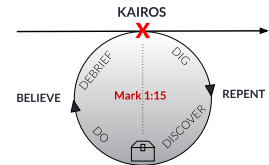


# THE KAIROS CIRCLE

The Circle is a tool to help us listen and respond to God as He speaks through the significant moments of our lives. This 3 session guide will help you teach disciples of Jesus to use this tool and be able to pass it onto others, using the coaching sequence of MODEL, ASSIST, WATCH, LEAVE (**MAWL**).

## 1st Meeting: Modeling the Circle



## REVIEW

Questions:

- What was a “high” and a “low” you experienced this week?
- Did everyone follow through on their I WILL and SHARE from last week?



Turn to **Mark 1:14-15**. Read it twice out loud and retell the passage together.

- What do we discover about God from this passage?
- What do we discover about us/people? Are there any commands to obey or examples to follow here?

Teach the learning circle to the group (**MODEL** for them how to teach it), pointing out how it is just a visual expression of the scripture we all just talked through as a group. An overview of how to teach the circle is on the next page.

Caesar Kalinowski says, “**Discipleship is about moving from unbelief to belief about the gospel in every area of life.**” The learning circle is a tool we can use for ourselves, and to help others dig out those old, false or incomplete beliefs, replace them with the good news of the Kingdom like digging through dirt to discover treasure, and then put those new truths into practice.

Share a kairos you experienced and processed using the circle, so they can see it modeled in your own life.



Ask each person to share a Kairos moment from their week, that they can think of, big or small.  
Hint: Their high and low they shared could be Kairos moments.

Help one or more people process their Kairos moments helping them DIG, DISCOVER, leaving with a DO and plan to DEBRIEF.

**PREP** Ask everyone to read **Acts 10** through a couple times before the next meeting, and consider the following questions:

- What attention-grabbing event did Peter experience?
- What false, old, or incomplete belief did God use this event to address in Peter?
- What new truth did God invite Peter to believe?
- What did Peter do about it, and who did he tell?

# CIRCLE: Teaching Notes

The Circle is a tool we can use to make the most of the *KAIROS MOMENTS* that occur in our lives.

*“The time has come,” [Jesus] said. “The kingdom of God has come near. Repent and believe the good news!” —Mark 1:15*

The word for “time” in the above verse is *kairos*, and means a significant moment, event, or opportunity.

A *kairos* is a moment that grabs your attention, like when Jesus showed up on earth — an occurrence that impacts your emotions or your will. They can be giant life altering events ( “brick walls”), small epiphanies (speed bumps), or an ongoing sense or feeling playing in the background of your mind or heart (rumble strip).

Share a few examples. Ex: *The death of a loved one; boss praising your work; a break up; a verse in Scripture jumping out at you; a movie bringing you to tears; an emotional moment in prayer, feeling angry all day.*

When a *kairos* occurs we can use it as an opportunity to hear and respond to God by *repenting* and *believing the good news*, rather than ignoring the moment.

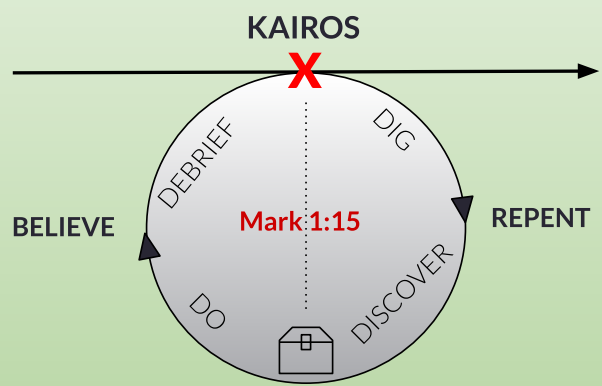
– **Repent** means to turn from *our* ways and thoughts, to God’s ways and His thoughts.

We seek to answer, **“What is God saying?”**

God doesn’t just want to modify our behavior.

He wants to transform us, addressing old beliefs and patterns and replacing them with His truth and His words.

– **Believe** means to be persuaded of something, and it is always demonstrated by action. We demonstrate we believe what God is saying by answering, **“What WILL I DO about it?”**



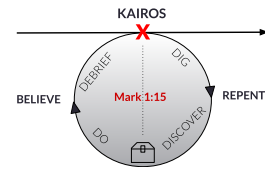
We can liken this process to digging for treasure, and a *kairos* moment is the “X” that marks the spot. When a *kairos*, occurs...here are 4 steps we can take to repent and believe:

1. **DIG.** A *kairos* reveals something about us, or what we currently believe. What false or incomplete belief is this event exposing in you? What does God want to address in you? Looking for what God wants to address in us is what it means to dig.
2. **DISCOVER.** Once you uncover the false belief or unfinished place God is addressing, you can ask, “God, what’s the truth you offer to replace what’s false or unfinished? What’s the good news? What are you saying? *That’s the treasure.* God wants to continually restore and renew us in His image. Seek until you find.
3. **DO.** We demonstrate we believe God by *living* differently. What *weren’t* you doing before that you could do in the next few days to demonstrate that you believe God? Make an “I WILL” statement, and try to narrow it down to a sentence, making your plan as concrete as possible. Complete your “I WILL” in the next few days.
4. **DEBRIEF:** After completing your I WILL, share with someone what you felt God was saying and how you are responding. This gives you accountability, and the opportunity to share what God is doing in your life. Debriefing will also be built into each time we meet for coaching/discipleship.

**DIG**

What impacted me?  
How did I respond? Why?  
What did I feel?  
What false or incomplete  
belief is being revealed in me?

## 2nd Meeting: Using the Circle Personally



### REVIEW

- Ask people how it went following through on their I WILL (DO) and SHARE (DEBRIEF) from last week.
- Teach the Kairos Circle to the group, asking them to **ASSIST** you by filling in some of the blanks and by asking them questions about what terms mean.
- Review the questions from the prep ([Acts 10](#)). What did everyone discover?

This story from Peter's life is a great example of how we can respond to a **Kairos moment** in our lives. Instead of letting these moments slip by, we can turn to God and ask, "God, what are you saying? What will I DO about it?"



Read [Luke 10:17-21](#) twice through as a group. Then retell the passage together out loud. Ask: What was the Kairos moment the 72 returning disciples told Jesus about?

- Was Jesus' overall response positive or negative?
- What false or incomplete belief did Jesus detect might be present in His disciples (DIG)?
- What truth did he speak to them to replace it (DISCOVER, DO)?
- As you consider the steps of the Learning Circle (Identifying a Kairos, DIG, DISCOVER, DO, DEBRIEF), which one are you most likely to stop at, skip or miss? Why?
- What impact might skipping that step have?

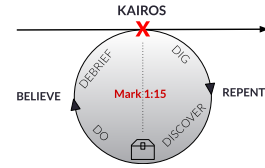


Ask each person to share a Kairos from the discussion today—something that is grabbing their attention. Then, help one or more of them process their kairos, asking Dig Questions, helping them to Discover what God might be saying, arriving at a Do. Debrief this next week.

**PREP** Ask each person to identify a Kairos moment this week. Ask them to try to process it on their own, taking it as far around the circle as they can. Come ready to share about the experience next time.

*When Discussing with someone to help them arrive at a "Do," it is more helpful for them to arrive at a specific, concrete plan rather than a general one. For example, "I will get up 5 times this week at 6AM and pray for 15 minutes" is more helpful than, "I will pray more this week." Keep asking, "How specifically can you do that?" until they arrive at a concrete plan.*

## 3rd Meeting: Using the circle to help others



## REVIEW

- Pray and review plans from last week. Did everyone follow through on their “DO” from last week?
- **Teach the Learning Circle. Then, ask each of them to pair off and try to teach it to one another.**
- Call them back and review, “How’d it go? Any questions?”



Share that there are some helpful ways to help someone else process a kairos moment, and some unhelpful ways. Here are styles when helping others to hear from God and obey that AREN'T particularly helpful. See if you recognize any of these characters (You can have them look at this guide, or their own copy of it):

- **Rabbit Trailers** will jump the track and use what a huddle member is sharing to launch into their own stories, never to return. “Oh, that reminds me of this time when my family...and Jim ate bad seafood...and we just love butterflies...and can you believe they had four dogs?” The participant is DE-RAILED before they even get a chance to DIG.
- **Advice Givers** like to lay on the advice. They skip the right side of the circle and jump straight to the left. “Here’s what you should DO.”
- **Eternal Empathizers** will compassionately listen as a person talks on endlessly, but never helps them get anywhere. The participant is stuck in DIG.
- **Eager Prophets** do all the work for the person sharing. “I’LL tell you what God is saying to you...” They rob the disciple of the chance to take ownership of DISCOVERing what God is saying, and create dependency on themselves.
- **Project Managers** say, “It’s my job to get you to DIG, DISCOVER, DO and DEBRIEF, all RIGHT NOW!” It’s great to get all the way around the circle, but sometimes people need more time. If they’re not careful they’ll finish ahead of the Holy Spirit. Challenge people to keep things moving, but allow them more time if needed. Their DO may be to seek God about what He is saying, or at least move forward, on the Circle before next meeting.

Instead, when helping someone process a Kairos, here are some helpful tips for to help them process:

**1. Ask questions, rather than giving answers.** As they share, repeat back the last few words they said when they pause, so you are tracking with them, and so they know you are hearing them.

Here are some sample questions to ask at each point on the circle to help someone process a Kairos they’ve experienced:

- **DIG questions:** “How did it (the Kairos) impact you? What was your response?  
How did you feel? What false or incomplete belief is being revealed in you?”  
If you’re not sure what to ask, you can always say, “Tell us more about that.”
- **DISCOVER:** “If Jesus were here right now (which He is), what would he say to you? What truth

would he speak to replace that old, false or incomplete belief?

- **DO:** In a sentence, what specifically will you DO differently this week in light of that?
- **DEBRIEF:** Did you follow through on your I WILL/DO from last week?

**2. Keep one ear to the Holy Spirit and one ear to the person speaking.** As you're asking questions, a scripture passage, a story, a tool, or a word picture may come to mind to share with the person. You can share and ask, "Does this resonate with you?" We don't want to say, "This is what the Lord is saying to you..." rather we can say, "This is what I think God is putting on my heart. I 'lay this at your feet'; feel free to pick it up if you think God is saying it to you."

3. Help them make a **concrete** plan. "I will buy coffee for my co-workers once this week" is more concrete and measurable than "I will be kinder to my co-workers this week." You can still make an effort to be more kind, but this helps people see progress more clearly.

**4. Once they have arrived at a DO, let them go try their DO,** even if you don't believe it's the best DO. It may lead to a new Kairos for them.



**Have your group break into pairs, each share a kairos moment from their week with one another, and help the other person process their kairos using the circle.** When they are finished, have them come back together and report back on their experience. How did it go? Offer any help or insights needed.

## **PREP**

Attempt to help someone outside the group process a Kairos moment in their lives, helping them DISCOVER what they think God may be saying and what they will DO about it. DEBRIEF with that person later.