



KAIROS GROUPS



tableboston.org



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THEOLOGICAL FOUNDATIONS

Those who follow Jesus are on a journey to become like their Master (Lk 6:40). Our increasing conformity to Christ is the primary means by which we grow to reflect God's glory, and prepare ourselves to act as his agents in the world. While the indwelling Holy Spirit ensures every Christian ultimate becomes like Jesus, our cooperation is called for. Spiritual disciplines allow us increasingly to submit ourselves to the Holy Spirit.

WHAT IS A KAIROS GROUP?

A Kairos Group consists of 3-5 people in a closed group—men with men, women with women—who meet to grow in their capacity to hear from and obey God through intentional, disciplined cultivation of their spiritual life. In Kairos Groups friends bring the gospel to bear on their relationship to God, themselves, and others increasingly learning in community both to be and to act like Jesus.

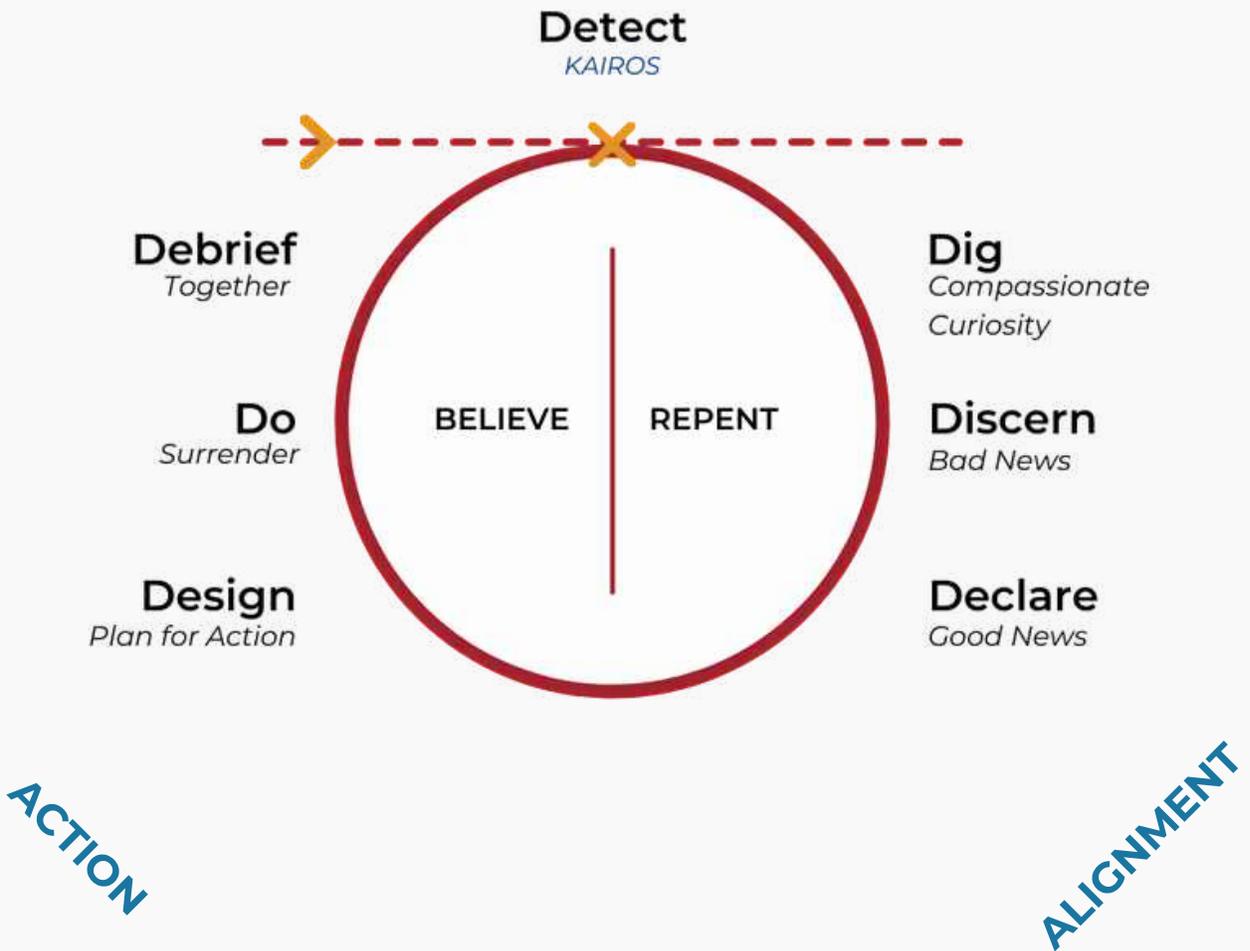
KAIROS GROUP VALUES

- Vulnerability
- Empathy
- Enacted Learning
- Curiosity
- Grace
- Personal Agency



The KAIROS CIRCLE

AWARENESS





Kairos Group Structure

5% Connect & Pray

A Kairos Group begins with prayer, and often silence. Participants welcome not only one another, but also the Holy Spirit and invite Her to speak.

Debrief

Together

Detect

KAIROS Moments

Dig

Compassionate Curiosity

Awareness

The group takes time to reflect and share what's been true for them since the group's last meeting. They debrief how they succeeded or failed in walking out commitments they made in their previous meeting. Participants help one another dig by asking questions that help reveal the "why" beneath the "what."

25%

Discern

Bad News

Declare

Good News

Alignment

Through questions, participants support one another in discerning the stories that may be driving particular actions and where these stories may be false or "bad news" in light of the gospel. When a belief or action that falls short of love is exposed in this process, participants are invited to confess (name it) and repent (turn away from it). When sin has been confessed or false stories have been exposed, DNA members support one another by pointing the one confessing to Jesus and helping them experience the "good news" of His mercy and forgiveness. DNA members remind and root each other in truth by declaring what's true about each other and God.

30%

Design

Plan for Action

Do

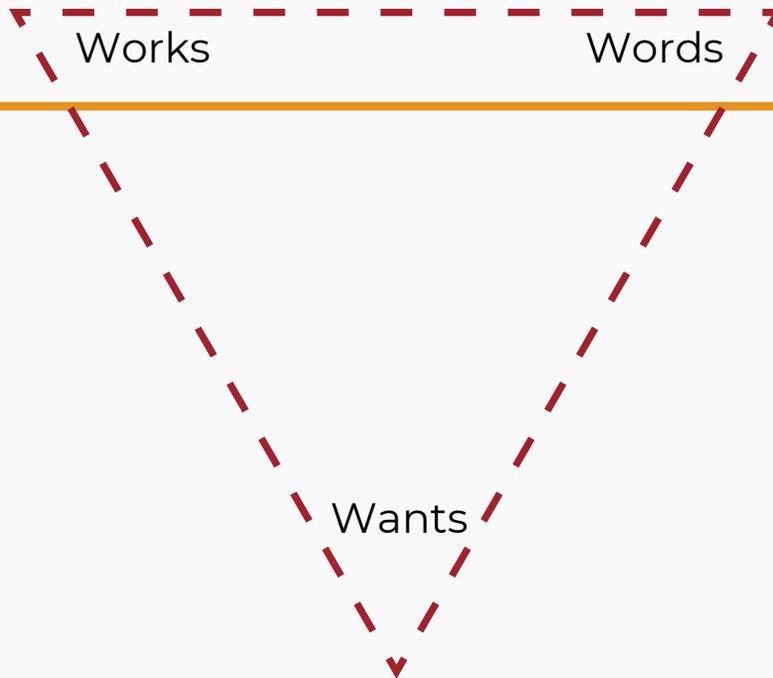
Encourage & Pray

Action

Participants ask questions to clarify and support each other in discerning what responding in faithful obedience to the Kairos Moments might look like in the days and weeks ahead. Participants help each other set SMART (Specific, Measurable, Attainable, Relevant, Time-Bound) goals and identify ways to support each other in walking these commitments out. The group clarifies how they will be accountable to for the goals they've set and spend time affirming, encouraging, and praying for one another



**Water Line of
Visibility**



**What
Why**



Digging Questions

AWARENESS

- In what moments did you follow or draw back from God's prompting?
- What worked or didn't work in the pursuit of your commitments?
- Where are experiencing anxiety or stress?
- What are you celebrating or grieving?
- In what moments have you felt distant or disconnected from the love of God?
- In what moments did you feel close or connected to the love of God?
- Where did you see God at work this week?
- Where did you take this new ground this week?

ALIGNMENT

- What do you need to confess?
- What stories have you been making up this week?
- In what ways did God manifest his love to you this week?

ACTION

- What would obedience look like in the coming week?
- What is God calling you to do or believe this week?
- What spiritual practices might serve you this week?
- How is God inviting you to step into love this week?
- What truth is God calling you to live in?
- What specific things will you do to support your relationship with God this week?
- How can your Kairos Group buddies support you this week?



Getting Started

ENROLLING YOUR GROUP

Who in your life is a trustworthy friend? Who has a hunger for God? With whom do you process decisions and significant events? Spend some time discerning in prayer, and then reach out. Review these documents together and ask whether they'd be interested in forming a Kairos Group.

GET IT ON THE CALENDAR

Find a time that works for each of you to meet in person. A video-call can work in a pinch, but you'll find it easier to cultivate the kind of intimacy this group needs face-to-face. Plan to meet on a regular schedule at least once a month. Plan to meet for a longer stretch of time during your first meeting. Ideally take a few hours and have each participant share their story.

The Table will offer ongoing support and resources to help your Kairos groups develop the competencies needed to support one another in hearing from and obeying God as you journey together.