

THRIVE Framework

Pray:

As you begin, take a moment to commit your time to God

LOOK BACK



Care:

How is your personal relationship with God at the moment?
If anyone is struggling, pray for him/her, and take a moment to listen to God to see if he brings a verse or a word to mind for them.

(Consider seeing if that person would like someone to stay with them after the meeting to offer further care).

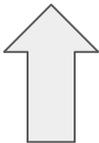
Pray:

Spend some time thanking and worshipping God, using any spiritual gifts God has given you.

Share:

How did you get on with your actions from last week?
Have you shared what you learnt with anyone else?
Have you taken the opportunity to pray with or talk with someone about Jesus this week?

LOOK UP



Pray:

Talk with God simply and briefly. Ask him to teach you from this week's passage.

Read & discuss:

Read a passage of the Bible together.

What did you find helpful about this passage? What did you find challenging?

Have another look at the passage, perhaps in a different version.

What does this passage teach about God? What does it teach about us/others?

Share:

What do you think God is saying to you specifically today?

LOOK FORWARD**Pray:**

Pray together for God to give you direction as to how to respond to what he has been saying.

Action:

What are you going to do about what God is saying to you? Try to be specific. Share with one another and write it down.

Share:

Take a moment to see if anyone comes to mind who you could share the truth you have learned/been reminded of in the coming week.

Pray:

Ask God to give you the resources and the courage to carry out what he is asking of you.