



Kairos Groups



tableboston.org



Kairos Groups

WHAT IS A KAIROS GROUP?

A Kairos Group consists of 3-5 people in a closed group—men with men, women with women—who meet to grow in their capacity to hear from and obey God through intentional, disciplined cultivation of their spiritual life. In Kairos Groups, we slow down to pay *attention* to our lives, *attune* to hear what God is saying, and take deliberate action to *align* ourselves more closely with the Kingdom.

THEOLOGICAL FOUNDATIONS

Those who follow Jesus are on a journey to become like their Lord (Lk 6:40). Our increasing conformity to Christ is the primary means by which we grow to reflect God's glory, and prepare ourselves to act as his agents in the world. While the indwelling Holy Spirit ensures every Christian ultimate becomes like Jesus, our cooperation is called for. Spiritual practices allow us increasingly to submit ourselves to the Holy Spirit.

KAIROS GROUP VALUES

- Vulnerability
- Empathy
- Enacted Learning
- Curiosity
- Grace
- Personal Agency

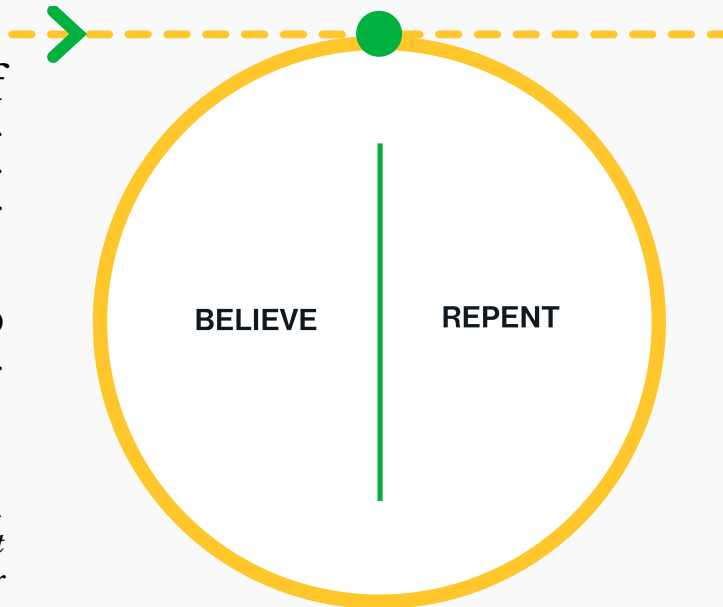


The Kairos Circle

AWARENESS

Detect
Kairos Moments

KAIROS



Debrief
*With your Kairos Group.
Reinforce what's working.
Explore and shift what isn't.*

Do
Follow through on your plan.

Design
*How can you respond to what
you've heard, root in truth, or
resist old stories? Be SMART.*

Dig
*Surface feelings, behaviors, &
patterns.*

Discern
*The stories shaping how you
show up. Discern what's true.*

Declare
*Bring it to Jesus. What do
you want me to know?
Encounter good news.*

ALIGNMENT

ATTUNEMENT



Kairos Group Structure

5% CONNECT & PRAY

A Kairos Group begins with prayer, and often silence. Participants welcome not only one another, but also the Holy Spirit and invite her to speak.

DEBRIEF

Look Back Together

AWARENESS

The group takes time to reflect and share what's been true for them since the group's last meeting. They debrief how it went and what they noticed walking out commitments made in their previous meeting. Participants help one another dig by asking questions that help reveal the "why" beneath the "what."

40% DETECT

Kairos Moments

DIG

Compassionate Curiosity

ATTUNEMENT

Through questions, participants support one another in discerning stories that are fueling emotions and driving actions and where these stories may be false or "bad news" in light of the gospel. When a belief or action that falls short of love is exposed in this process, participants are invited to confess (name it) and repent (turn away from it). When sin has been confessed or false stories have been exposed, Kairos members support one another by pointing the one confessing to Jesus and helping them experience the "good news" of His mercy and forgiveness. Kairos members remind and root each other in truth by declaring what's true about each other and God.

25%

DISCERN

The Stories Underneath

DECLARE

Listen to Jesus

ALIGNMENT

Participants ask questions to clarify and support each another in discerning what responding in faithful obedience to the Kairos Moments might look like in the days and weeks ahead. Participants help each other set SMART (Specific, Measurable, Attainable, Relevant, Time-Bound) goals and identify ways to support each other in walking these commitments out. The group clarifies how they will be accountable to for the goals they've set and spend time affirming, encouraging, and praying for one another

30%

DESIGN

Plan for Action

DO

Encourage & Pray



Questions to find your way around

AWARENESS

DEBRIEF

- How did it go with your commitments since we last met?
- What worked about your design? What didn't?

DETECT

- What were the most significant (*kairos*) moments in your life since we last met?
- In what moments did you find yourself having a strong reaction?
- Where do you feel distant from God right now?
- Where do you feel God's presence and movement in your life right now?

DIG

- When you consider this moment or situation, what feelings come up for you?
- How did you respond to this moment?
- Are there patterns here that you've seen in your life before?

ATTUNEMENT

DISCERN

- What stories about *yourself, others, or God* can you notice that might be underneath these feelings and behaviors?
- What are you noticing that might you need to grieve?
- Is there anything here you might need to interrogate?

DECLARE

- As you hold this before Jesus, what does He want you to know, feel or see?

ALIGNMENT

DESIGN

- What would it look like for you to *respond* to what you're hearing from Jesus?
- How might you cultivate awareness to notice when these old stories are at play or interrupt these patterns?
- How might you *root* more deeply into what you're hearing from Jesus?

DO

- How can your Kairos Group support you this week?



Getting Started

ENROLLING YOUR GROUP

Who in your life is a trustworthy friend? Who has a hunger for God? With whom do you process decisions and significant events? Spend some time discerning in prayer, and then reach out. Review these documents together and ask whether they'd be interested in forming a Kairos Group.

GET IT ON THE CALENDAR

Find a time that works for each of you to meet in person. A video-call can work in a pinch, but you'll find it easier to cultivate the kind of intimacy this group needs face-to-face. Plan to meet on a regular schedule at least once a month. Plan to meet for a longer stretch of time during your first meeting. Ideally take a few hours and have each participant share their story.

The Table offers ongoing support and training to help Kairos groups develop the competencies needed to support each other in hearing from and obeying God.