

CRAVE

Transforming your Life

- C onfess your sins
- R ead the Bible
- A sk God for lost people
- V ineyard Ways
- E at together

WHAT IS A CRAVE GROUP?

People need Jesus to change their lives from the inside out. A Crave Group (CG) is a simple way to release the most essential elements of a vital spiritual life. It is a tool for growth which encourages and supports people to follow Jesus by fueling internal motivation rather than applying external pressures and ploys. This tool empowers the ordinary Christian to accomplish the extraordinary work of reproducing disciples of Jesus who can in turn reproduce others.

Here is a simple overview of what a Crave Group is:

- * Crave Groups meet each week for about an hour.
- * Groups of two or three (adding a fourth person means a second group is about to be formed).
- * Crave groups are gender specific. Boys meet with boys. Girls meet with girls.
- * No curriculum, workbook or training is needed.
- * There is no leader needed in the group.
- * Crave Groups only have three tasks:
 1. Sin confessed in mutual accountability.
 2. Scripture is read in context and in community.
 3. Lost people are prayed for strategically, specifically and continuously.

A Crave group is simple, yet powerful. It incorporates the values of community, internal life transformation and reproduction of disciples.

WHO SHOULD BE IN A CRAVE GROUP?

There are only two qualification for starting or joining a crave group:

1. A desperate need for Jesus Christ (Lk 5.29-32).
2. Faithfulness in the process itself (2 Tim 2.2).

These two criteria balance one another to keep the group on track both with healing for hurting people and health for helping people. To compromise either of these principles will slow down or derail the effectiveness of the group.

Making and Multiplying Growing Disciples

Introducing Crave Groups

A Crave Group consists of two or three people, all of the same gender, who meet weekly for personal accountability for their spiritual growth and development. We recommend that a group not grow past three but rather multiply into two groups once the fourth person proves faithful to the process.

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The Strength of Two or Three

The Bible hints that a smaller unit of two or three is better than a larger group when it comes to making and multiplying disciples:

1. *Community* (Eccles 4.9-12): Life change does not occur in a vacuum; it happens in relationship with others. From the beginning God has said that it is not good to be alone. We need each other for strength and support (Proverbs 27.17)
2. *Accountability* (1 Timothy 5.19): Few things would get done in life without some degree of accountability. The New Testament lists at least twenty eight “one another” commands. There’s no doubt we need one another to live the life Christ intends for us.
3. *Confidentiality* (Matthew 18.15-17): It is easier to maintain confidentiality in a group of only two or three rather than a larger group of ten or twelve. The Lord specifically designated that two or three is the best for the confession of sin.
4. *Flexibility* (Mathew 18.20): It is much easier to coordinate the calendars of only two or three rather than a typical small group of fifteen. An LTG can meet anywhere!
5. *Reproducibility* (2 Timothy 2.2): It is easier to reproduce a smaller, simpler group than a large, more complex entity. Perhaps that is why Jesus commanded us to make more disciples rather than cell groups or churches (Matthew 28.19-20). Transformed disciples in community is the base unit for the kingdom of God.

There are only three tasks to be accomplished in a Crave Group. They are...

1. SIN IS CONFESSED IN MUTUAL ACCOUNTABILITY

Christians need one another (Hebrews 10.24-25). There is strength in relationships that are built around supporting one another. The first thing the LTG does together is ask each other Character Conversation Questions listed below. The meetings start here because it is easy to lose time talking about other things. It is also helpful to begin with confession of sin which tends to sanctify the rest of the meeting. The questions are straightforward. Each person takes turn answering the same question. The groups must be a safe place to be honest in. The confession of sin prepares the soil of people's hearts for the word of God being read each week.

2. THE BIBLE IS READ REPETITIVELY — IN CONTEXT AND IN COMMUNITY

The power of this system is in the unleashing of God's word in the lives of people. Jesus made it clear that the word of God is the seed of new life (Luke 8.11,15). To expect lives to be changed and bear fruit without first planting the seed is foolish and disappointment will result.

Each group decides on a book of the Bible they will read that week. The goal is to create an internal appetite for the rich word of God, so a larger volume is scripture is desired. We recommend that you read 25 to 30 chapters

of the Bible each week. Sample reading exercises would be as follows... If the group selects a smaller book such as Ephesians or Jonah, the group would read it five times in a week. A moderate sized book, such as Romans or I Corinthians can be read twice in a week. A lengthy book, such as Acts or Proverbs would be read once all the way through in a week.

When the group comes together the next week they ask one another if all the reading was finished. If any one person was unable to finish the reading that week, then everyone does the same reading again for the next week. This is not a bad thing. Reading entire books in repetition, in context and in community will yield rich rewards!

This is one good reason to challenge the group members with a larger volume of Bible reading which will probably not be completed every week. A typical group tends to take about four weeks to finish reading 30 chapters together at the same time and move on to another. Once all complete the reading in the same week they choose another book to read together. A group can decide together what the next book will be or alternate who chooses the book each time.

3. LOST PEOPLE ARE PRAYED FOR SPECIFICALLY AND REGULARLY

The Crave bookmark has some Accountability Questions on one side and Prayer Guide on the other. This reminds each person in the group to pray specifically for each of the people named on the card as they read their Bibles throughout the week.

Each member of the Crave group identifies two or three people whom the Lord lays on their hearts who need Jesus. The names of these people are written down on a card for each member of the group. Each person in the group prays throughout the week for those on the list. The best way is to choose one name from the list each day and pray for them. The prayer guide is included to help the process. Those who begin to seek Christ become perfect candidates for the next Crave Group and multiplication of the group can occur naturally and spontaneously and in a way that the whole group can rejoice in together.

Confess your sins

Read the Bible

Ask God for lost people

Vineyard Ways

Eat together