

Beyond Belief

THE PROMISES OF
THE APOSTLES' CREED

SERIES COMPANION | HIGHROCK 2023

INTRODUCTION

What does it mean to believe something? Is it agreeing with facts and information? A gut-feeling? Blind faith? "I believe" is the opening line of the Apostles' Creed, one of the earliest statements of faith in the Christian church. It speaks to the character and work of God, the life of Jesus, the church, the hope of new life, and more. But what does it mean to believe in those things? Is it about mere agreement or something more? This fall, we will consider how the Creed invites us beyond belief and into a dynamic, life-changing relationship with the God whose promises are worth believing, and who calls us to make promises of our own. We hope you will join us!

RESOURCE OVERVIEW

Here we provide space to take notes on the sermon and Scripture text and answer reflection questions that you can discuss with others. When considering the reflection questions, remember that the goal is not to have all the "right" answers—instead, let these questions serve as a starting point for curiosity in your conversation with God and others. See the Appendix of this guide for more resources and opportunities to engage with this study.

Please note this discussion guide is created before the series begins. Discussion questions are prepared before the sermons are written and based on the theme and text for the week. Thank you for your understanding that the topic and focus of the sermon as the pastor writes it may differ from what is written in the discussion questions.

APPENDIX (PAGE 14)

Offers a deeper dive into the topic as well as resources for Bible study, leading small groups, and links for further support.

Works Cited & Links

Bible Study Tools

"Icebreaker" Questions

Tips for Guiding Conversations

General Resources for Individual Support

SERMON SCHEDULE & REQUIRED READING

*Subject to change at the discretion of the pastors.

Along with the sermons and the questions in this guide, there will be weekly reading for participants to complete.

Book: ["The Apostles' Creed: A Guide to the Ancient Catechism"](#) by Ben Myers

Sermon	Topic	Assigned pages
Week 1	I Believe	1- 16
Week 2	God, the Father Almighty	19- 27
Week 3	Maker of Heaven + Earth	29- 33
Week 4	Jesus Christ, His Only Son	37- 40
Week 5	Conceived of the Holy Spirit + Born of Virgin Mary	43- 54
Week 6	Suffered, Crucified, Dead + Buried	57- 76
Week 7	Descended	79- 84
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Week 9	Ascended, Seated + Judging	87- 94
Week 10	Holy Spirit + holy Christian Church + Communion of Saints	99- 111
Week 11	Forgiveness of Sins	113- 116
Week 12	Resurrection + Life Everlasting	119- 135

WEEKLY FORMAT (and time estimates):

REFLECT: Listen to the sermon, read weekly selections and scripture passages, and answer questions. (30-40 min)

RELATE: Discuss reflection questions with your small group. (60 min)

PRAY: This series includes many ways to practice prayer together. It will be important that you do this! Try one that is suggested, or bring another regular rhythm to your group

CONVERSATION COVENANT

We hope that all small group discussions are lively and enriching, but sometimes tough topics will be discussed. The Conversation Covenant* is an agreement to hold respect and grace toward all participants within a small group, no matter the conversation. Please adhere to the Conversation Covenant or think about creating one that fits your context.

*Adapted from <https://conversational-leadership.net/conversation-covenant/>

I pledge:

To act in good faith, with curiosity. *I will assume the best about my conversation partners when entering into our groups. I will give the benefit of the doubt, recognizing that they may know something I don't.*

To show respect. *I will show respect. I will be polite and give due regard to the feelings and traditions of others. I understand that I do not have to agree with someone to show them respect.*

To speak the truth. *I won't use rhetorical tricks to try to win an argument. I will speak what I genuinely believe is the nuanced truth.*

To aim to discover the truth. *I will not enter into a conversation with the purpose of changing the mind of anyone to my way of thinking.*

To focus on what we can change. *I will focus on what we can do differently in the future since we cannot change what we did in the past.*

To take responsibility for the conversation. *I will take responsibility for the quality of the conversation and the abidance of the rules both in principle and in spirit.*

To follow the covenant even when others fail to do so. *I will abide by the rules regardless of whether another person breaks them.*

To respect the confidentiality of the group. *I will not share the stories of group members verbally or in written form (including on social media and online outlets).*

To lighten up and approach the conversation in good humor. *I recognize that humor is a hallmark of a constructive, generative conversation and take the conversation in good humor.*

PREPARE

The following questions are jumping-off points for personal reflection. Engage with them to awaken your awareness to the themes in this sermon series. Pay attention to the questions that stand out to you and look back on them throughout the series to see how God might be speaking to you.

CONSIDER

- Do creeds, mission statements, and vows, have a role in how you live and relate to others? List what they are and how they impact your decisions.
- What do you think the role of creeds, like the Apostles' creed, is in the church? Do they seem outdated or is there still relevance and purpose for them in the church today? Are there possible benefits? Are there risks?
- What questions do you have about the Apostle's creed? List them below.

THE APOSTLE'S CREED

Recited weekly during church services as a part of the Liturgy of Confession.

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.

The third day he rose again from the dead.

He ascended to heaven
and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 1

“I Believe”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 1-16 in [“The Apostles' Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation or personal reflection:

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Are there beliefs you find easy to adopt and others that are more challenging? Note what beliefs feel natural to adopt and what are more difficult. Are there themes you notice?
3. What beliefs about God are shaping your spiritual life? How so?
4. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Ask God for wisdom for the ways you would like your belief strengthened. Pray also for discernment as beliefs change throughout your life.

THE APOSTLE’S CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 2

“Father Almighty”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 19-27 in [“The Apostles' Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener options are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Discuss the significance of Jesus using the term “Father.”
3. What are the limits of the term Father in your context? How does this term in the Biblical context offer re-newed meaning for relating to God?
4. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Ask God to be with you in how you relate to the word “father” whether positive or negative. Pray with thanksgiving for those who have been a father figure to you.

THE APOSTLE’S CREED

I believe in God, **the Father almighty**,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 3

“Maker of Heaven and Earth”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 29-33 in [“The Apostles' Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener options are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Discuss the significance of the Christian perspective of creation as the author has laid it out in your reading.
3. How does a God-centered view of creation impact how you live? Do you feel like the way you are living is in harmony with creation?
4. How can your relationship with creation be a part of your spiritual practices and expression of your faith?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Pray for the created world and for awareness of how you might be a good steward of it.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 4

“Jesus Christ, His Only Son”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 37-40 in "[The Apostles' Creed: A Guide to the Ancient Catechism](#)" by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Discuss the significance of Jesus' Lordship. What is unique about it? What does it signify here in the creed?
3. When you consider your own beliefs do you find that Jesus is at the center of them? What might it mean (and not mean) for Jesus to be Lord over your life?
4. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Have a time of confession to bring to God things you feel are centered in your life that you would not like there.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,

who was conceived by the Holy Spirit
and born of the virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.

The third day he rose again from the dead.

He ascended to heaven

and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 5

“Conceived of the Holy Spirit and Born of Virgin Mary”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 43-54 in "[The Apostles' Creed: A Guide to the Ancient Catechism](#)" by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. In [Luke 1:26-38](#) an Angel of the Lord tells Mary she will bear a son. In response Mary replies, *"I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her.* Consider what it means that Mary gave her approval to be a part of how God wanted to work through her?
3. We often talk about Jesus as the son of God. Jesus was also the son of Mary, a Jewish woman from Nazareth who was a part of the peasant class and would have been well acquainted with suffering, hardship, and the stories of God's provision for the Israelites. Considering Mary's historical context, what does it reveal that Jesus is her son and would have been raised in her household?
4. What do you find important about the creed naming Mary in this opening portion about his identity?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Pray with thanksgiving for those who have mothered you.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,

**who was conceived by the Holy Spirit
and born of the virgin Mary.**

He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.

The third day he rose again from the dead.

He ascended to heaven
and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 6

“Suffered, Crucified, Dead, and Buried”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 57-76 in [“The Apostles' Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Consider what it means for suffering and death to be a part of Jesus' lived experience as God. Do you find this surprising? Out of place? Comforting?
3. How does Jesus' suffering allow us to understand our own suffering and be present to suffering in the world?
4. The permanence of bodily death is important to sit with. Jesus didn't just die in a spiritual or enter into a coma, but died and was buried. How does understanding this then inform how you relate to the resurrection event?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Offer to God the ways you are experiencing suffering. Pray also for those who are suffering in ways you have not experienced.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.

**He suffered under Pontius Pilate,
was crucified, died, and was buried;**

he descended to hell.

The third day he rose again from the dead.

He ascended to heaven

and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 7

“Descended into Hell”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 79-84 in "[The Apostles' Creed: A Guide to the Ancient Catechism](#)" by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How were you taught about hell? What do you make of it now and how does it factor into what you believe or practice in your spiritual life?
3. During his ministry Jesus ate with sinners and spent time with those who were on the farthest margins of society. Discuss the symbolism of Jesus going to the depth of the spiritual world in his death before rising. What might this mean for the reach of God's mercy, grace, and love?
4. What does this portion of the creed or the reading have to say about hope?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Ask for God's presence with you in the spiritual depths of your soul. Know that there is no place God cannot be with you.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 8

“Rose from the Dead”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 79-84 in "[The Apostles' Creed: A Guide to the Ancient Catechism](#)" by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Discuss the meaning of Jesus rising from the dead.
3. When someone is baptized, we say, "rise to new life." What kind of new life does this refer to?
4. Have there been ways you have experienced new life as a follower of Jesus? Share together as a group.
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Where would you like to see new life in yourself, your community, etc.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.

The third day he rose again from the dead.

He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 9

“Ascended, Seated, Judging”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock’s [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 87-94 in [“The Apostles’ Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Discuss the images that come to mind when you think of the ascension. Discuss the themes you notice as a group.
3. The reading notes the depiction by aboriginal artist, Shirley Purdy as an ascent into the red earth to depict Jesus “ascending down.” Look at the image [here](#) or below and discuss what you think of the description on page 89.



Ascension - Ngambuny Ascends by Shirley Purdy

4. How do you understand judgment when it comes to God/ Jesus in the context of the creed? What grounds God’s judgment vs. earthly judgment?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Spend time meditating on the truth that Christ is with you. What do you notice?

THE APOSTLE’S CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;

he descended to hell.

The third day he rose again from the dead.

He ascended to heaven

and is seated at the right hand of God the Father almighty.

From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 10

Holy Spirit, Holy catholic Church, Communion of Saints

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 99-111 in "[The Apostles' Creed: A Guide to the Ancient Catechism](#)" by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. From the reading discuss the role of the Holy Spirit. Does it align with how you understand the Holy Spirit, why or why not?
3. Catholic in the creed is used to mean universal- as in there is one church because there is one God. From the reading, what are ways you would like to see the church live into the "all-encompassing" vision he describes?
4. In what ways might you individually or as a community be able to participate in helping to create that reality?
5. As Christians you are connected to a huge web of faithful people who have acted boldly and also quietly in the name of the Lord. These people can be an example to us as we seek to live our lives. Who has been an example to you? Who might YOU be an example to?
6. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Give thanks for those who have been a part of your community past and present.

THE APOSTLE'S CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."**

WEEK 11

“Forgiveness of Sins”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock’s [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 113-116 in [“The Apostles’ Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Ben Myers says, “A church that makes its stand on the forgiveness of sins can never be a church of the pure” (115). While true, we might want this for the church BUT still have a difficult time admitting we need forgiveness or extending forgiveness for others. How might all that you have explored so far through the Creed help you to approach forgiveness of sins more openly?
3. How might a church be transformed by a culture that can tend to sinfulness rather than trying to appear perfect or put together?
4. If transformation begins with one person, what are ways you might practice confession, reconciliation, or asking forgiveness in your own relationships and with God? How does that invitation make you feel?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Spend time reflecting on God’s character and then have a time of confession. As you conclude be assured of God’s forgiveness.

THE APOSTLE’S CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen."

WEEK 12

“Resurrection and Life Everlasting”

REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock’s [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read pages 119-135 in [“The Apostles’ Creed: A Guide to the Ancient Catechism”](#) by Ben Myers

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener questions are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. From the reading, discuss the importance of the physical bodily resurrection. What are the theologically significant points.
3. Life everlasting is a beautiful sentiment but that everlasting life isn’t referring to just what happens after we die, but rather a reality we can begin to experience now. In what ways does a relationship with Jesus transform the quality of your life and the relationship you have with the people and world around you?
4. The [Canticle of the Sun](#) by St. Francis of Assisi “puts everything in light of God’s love” from creatures to even death (127). What might you add that you could see differently because of God’s mercy and love?
5. What have you learned about yourself, God, and your faith from this series on the Apostle’s Creed? Discuss what you would like to take away.
6. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Ask God for wisdom on how to live a life of quality making the most of the time you have.

THE APOSTLE’S CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
**the resurrection of the body,
and life everlasting. Amen."**

APPENDIX

Below are resources to look into if you are interested in diving deeper into some of the topics covered in this series. If you need resources that more specifically address your own experience, demographic, or faith journey, please reach out to a Highrock pastor or to smallgroups@highrock.org and we will be happy to help!

PRAYER TOOLS

- [The Prayer of Examen: Tracking Our Moods](#)
- [Breath Prayer/Prayer of the Heart](#)
- [Divine/Fixed Hour Prayer](#)
- [Imaginative Prayer/Ignatian Contemplation](#)
- [Lament](#)
- [Laughter and Prayer](#)
- [Palms Up, Palms Down](#)
- [Pray a Psalm in a Nature Setting](#)
- [Praying with your Body](#)
- [Welcoming Prayer](#)

BIBLE STUDY TOOLS

- The Bible Project: [How to Read the Psalms](#) (5 min)
- The Bible Project: [Structure of the Psalms](#) (9 min)
- [Blue Letter Bible](#)
- [Bible Gateway](#)

“ICEBREAKER” QUESTIONS

- What was a small win from your week?
- Share a High/Low from your day or week.
- On a scale of 1-10, how are you doing coming into this meeting?
- If you were to describe yourself as a weather forecast today, what would you be? Example: sunny, partly cloudy, rainy with a chance of snow, etc.
- What song would be the theme track for the day you had?

GENERAL RESOURCES FOR INDIVIDUAL SUPPORT

- [Spiritual Practices](#)
- [Mental Health Resources](#)
- [Parenting & Kids—Understanding each other through Milestones](#)

TIPS FOR GUIDING CONVERSATION

- Allow everyone space to share. It's ok to ask what people are thinking even if they don't volunteer to share right away. But always give people the option to decline to share. Example: “Hey, Fred, you've been a little quiet and I'm curious to know what you think. Would you like to share anything?”
- Remember there aren't necessarily “right” answers. Encourage participants to simply be curious about what came up for them or others without the pressure of feeling like they “should” have thought or felt anything in particular. Example: Instead of asking “what is this story supposed to be communicating?” ask “what did you notice?”
- Embrace the differences. Affirm that different people can come to different conclusions regarding the same thing. Example: “It is really interesting that the text reminded Susie of ABC, while it reminded José of XYZ. Both can be present and true.”
- Adapt to suit your group's needs. Sometimes conversation is free-flowing and sometimes it's easier to move through discussion questions one at a time. Do what feels suitable for your group, but don't feel pressured to answer/discuss every single question.
- Encourage curiosity by modeling curiosity. Asking someone “Tell me more about XYZ” can be a really simple but effective tool to go deeper in conversation.

- Don't be afraid of silence. It's natural to want to fill silences or pauses in a conversation. But don't be afraid to sit in silence with your group members. Sometimes thoughts just need time to percolate, so don't feel like you have to rush to another question if no one shares immediately.
- Refer back to the Conversation Covenant. This is the posture that we as Highrock hold as we gather in groups. When the conversation gets tough, you can always refer back to the Conversation Covenant to remind the group that everyone has agreed to abide by this covenant in small group meetings.