ICEBREAKER

Rob opened up his sermon with a collection of dad jokes.

Invite people to share their best (or worst) dad joke (or any joke if they can't think of any dad jokes)

IDEA 1

Which person of the Trinity do you find easiest to relate to? Which is most difficult? Why do you think that is?

What things have been helpful or unhelpful to you in understanding the Trinity? (analogies, art pieces, Scriptures, quotes, etc)

"*The universe did not spring into existence in order to give God something to do; rather, the universe was created to give further expression to the rich, vibrant, society of love and creativity that already existed within the trinitarian community of the Godhead……the irresistible Dance of the Trinity, full of life and joy, overflowing with love and goodness, could not contain itself and it was only a matter of time before God expanded the scope of the dance and extended the guest list."*

What is your reaction to the Trinity being a divine dance? What does this analogy reveal about the Trinity to you?

IDEA 2

Read Romans 8:14-19

- **What word, phrase, or idea stands out to you from this passage?**

Rob acknowledged that our earthly fathers (whether absent, distant, or loving) significantly impact how we relate to our Heavenly Father.

- **How has your relationship with your earthly father shaped your view of God? What healing or celebration might be needed in this area?**

Augustine's concept mentioned in the sermon is "becoming what we are" - learning to live in practice what we already are in position as God's children.

- **What would it look like for you to more fully "align your everyday practices with the status you already possess"?**

EXPERIENCING GOD TOGETHER

Below is an exercise that invites you as a group to come to your Abba, Father together and experiencing Him.

1. Invite the group to get in comfortable position and close their eyes

2. Take three deep breaths together. As you do, encourage everyone to silently repeat the word "Abba" with each exhale - letting it become like a child calling for their dad.

3. After a minute, invite everyone to imagine themselves as a small child running toward their heavenly Father with something they're excited to share, something they're worried about, or simply wanting a hug.

4. Spend the remaining time in silence, letting God meet them in that childlike approach, receiving whatever He wants to give - comfort, joy, reassurance, or simply His presence.

5. End by having everyone silently say "Abba, I love you" , then open their eyes and take a moment to notice what they experienced without feeling pressure to share unless they want to.

PRACTICE FOR THIS WEEK

Below are 2 ideas for how you could practice what you've learned and discussed from the sermon this week:

- **Each morning this week, before checking your phone or getting out of bed, whisper "Good morning, Abba" and share one thing with God like a child would with their dad - excitement about the day, worry about a meeting, or simply "I love you."**

- **Set 2-3 phone reminders throughout your day with the simple message "You're God's beloved child." When it goes off, pause for 10 seconds and remind yourself: "I am adopted, I am an heir, I am deeply loved" - then allow your next decision to be made from that identity rather than from fear, insecurity, or performance. This will help you "align your everyday practices with the status you already possess."**

Share these ideas with your life group as well as invite other ideas of what it could look like for you to put the sermon into practice this week.