

KAIROS MOMENTS

A Kairos moment is a time in your life where God's kingdom is breaking into your life and is "within reach." It is an opportunity to grow, if we'll respond to it with repentance and faith (see Mark 1:14-15). The following questions are designed to help you discern Kairos moments in your life.

Reflect on the week/day/hour:

What happened? What did you do? Think about the actual moments and events.

- What were the high points?
- What were the low points?
- Did you experience stress?
- Did you experience peace?
- Were there moments of inspiration?
- Were there moments of frustration?
- Were there moments of wonder or joy?
- Were there moments of struggle?
- Were there any breakthroughs?
- Were there moments of failure or defeat?
- Were there any relational conflicts or tensions?

The answers to these questions are all ways God is seeking to break into our lives, and thus they represent opportunities for growth as disciples of Jesus. We grow as disciples when we discern what God is saying to us through (through the Kairos moment, through Scripture, etc), and then put a plan into action to respond to what God is saying.

Notes:

Questions

Use these questions
to help spark
Kairos moments

QUESTIONS | UP

CHARACTER

- Do I make enough space for prayer?
- Am I enjoying prayer?
- Do I pursue intimacy with Jesus or avoid it?
- Do I give Jesus time to speak to me every day?
- What situation or what person is weighing on my heart?
- Am I living in the power of the Spirit?
- Do I live with abiding sense of God's presence?
- Am I living in a state of peace, or am I afraid or nervous?
- Have I been obedient to God's prompting?
- How do I spend my spare time?
- Do I pray about the money I spend?
- What sin do you need to confess?
- What have you held back from God that you need to surrender?

SKILLS

- In my group's times of worship, is there a sense of joy and intimacy?
- Do I find it easy to receive guidance for the next step in the life of my group?
- Do I find it easy to talk to a whole group "in the front?"
- Can I teach effectively using God's Word?
- Does my group share the vision God has given me?
- Do I feel relaxed leading times of Holy Spirit ministry?

QUESTIONS | IN

CHARACTER

- Do I love the people in my community?
- Am I resting enough?
- Is there anyone whom I fear, dislike, resent, or disregard?
- How are my relationships with my friends?
- Do I grumble and complain about anything?
- Am I experiencing intimacy in relationships?
- Do I keep my promises?
- Am I creating the impression that I am better than I really am?
- How easy is it for me to trust people?
- Am I jealous, critical, irritable or touchy?
- Am I discipling others?
- Is my family happy?
- Am I getting enough sleep/eating well?
- Am I making myself vulnerable to others?

SKILLS

- Do members of my group feel cared for?
- Am I effective at resolving conflict?
- Do I take on the discipline of confrontation?
- Is my group living as a community?
- Have I defined my own boundaries well?
- Am I flexible?
- How are my weaknesses as a leader compensated for by others?
- How do I cope with overly dependent people?
- How do I cope with controlling group members?
- Are there difficulties in my relationships with co-leaders?

QUESTIONS | OUT

CHARACTER

- Do I have a heart for people who don't know Jesus?
- How often do I share my faith? And what does that look like?
- Do I leave time for relationships with those who don't know Jesus?
- Who are the pre-Christians I am praying for right now?
- Do I have a vision for mission?
- Am I spending my energy trying to look successful?
- Am I ashamed of the gospel?
- Am I a servant?
- Do I intentionally spend time with the poor?
- Do I find it easy to recognize persons of peace?
- Can I take risks?
- Am I generous with my finances to those who don't have enough?

SKILLS

- Is my group growing?
- Do I seek to control others as a leader?
- How welcoming is my group to new people?
- Can everyone in my group identify at least one person of peace?
- Do the people in my group know how to share the gospel?
- Am I using leaders in my group effectively?
- Do I find it easy to multiply groups?
- Are those I am discipling turning into effective leaders?
- Is my group effective in regularly doing OUT activities?
- Does my group have a specific "people group" in mind?