

KAIROS MOMENTS

A Kairos moment is a time in your life where God's kingdom is breaking into your life and is "within reach." It is an opportunity to grow, if we'll respond to it with repentance and faith (see Mark 1:14-15).

The following questions are designed to help you discern Kairos moments in your life.

Reflect on the week/day/hour:

What happened? What did you do?

Think about the actual moments and events.

- What were the high points?
- What were the low points?
- Did you experience stress?
- Did you experience peace?
- Were there moments of inspiration?
- Were there moments of frustration?
- Were there moments of wonder or joy?
- Were there moments of struggle?
- Were there any breakthroughs?
- Were there moments of failure or defeat?
- Were there any relational conflicts or tensions?

The answers to these questions are all ways God is seeking to break into our lives, and thus they represent opportunities for growth as disciples of Jesus.

We grow as disciples when we discern what God is saying to us through (through the Kairos moment, through Scripture, etc), and then put a plan into action to respond to what God is saying.

What is God saying to you?

How will you respond?



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DISCIPLESHIP QUESTIONS



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QUESTIONS | UP

Discipleship is being with Jesus to learn from Jesus how to be like Jesus: imitating Christ's life.

As we look at the life of Jesus, we notice he had **three great loves**. The first is UP, toward his Father. We're called to live in and express the same kind of **vibrant spirituality** that Jesus had.

The following questions will help you discern how well the UP dimension of your life is going.

- Do I make enough space for prayer?
- Am I enjoying prayer?
- Do I pursue intimacy with Jesus or avoid it?
- Do I give Jesus time to speak to me every day?
- What situation or what person is weighing on my heart?
- Am I living in the power of the Spirit?
- Do I live with abiding sense of God's presence?
- Am I living in a state of peace, or am I afraid or nervous?
- Have I been obedient to God's prompting?
- How do I spend my spare time?
- Do I pray about the money I spend?
- What sin do you need to confess?
- What have you held back from God that you need to surrender?

QUESTIONS | IN

Discipleship is being with Jesus to learn from Jesus how to be like Jesus: imitating Christ's life.

As we look at the life of Jesus, we notice he had **three great loves**. The first is UP, and the second is IN, toward his disciples in community. We're called to live in and express the same kind of **radical community** in the Body of Christ that Jesus had with his disciples.

The following questions will help you discern how well the IN dimension of your life is going.

- Do I love the people in my community?
- Am I resting enough?
- Is there anyone whom I fear, dislike, resent, or disregard?
- How are my relationships with my friends?
- Do I grumble and complain about anything?
- Am I experiencing intimacy in relationships?
- Do I keep my promises?
- Am I creating the impression that I am better than I really am?
- How easy is it for me to trust people?
- Am I jealous, critical, irritable or touchy?
- Am I discipling others?
- Is my family happy?
- Am I getting enough sleep/eating well?
- Am I making myself vulnerable to others?

QUESTIONS | OUT

Discipleship is being with Jesus to learn from Jesus how to be like Jesus: imitating Christ's life.

As we look at the life of Jesus, we notice he had **three great loves**. The first is UP, toward his Father. The second is IN, toward his disciples, and the third is OUT, toward the oppressed and marginalized, as well as those who didn't know him. We're called to live in and express the same kind of **missional momentum** that Jesus had, expressed in both service and witness.

The following questions will help you discern how well the OUT dimension of your life is going.

- Do I have a heart for people who don't know Jesus?
- How often do I share my faith? And what does that look like?
- Do I leave time for relationships with those who don't know Jesus?
- Who are the people I praying for right now that don't know Jesus?
- Do I have a vision for mission?
- Am I spending energy trying to look successful?
- Am I ashamed of the gospel?
- Do I serve willingly and joyfully?
- Do I intentionally spend time with the poor?
- Do I find it easy to recognize persons of peace?
- Can I take risks?
- Am I generous with my finances to those who don't have enough?