

Just 10

Introduction

This series is different! Instead of writing our own series, we're following a pre-written course. This will give some variety, but will also need more preparation for those leading growth group sessions! There is far more material than you will need, so the main task will be choosing which bits you want to cover in your group. I've given a few guidelines below to help you.

Just 10 is a series written by J John, a well know evangelist and Canon in the Church of England. It re-looks at the ten commandments in a practical and relevant way, helping us to live God's ways today. The emphasis is on God's grace, rather than condemnation –recognising that we all fail (maybe more than we realise!) but that God is there to help us.

The course counts down the ten commandments in reverse order, from 'Find True Contentment' (Number 10 - Do not covet) to 'Live by Priorities' (Number 1 - No gods before me). Each week, we will be looking at one commandment in our Sunday worship and in our preaching.

Before You Start

1. **IMPORTANT! Each Growth Group member will need a 'Just 10 Study Guide' - available in the porch -only £2 (bulk buy price)**
2. There are 20 sessions in the book (2 for each of the 10 Commandments) and also plenty for extra personal study. I suggest that you do one session per study. There's a brief guide below on what to choose, but it will need a little bit more prep for those leading the sections each week –so best to split it up if possible.
3. I suggest that it would be good if you were able to cover each per commandment. Ideally, these would be roughly coupled with the



preaching, so you may decide to have a couple of extra meetings before Easter –perhaps during Lent.

What to Do Each Week

The format we use for our Growth Group Meetings (Welcome, Worship, Word, What Next?) is a widely used one. Just10 has been written for groups using this format. However, as with many similar guides, there is far more material than you will need –especially if you encourage plenty of discussion. There is also enough material for two sessions (parts 1 & 2) on each commandment (study).

You can choose to use the material however you want, but here are some suggestions:

Each session, go on to the chapter for the next commandment after the one you looked at last time.

1. **Welcome:** Use some of ‘Starter’ or ‘Surgery’
2. **Worship:** There are no guidelines for this in Just10, so it’s an opportunity to be creative! Use music, silence, prayer, meditation, reflection, songs, hymns, etc or be creative with drawing, writing, symbols, poetry etc to help people to draw near to God.
3. **Word:** Pick some questions from Part Two ‘Group Study’, ‘Personal Study’ and ‘Summary’. (Some weeks you may wish to use the Part One Group Study instead)
4. **What Next?** Use ‘Summary –So What?’ or ‘Stepping Out –Practical Suggestions’ (maybe in 2s/3s). **Always finish by praying for one another and for others.** Some chapters have ‘Prayer’ sections to help.

I hope these notes are helpful. See how you get on and do let me know! The plan is to return to the usual format after Easter.

Toby