strength, not our willpower.

OPENING — 5-10 MIN

Boot Up: Opening Question

Think of someone whose life made you curious about God before their words did. What was it about how they lived?

LEADER: This surfaces the thesis: the Walk is what the world can actually see. Let two or three people answer fully.

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: Galatians 5:16-25

> *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." — Galatians 5:16-25 NIV*

Q1. It says fruit OF THE SPIRIT — not fruit of effort. How does fruit actually grow? What's our part and what's His?

Q2. Which fruit is ripest in your life right now? Which is struggling? (Be honest — this group is a safe orchard.)

LEADER: Guard the central truth: verse 16 says walk BY THE SPIRIT. This connects straight back to Week 1's vine and branches. The honest fruit inventory can be tender — model vulnerability by going first.

Read together: James 1:22-25

> *"Do not merely listen to the word, and so deceive yourselves. Do what it says." — James 1:22-25 NIV*

Q3. James says hearing without doing is self-deception. Why is it so easy to mistake agreeing with a sermon for obeying it?

Q4. What's one thing you've heard clearly from God — in Scripture or a sermon — that you haven't yet acted on?

LEADER: Q4 is the hinge of the whole session; give it real silence. It sets up the daily-focus practice perfectly: conviction without a focus evaporates.

Read together: Matthew 5:14-16

> *"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." — Matthew 5:14-16 NIV*

Q5. The purpose of visible good deeds is that GOD gets glorified. How do we serve visibly without serving for applause?

Q6. Where do the people around you — home, work, neighborhood — most need to see light right now?

LEADER: Pair with Matthew 6's secret giving if asked about the tension: visible light, hidden motives. The test is who gets the glory.

Read together: John 13:34-35

> *"By this everyone will know that you are my disciples, if you love one another." — John 13:34-35 NIV*

Q7. Jesus says love is the world's evidence for Christianity. What does that make each ordinary act of love?

Q8. What would change in your week if you treated every interaction as testimony?

LEADER: Close the loop: the Walk isn't a program — it's love made visible, one day and one person at a time.

Practice it together: choosing one focus

> *"Since we live by the Spirit, let us keep in step with the Spirit." — Galatians 5:25 NIV*

Q9. Brainstorm as a group: looking at Galatians 5 (or the Growth & Service reference sheet), what are some concrete ONE-DAY focus items? Push past categories to specifics — not 'patience' but 'patience, specifically at bedtime.'

Q10. Now choose YOURS for this week: one focus, stated concretely. Say it out loud to the group, and write it down — you'll report back next session on what God did with it.

LEADER: Don't let anyone leave with a vague focus — concreteness is the whole method. Saying it aloud creates gentle accountability; write them down yourself so you can ask about them next week by name.

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

The Walk is where faith touches the actual world — and here's the most practical idea in all of God OS: choose ONE focus, every day. Not five. Not a self-improvement program. One. Ask the Holy Spirit where He's already working on you — that conviction from worship, that verse that wouldn't let go — then pick one concrete focus and carry it into the day: a fruit of the Spirit ('patience, specifically at bedtime'), an act of service ('one hidden kindness nobody will trace'), a habit to surrender. Write it down. At day's end, record what happened. Conviction plus one daily focus becomes transformation — and remember Week 1: it runs on His power, not our willpower.

System note: the Walk is the system's output — the apps actually running. One focus a day keeps the processor on what the Spirit prioritizes.

PRACTICE & PRAYER — 10 MIN

Run It This Week

Each day this week, use the worksheet's Walk section: one focus, chosen with the Spirit's help, written down, reviewed at night — starting with the one you named tonight. Include at least one act of completely invisible service — something no one can ever trace back to you (Matthew 6:3-4). Bring one result — what God did with one focused day — to the next session.

Closing Prayer

Pray Galatians 5:25 together: 'Since we live by the Spirit, let us keep in step with the Spirit' — asking specifically for each person's named focus and struggling fruit.

Week 5: Prayer

Aim: Discover prayer beyond the worship hour — petition, intercession, and an always-open line — and build a prayer habit that travels with you.

OPENING — 5-10 MIN

Boot Up: Opening Question

Who prayed for you before you could pray for yourself? How do you know — and what did it mean?

LEADER: Grandmothers will feature heavily; let them. This warms the room toward intercession — tonight's theme is becoming that person for someone else.

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: Matthew 6:5-13

> *"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done...'" — Matthew 6:5-13 NIV*

Q1. Look at the order of the Lord's Prayer: His name, His kingdom, His will — before our bread, our forgiveness, our protection. What does that order teach us about prayer?

Q2. Which line of this prayer do you say fastest on autopilot — and what would praying it slowly, meaning it, change?

LEADER: Verses 5-8 first: Jesus clears away performance prayer and pagan word-counting before teaching. Prayer is for the Father's ears, not the room's. Then walk the prayer's order — it reorders us.

Read together: Philippians 4:6-7

> *"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... will guard your hearts." — Philippians 4:6-7 NIV*

Q3. 'In every situation' — what do we quietly decide is too small to bother God with? Too big? What does 'every' do to those categories?

Q4. Notice what's promised: peace — not necessarily the requested outcome. How does that land on you, honestly?

LEADER: The group met this passage last week as a study exercise; now it becomes a prayer practice — nice continuity to name out loud. The peace-not-outcome question deserves honest wrestling; don't rush to resolve it.

Read together: Luke 18:1-8

> *"Then Jesus told his disciples a parable to show them that they should always pray and not give up." — Luke 18:1-8 NIV*

Q5. Why does Jesus commend persistence? God doesn't need reminding — so what does repeated asking build in US?

Q6. What request have you quietly given up praying for? What would it mean to take it up again this week?

LEADER: Luke tells us the parable's point before the parable — always pray, don't give up. The widow's persistence isn't nagging God into action; it's faith refusing to quit. Q8 can surface old grief — handle gently, and consider praying for those abandoned requests on the spot.

Read together: 1 Thessalonians 5:16-18

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

Q7. 'Pray continually' — how is that possible in a real schedule? (Hint: think snacks, not only meals.)

Q8. What could trigger-prayers look like for you — ordinary moments in your day (the commute, the kettle, a name that crosses your mind) that become prompts to pray?

LEADER: This is the cadence teaching: some pray in one sit-down meal, some snack all day, most healthy lives do both. Trigger-prayers make 'continually' concrete — collect the group's ideas; they'll be good.

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

Worship is time WITH God — and out of it flows prayer FOR people and needs: petition and intercession. The daily worksheet has a Prayer section for exactly this, and the free app has one of God OS's best tools: Prayer Cards. Add a person or need, and their card travels with you — pray through your cards in a waiting room, on a commute, in line — and mark them prayed. Keep a list, pray it daily, and here's the part that will build your faith more than anything: record the answers. A prayer list with answers written on it becomes a private museum of God's faithfulness. Meals and snacks, both: some prayer happens in your sit-down time with Him; the rest happens continually, triggered by life itself.

System note: prayer is the open line — a connection that never drops and needs no signal. The system is never offline from the Father.

PRACTICE & PRAYER — 10 MIN

Run It This Week

Build your prayer list this week — on the worksheet or as Prayer Cards in the app: at least five people or needs. Pray through it daily. Take up one 'widow request' — something you'd quietly given up on — and bring it back every day this week. And write down anything God answers, however small.

Closing Prayer

Practice intercession right now: in pairs, ask 'How can I pray for you this week?' — then pray for your partner by name, specifically, out loud. Trade requests and carry them all week; next session, ask each other what happened.

Week 6: Living the System

Aim: Turn six weeks of practice into a sustainable life: the Meaningful Minimum, honest warning signs, community, and a commissioning to spread it.

OPENING — 5-10 MIN

Boot Up: Opening Question

Six weeks in: what's one thing from this study — a verse, a practice, a moment in your daily time with God — that you don't want to lose?

> *LEADER: This IS the review. Let it run long — 10-12 minutes. Every answer is a testimony that cements someone else's habit. Ask about last week's carried prayer requests and Week 4's named focus items — by name, from your notes.*

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: Luke 10:38-42

> *"Few things are needed — or indeed only one. Mary has chosen what is better, and it will not be taken away from her." — Luke 10:38-42 NIV*

Q1. Martha's activity was FOR Jesus — and still missed Him. How does busy service crowd out sitting at His feet?

Q2. What are your 'many things'? What would protecting the 'one thing' require of your schedule?

> *LEADER: Don't let the group bash Martha — most of us ARE Martha, serving sincerely. The point isn't less service; it's that the sitting comes first and fuels the serving.*

Read together: Colossians 2:6-7

> *"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him." — Colossians 2:6-7 NIV*

Q3. We received Christ by grace, through faith. What does it mean to CONTINUE the same way — and what would continuing by willpower look like instead?

Q4. 'Rooted' is a slow word. What daily conditions help roots grow?

> *LEADER: This is the anti-burnout verse: the Christian life continues the way it began — grace, not grind. The daily worksheet is a trellis, not a treadmill.*

Read together: Hebrews 10:24-25

> *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together." — Hebrews 10:24-25 NIV*

Q5. This study ends this week. How could this specific group keep spurring one another on?

Q6. Who is one person NOT in this room who needs what you've experienced these six weeks — and what's one sentence you could say to them?

> *LEADER: Practical decision point: invite the group to choose a continuation — pairs who text a weekly check-in, a monthly reunion, or leading this study for others. Don't leave it abstract; get names and dates.*

Read together: Philippians 1:6

> *"He who began a good work in you will carry it on to completion until the day of Christ Jesus." — Philippians 1:6 NIV*

Q7. Whose job is it to finish what these six weeks started? How does that promise change the pressure you feel?

Q8. Look back over the whole study: what has God actually changed in you? Name it — then thank Him for it out loud when you pray tonight.

LEADER: End on assurance: the same God who powers the system finishes the work. Perfection was never the assignment; connection was.

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

Here's how this becomes a life instead of a program. First, keep the Meaningful Minimum — at least ten minutes, every day, a floor you never lower to zero. Second, know your warning light: the surest sign something's wrong isn't a bad week; it's when you start avoiding or postponing your time with God. Don't tape over that light — bring it straight to Him. Third, stay planted in community — this room has been part of the power. And finally: be contagious. You'll tell three people about a great restaurant by Friday; you now have something infinitely better to overflow about. One honest sentence a day about what God is doing — that's how what happened in this group spreads.

System note: maintenance is a feature, not a failure. The Meaningful Minimum keeps the system running on the worst days — and the system that keeps running gets to keep growing.

PRACTICE & PRAYER — 10 MIN

Run It This Week

Set your personal Meaningful Minimum in writing and tell one group member. Choose your continuation: a check-in partner, a monthly reunion, or offering to lead this study for another group. And this week, say one overflow sentence a day about what God showed you — to someone outside this room.

Closing Prayer

Commission each other: pray over each person in turn — that the habit would hold, the light would stay on the dashboard, and the overflow would reach someone who needs it. Close with Philippians 1:6 read aloud together.

Week 7 (Optional): The Walk Plan

Build the layer that doesn't reset — a once-a-season Walk Plan whose Short List is where tomorrow's daily focus comes from.

MATERIALS: Each participant needs a printed Walk Plan sheet — free at godoperatingsystem.com/resources. Print them before the session; this is the one week the group writes on paper together.

OPENING — 5-10 MIN

Boot Up: Opening Question

What's something in your life that resets every single day — and something that hasn't changed in years? What makes the difference between the two?

LEADER: Keep this concrete and quick — you're not looking for spiritual answers yet. Phone battery, laundry and the dishes on one side; a mortgage, a marriage, a name on a birth certificate on the other. You're planting the session's whole idea before teaching it: the daily worksheet is built to reset, which is good, but nothing on it is built to hold a commitment for six months. Don't explain the connection here; The Core will.

SCRIPTURE & DISCUSSION — 40-45 MIN

Read together: Luke 14:28-30

> *"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?" — Luke 14:28-30 NIV*

Q1. Jesus assumes the builder sits down BEFORE breaking ground. What would 'sitting down to estimate' actually look like for a commitment you make to God?

Q2. The failure in the story isn't starting small — it's starting big and stopping. Where have you started something with God you couldn't finish?

Q3. What would make this season's commitments ones you could genuinely complete?

LEADER: Keep shame out of the room. Nearly everyone has an abandoned tower — a reading plan, a fast, a ministry they quietly stopped. The point isn't that they failed; it's that unmeasured ambition is expensive. This sets up the sheet's own rule: five real commitments beat twelve aspirational ones.

Read together: James 4:13-15

> *"Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'" — James 4:13-15 NIV*

Q4. James isn't against planning — he's against planning as though we were in charge. What's the practical difference between the two?

Q5. How do you hold a plan firmly enough to actually follow it, and loosely enough to let God change it?

LEADER: Guard both ditches. Some hear this as 'don't plan at all' — that's not the text; verse 15 hands them the words to plan WITH. Others plan as though God's approval is a formality. 'If it is the Lord's will' is meant to be said while writing the plan, not after it falls apart.

Read together: Proverbs 16:9

> *"In their hearts humans plan their course, but the LORD establishes their steps." — Proverbs 16:9 NIV*

Q6. Both halves of this verse are true at the same time. Which half do you naturally live in — the planning, or the trusting?

Q7. If He establishes the steps, why write anything down at all?

LEADER: Q7 is the hinge of the session, and the answer is the reason for the sheet: we write it down so we can recognize His direction when it comes, and so a morning with no ideas has somewhere to look. A plan isn't a claim on the future — it's a record of what we're asking Him for.

Practice it together: fill out your Walk Plan

> *"Commit to the LORD whatever you do, and he will establish your plans." — Proverbs 16:3 NIV*

Q8. Take the sheet and work through it on your own, quietly, for the next 20-25 minutes. Every answer should name something specific — a person, a place, a time, a number.

Q9. Then pull out your Short List: no more than five commitments for this season, written in plain language, as though telling a friend. An empty line is a legitimate answer.

LEADER: This silence IS the session — protect it. Say up front how long it will run so nobody wonders. Then resist filling it with talk: no music cues, no clarifying announcements, no wandering the room. Write your own sheet alongside them; a leader quietly working is what gives everyone else permission to. Give a two-minute warning before the Short List, and if the room needs longer, let it have longer — this is worth more than finishing on time.

TEACHING SUMMARY — 5-10 MIN

The Core (read or paraphrase for the group)

The daily focus works. One thing a day, chosen with God, lived out in the visible world — that's the Walk, and six weeks in you've felt it. But notice what the worksheet does: everything on it resets by morning. That reset is a feature, not a flaw; it's what keeps the daily page honest and light. It does mean, though, that nothing on the worksheet is built to hold a commitment longer than a day. The Walk Plan is the layer that doesn't reset — a once-a-season page for the handful of things that stay true across months: your rhythms, what you're reading, who you're carrying in prayer, what God keeps convicting you about, where you serve, who's outside, who's coming behind. And it earns its keep on the ordinary morning when you sit down and nothing comes to mind. That's not a failure of devotion; it happens to everyone. The Short List is where a daily focus goes shopping — the pool today's one thing gets drawn from, so what you pick stays connected to something longer than today.

System note: the Walk Plan is the config file — set once a season, read every morning. The daily worksheet is where the system runs; this is where it's configured.

PRACTICE & PRAYER — 10 MIN

Run It This Week

Put the sheet somewhere you'll actually see it: the front of your binder, a photo on your phone, taped inside a cupboard door. Then let tomorrow's daily focus come from it — open the Short List first and choose your one thing from there. Do that every morning this week, and note which commitments keep surfacing and which you never look at.

Closing Prayer

Go around the room and have each person read one line from their Short List out loud — one line only, and no commentary or advice from anyone else afterward. Then pray for each other's lists by name: not for willpower, but that God would grow what each person has written and establish the steps. Close by reading Proverbs 16:9 together.

After the Study

The study ends; the system continues. Point the group to godoperatingsystem.com for everything: the daily worksheet (print and app, including Drive Time Worship for commutes and Prayer Cards for intercession on the go), the Walk Plan sheet for the season ahead, the full Core article series, the New Believer's Quick Start Guide, and all reference sheets. And please — tell us you led this. It's our only ask: godoperatingsystem@gmail.com.

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