

SESSION ONE

BIBLICAL FOUNDATIONS FOR FORMATION GROUPS: LOVERS



01

Biblical Foundations for Formation Groups

Awaken 365

What do you *expect* will
happen in this training?

What would you *like* to
happen in this training?

Your
Questions

What will you contribute to
move this training closer
to the way you'd
like it to be?

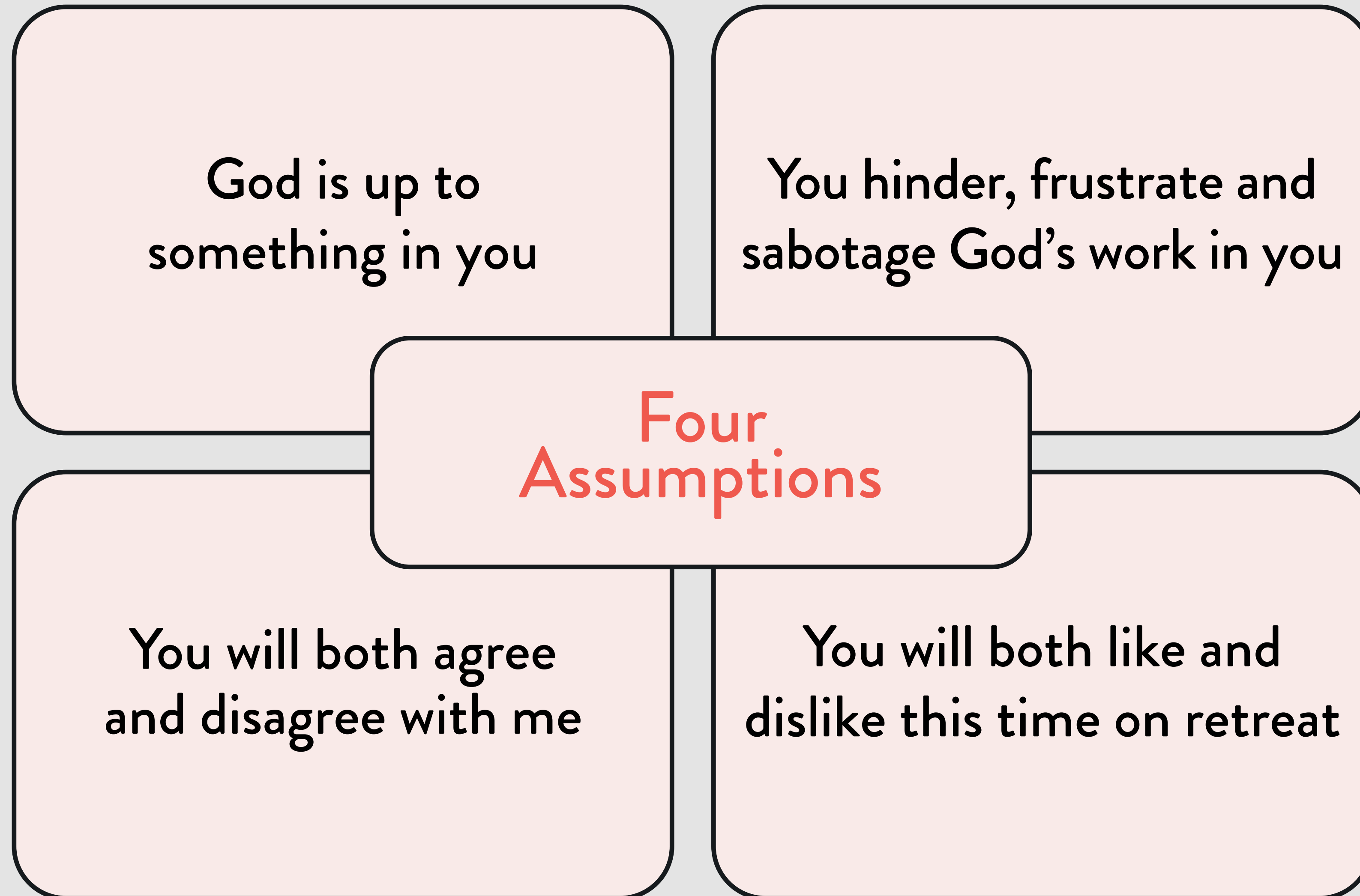
How will you sabotage
your contribution?



01

Biblical Foundations for Formation Groups

Awaken 365





01

Biblical Foundations for
Formation Groups

BE STILL
AND KNOW
THAT I AM
GOD



01

Biblical Foundations for Formation Groups

Ecclesiastes 4:9–12

*Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.*



01

Biblical Foundations for Formation Groups

Proverbs 27:17

*As iron sharpens iron,
so one person sharpens another.*

1 Corinthians 12:14

For the body is not one member, but many.

1 Thessalonians 5:11

*Therefore encourage one another
and build each other up,
just as in fact you are doing.*



02

The LOVERS Framework

Building stronger groups through listening, valuing, and sacrifice

L-Listen

We have two ears and one mouth for a reason. Listen carefully and intentionally before speaking.

Reflection:

- When was the last time you felt *truly heard*?
- Who do you find it hardest to listen to? Why?

Fill-in:

One way I can practice better listening this week is:



02

The LOVERS Framework

O – Observe

Use your two eyes to notice body language, emotions, and unspoken signals.

Reflection:

- What are some non-verbal signs that someone in your group might be struggling?
- How do you usually respond when you notice them?

Fill-in:

One thing I will look out for in others is:



02

The LOVERS Framework

V – Value

Everyone is fighting battles we may not know about. Each person is made in the image of God and has a story that shapes their perspective.

Reflection:

- How do I show people that I value them, even when I disagree with them?
- Who in my group do I need to affirm more often?

Fill-in:

One way I can show someone they matter is:

_____.



02

The LOVERS Framework

E – Engage & Encourage

Thank people for sharing. Reflect back what you've heard. Give feedback on the issue, not the person.

Reflection:

- When was the last time encouragement made a difference to me?
- How can I use questions to show genuine engagement?

Fill-in:

This week, I will encourage _____ by _____.



02

The LOVERS Framework

R – Respond

Use kind, thoughtful words. Pray about your response and reflect on how you come across to others.

Reflection:

- How do I usually respond when I feel challenged?
- What might change if I prayed before responding?

Fill-in:

I will choose my words carefully when:



02

The LOVERS Framework

S – Sacrifice

Greatness in a group means setting aside pride and barriers. True connection requires vulnerability, openness, and care for one another.

Reflection:

- What “barrier” do I find hardest to lower in group settings?
- When has someone else’s vulnerability encouraged me?

Fill-in:

This week, I will step out of my comfort zone by:

_____.