



FACILITATOR'S GUIDE

THE POINT OF LOW POINTS



KEN GURLEY

The Point of Low Points Facilitator's Guide

by Ken Gurley

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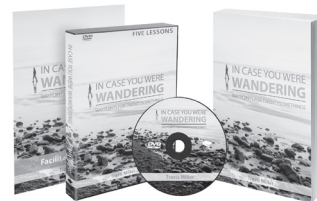
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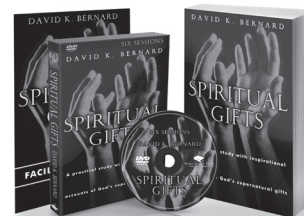
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Small Group

Facilitator's Guide

Purpose: *The Point of Low Points* studies the five low points in the life of Joseph to glean the meaning behind similar low points in our lives. This can be used for any small group, but especially for those who are struggling with grief, loss, confusion, and hopelessness.

Structure: There are six sessions in this study. Each of these six sessions corresponds to the six sections of the book. Prior to each session, students should reach the following sections of the book:

Point of Low Points Overview

Session One	Valley Fever <i>Read the author's preface and chapters 1-3 in Section I of the book before this meeting.</i>
Session Two	Facing Loss <i>Read chapters 4-5 in Section II of the book before this meeting.</i>
Session Three	Confronting Confusion <i>Read chapters 6-7 in Section III of the book before this meeting.</i>
Session Four	Meeting Betrayal <i>Read chapters 11-12 in Section IV of the book before this meeting.</i>
Session Five	Combatting Unjust Accusations <i>Read chapters 13-14 in Section V of the book before this meeting.</i>
Session Six	Reviving Dead Dreams <i>Read chapters 15-16 in Section VI and the closing comments before this meeting.</i>

Study Materials

This study utilizes *The Point of Low Points* material written by Ken Gurley. Each member of your group needs to have a copy of the book. As facilitator, you will also need the DVD of the six video sessions and this guide.

Launching the Study

Small group studies vary widely in methods. Several general considerations for launching this particular study are:

- Prayerfully seek God's guidance concerning the group's composition and location. Continually ask God to open up the hearts and minds of participants.
- Some "small groups" can ironically grow very large, but this material requires a smaller group (up to ten members) and not a medium-sized or larger group. It is highly likely that as this material is taught the results will attract more participants. Prayerfully consider how you will accommodate this interest either through more groups or modification of the sessions to permit new members.
- The room setting suggested is typical for small groups: a circular area that permits the participants to clearly see each other, the facilitator, and the DVD player/screen.
- As facilitator, you need to read the entire book in advance to absorb the lessons explored in each section. It is also recommended that you view the video sessions in entirety prior to the launch of the small group.
- Be certain that each member has purchased a book and instruct the group to read chapters 1-3 of Section I prior to the first session. At the close of each session, instruct the students to read the chapters associated with the next session.

Conducting the Study

This curriculum is versatile enough to accommodate any particular pattern of small group study you may use. It is structured according to the following pattern:

1. Opening with prayer
2. Reading of select Scriptures
3. Viewing of video session

4. Discussion questions

5. Closing prayer.

Additionally, these general tips for leading the group can assist in the flow of sessions:

- You may wish to assign the reading of Scriptures to different individuals. The book cites the King James Version, but you may choose to use another accepted version.
- Read the discussion questions over each week and think through possible answers that may be given. Prepare to lead the conversation. Not all of the questions need to be covered. There may be ample and profitable discussion following one of the questions, and it is permissible to explore only one or two. Yet, if you do omit some questions, it may be profitable for you to make mention of them and give your responses. You may also choose to paraphrase the questions in a different format.
- Exceptions to the above are found in the opening and closing sessions. At the opening session, you will ask participants to identify the lowest points of their lives and to write them on a piece of paper. Provide each person with an envelope in which to seal their answers. Ask them to write their names on the exterior and submit them to the facilitator. These will remain sealed and will be opened by the participants in the last session. Hopefully, the small group material and discussion will help them gain insights into their low points. By the end of the study they will look again at the low points and see if God has given them some understanding throughout the series.
- As with all small group meetings, watch out for the “conversation hogs” in the discussion. Be prepared to call on others to respond. The silent ones often have wounds that haven’t healed and desperately need to be involved in the discussion.
- Be prepared as well to deal with the “conversation hijackers” who will take the discussion into an unintended direction. Your direct engagement in the discussion is imperative to keep the meeting’s focus.
- At the close of each meeting, reinforce that although we do not always know the reason why low points occur in our lives, we do know that there is a “why.” God knows why and in His own time and way, it will be revealed. Faith is quite often the distance travelled between the low point and the point of the low point.

A Word from the Author:

Thank you for selecting *The Point of Low Points* for use in your small group. This material is designed to equip each participant with the knowledge to navigate the low points of life. Due to the subject matter, your efforts are pivotal to guide the discussion while permitting each willing person the chance to participate, reflect, and ask questions on the material.

From the outset, it is important to help participants grow comfortable with the format to be followed and to become better acquainted with the participants in the group. Few individuals find themselves able and adept at expressing their innermost thoughts and feelings. Life's low points further restrict a person's best efforts to explain their sense of isolation, confusion, and hurt. If pressed too closely, those who could benefit the most from the study will fall away from the group. As facilitator, pray for a spirit of discernment and the gift of empathy to sense those who are struggling the most.

I hope something of merit can be found in the book and videos. I realize, however, that this material serves only as the launching pad for what will happen over the six sessions in your small group. The greatest insights will emerge when the Spirit leads you or someone else to minister to another member of the group. These flashes of sanctified understanding will be the moments most remembered and valued. The book and videos are the catalysts for the process of healing and discovery endemic to small group ministry.

The Good Samaritan was moved with great compassion when he saw the wounded man on the Jericho road. Others passed by with nonchalance and a business-as-usual attitude. But not this man. He determined to make a difference, and our Lord took note of his actions. May our Lord witness your heartfelt efforts to assist someone through a similar low point.

Remember the words of the Apostle Paul in his most intimate letter to the Church of Corinth. He said that God: "...comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God" (II Corinthians 1:4). In the divine cycle of consolation, God comforts us that we may comfort others. The comfort God gave you in your low points will be called upon in this small group study. While none of our low points entirely resemble those of others, there are enough similarities to feel what others are going through and to find Gilead's balm for their needs.

Your service reminds me of the role Moses gave to the Tribe of Dan. As Israel moved eastward toward the Promised land, the Danites followed the other tribes through the wilderness collecting the stragglers (Numbers 10:25). Life's adversity can at times leave us stunned, staggering, and straggling. As a facilitator for this group, you can help members turn from their past and focus again on the new day awaiting them.

May God be with you as you plumb the depths of those low points that define and guide our lives. On the other end of this study, may you look back and say, "God has helped me to minister to those in life's valleys."

Valley Fever

Objective

Scripture Passages

Genesis 30:1, 23-24

Philippians 3:7-8

Romans 8:18-31

Watch Session 1 Video:

Valley Fever

Discuss the following questions:

- Notes:

[illegible]

[illegible]

- ## Assignment

Read chapters 4-5 of Section II before the next meeting.

If you're in a valley, it doesn't mean you made a wrong turn.

It may mean that God has something for you.

**God shapes His best and
chosen ambassadors in the
valleys of affliction.**

[illegible]

5. Pruning causes a fruit tree to yield more fruit. Describe any instance where the Lord permitted pruning in your life and the results that came from it.

Read chapters 6-7 of Section III before the next meeting.

Joseph's loss of his mother brought him in nearer proximity to his father and to the fruitfulness promised to his father. Our God is a giver; our enemy is a taker. God does, however, work through our losses to help those affected the most move toward a certain future.

[illegible]

- ## Assignment

Read chapters 11-12 of Section IV before the next meeting.

We've done what we know to do and what God has told us to do, but we haven't received the desired or promised result.

[illegible]

5. The fanciful story, “The Way of the Prophet,” describes the mysterious ways of God. How has God taken betrayals or other hurts in your life and used them to change you?

Read chapters 13-14 of Section V before the next meeting.

This deepest low point in Joseph's life happened in the place of two wells. Life's pits come equipped with wells. If you're in a low point and look carefully enough, you will find a fountain to sustain you.

[illegible]

- ## Assignment

Read chapters 15-16 of Section VI and Closing Comments before the next meeting.

The only way the accuser wins is if we let go of our integrity and divine destiny. Joseph refused to do this. He moved into the next station of his life, even though he had been wrongly accused and convicted. He didn't nurse grudges or dwell on the past. He was confident a higher Power was at work in his life and that God would, in His own time and way, make things right.

Notes:

4. As we draw to the close of this study, let's return to those envelopes we sealed at the first session. Please open your envelope. Take a moment to look at the low points you listed and think about why God may have permitted each of these to come to your life. Based on what we've learned in this study, would you please share one of these low points with the group and why you believe God permitted it to happen and how you've grown stronger because of it?
5. If God gives you a dream to bless many others, you will experience a number of low points. Pray that God will give you the strength to see that dream realized.

God-given dreams may appear to be buried, but they are actually only planted. A divine purpose may disappear from sight for a while, but it will arise again.

And when it comes back it will be increased thirty-, sixty- and a hundredfold.

Joseph's dream was planted so that he would multiply to fill the earth.