

Welcome, leaders

An introduction to Where Is Your Weight?

What this series is about

Thank you for leading this. Seven weeks with a small group is a real gift of your time.

The whole series rests on one word. When the New Testament says “faith” or “believe”, the Greek word underneath is *pistis*. In the first century it wasn’t a religious word. It was an everyday one, and it meant putting your full weight on someone. Chapter 5 of the book puts it like this:

A soldier had pistis in his commanding officer. Not ‘I think he’s probably competent’ but ‘I will follow his orders into a battle that might kill me’.

Somewhere between then and now, “believe” shrank. For many of us it now means agreeing that something is true. This series gives the bigger picture back to your group, one image at a time: a roof that gave way, the word Amen, a bus you rely on, a child falling asleep in her father’s arms, a seed in good soil, a title deed, and a hymn written in grief.

Each week comes back to one question: *Where is your weight?* Not where we hope it is, or where it was years ago, but where it is today.

The seven sessions

- 1 **The Roof.** We all stand on something, and we rarely check it until it gives way.
- 2 **Amen.** Not a full stop at the end of a prayer, but “I’m standing on that.”
- 3 **Believe Into.** The difference between believing *that* and believing *into*.
- 4 **Daddy Holds.** Trust as a child letting her full weight rest on her father.
- 5 **Good Soil.** Faith is not about how much you have, but where it is planted.
- 6 **The Title Deed.** Faith is not a leap in the dark, but the evidence you stand on.
- 7 **It Is Well.** The Foundation that holds when everything else gives way.

How to run a session

Each session takes about 75 minutes and follows the same rhythm, so your group will settle into it quickly:

- **Open (10 min).** A light question to get everyone talking.
- **The idea (15 min).** The picture for the week, in your words, with a short line from the book.
- **Read together (10 min).** One or two Bible passages, read aloud.
- **Talk about it (25 min).** Four or five questions. You don’t need to get through them all.
- **This week (5 min).** One small practice to try before you meet again.
- **Pray (5 min).** Simple and unhurried.

Each leader guide fits on a page or two. Read it, and the chapters it points to, a day or two before you meet. Print one participant sheet per person. It has the big idea, the passage, the main questions, and room to write.

The times are a guide, not a rule. If a conversation is going somewhere good, let it run and drop a question. If your group meets for an hour, shorten “The idea” and choose three questions.

Tips for good discussion

- **Ask, then wait.** Silence after a question feels long to the leader and normal to everyone else. Count to ten before you rephrase.
- **You are a host, not a lecturer.** Your job is to help people talk to each other, not to have the best answer in the room. The leader notes give background; you don’t need to read them out.
- **Draw out the quiet ones gently.** “Anyone who hasn’t spoken yet?” works better than naming someone.
- **Welcome honest doubt.** Some people will say they aren’t sure where their weight is. That is exactly the point of the series. Thank them.

- **Finish on time.** People come back to groups that respect their evenings.

Caring for people carrying heavy things

This series asks people to look at what they are standing on, and sometimes that thing has already given way. A lost job, a marriage under strain, illness, grief, a faith that feels like it collapsed: these may come up, especially in sessions one and seven.

When they do, you don't need to fix anything. Listen. Thank the person. Don't rush to a verse or a lesson. If it seems right, offer to pray with them afterwards, or check in during the week.

If someone shares something that worries you, such as thoughts of self-harm or a situation where they aren't safe, follow up privately and talk to your pastor. In Australia, Lifeline is available 24 hours a day on **13 11 14**, and in an emergency call **000**.

Getting copies of the book

The guides work on their own, but the series is much richer when each person has a copy of *The Weight of*

God to read along the way. One book per person is ideal; one per couple works too.

Order copies at **weightofgod.discernable.io**. If your church would like a stack for its groups, email **support@discernable.io**. And if you're a pastor or church leader who would like to read it first, I'll gladly post you a free copy.

Everything in this series is free to print and copy for your group. No sign-up, no fees.

Before you start

You don't have to be a Bible scholar to lead this, and you don't have to have every question settled in your own life. I certainly don't. You only need to be willing to ask the question with your group, and to answer it yourself.

As Chapter 1 says:

Don't wait for a collapse. Ask the question now.

Thank you for asking it with your people.

Matthew Wong