

# FOURMATION GROUP GUIDE

A FOURmation Group is part of the Revolution Discipleship Pathway. In this group you will live out your Revolution Rule of Life as you are being formed into a disciple of Jesus. We base our Discipleship Pathway on how Jesus modeled his ministry. Jesus ministered to people of different sizes and groups, teaching larger gatherings of people and then discipling them in smaller groups.



- **Gatherings:** Jesus taught thousands and, at times, hundreds. We do the same with our weekend gatherings and other gatherings throughout the year.
- **Teams:** Jesus sent out the 72 on mission. We do this through people serving on teams.
- **Community Groups:** Jesus invited the 12 to follow Him. We do this through Community Groups as we dig into the weekend messages.
- **FOURmation Groups:** Jesus had His inner circle of 3 (Peter, James, and John) where he had deeper conversations and life-on-life discipleship. We do this through gender-specific FOURmation Groups.

## FOURMATION GROUPS CONSIST OF TWO RHYTHMS

1. **Creating a Revolution Rule of Life** – Each person in the FOURmation Group will create their own Revolution Rule of Life which includes:
  - **FOUR Areas:** Gospel, Relationships, Obedience, Works
  - **FOUR Aspects of Time:** Daily, Weekly, Monthly, Yearly
2. **Meeting with FOURmation Group** – Meet with your group, either face-to-face or virtually for the purpose of living out your Revolution Rule of Life in community with each other.
  - **FOUR People:** Me + three people living out a Revolution Rule of Life in community
  - **FOUR Questions:** when you meet together as a group there are four basic questions we want you ask the group

## HOW TO HAVE A FOURMATION GROUP

- **Watch the 6 sessions of the ABIDE Cohort and create a Rule of Life.** The primary purpose of a FOURmation Group is for people to prayerfully create a Revolution Rule of Life that they want to live out in community. If you attended the Abide Cohort then you do not need to watch the videos but if others did not attend then it is important to watch them in order to get a better understanding of what goes into creating a Revolution Rule of Life.
- **Find 3-4 other people of your gender.** These can be people from your Community Group, Team Members you serve with, people you sit with at church, neighbors, co-workers, or friends. If you are in a Community Group and you already split up men and women occasionally, that could be your FOURmation Group. *NOTE: They do not need to attend Revolution. The people in your group could be in a similar season or be multi-generational in which older men/women come alongside younger men/women. Also, if you don't know anyone at Revolution, your next step may not be a FOURmation Group. It may be Joining A Team or a Community Group and meeting more people.*
- **NEW FOR 2026:** We have created a gender specific guide for you to jump start your Fourmation Group. There is a GROW Men and a GROW Women curriculum. Each of these are designed to help you see God's design for you as men and women and the principles of biblical manhood and biblical womanhood. If you are starting a new Fourmation Group, use this curriculum. If you have an existing Fourmation Group, use this curriculum before starting or continuing anything else. Then when you have completed it, jump into what is described below as the "how to" of FOURmation Groups. This curriculum will launch soon!
- **Discuss 4 main questions as a group.** Ask these "big four" questions every time you get together. If time permits, you can get into some of the additional questions, however, these do not replace The BIG FOUR:
  1. How are you doing in your Revolution Rule of Life? (What is going well? Or not well?)
  2. What is God saying to you in your Bible meditation?
  3. What are you going to do about that?
  4. How can we pray for you?

### **Additional Questions**

- What are you thankful for this week?
- What do you love about Jesus?
- What challenges are you facing? What's stressing you out?
- How can we help you?
- What do you need most from God right now?
- What is keeping you from doing what you know you are supposed to do (obedience)?
- Who do you admire and why?
- What breaks your heart?
- What's your big dream?
- How do you measure success and/or handle failure?
- What do you need to confess?

- How are you doing spiritually, emotionally, physically?
- Have you lied about anything you said today?
- **Read the Bible.** A FOURmation Group is different from a Bible study where you come together for a set period of time to go through a specific study. The main purpose of a FOURmation Group is to live out your Revolution Rule of Life in community with others. That should include each member reading their Bible on their own and sharing how God is speaking to them. However, we highly encourage your group to read the same section of scripture during your individual Biblical meditation time and discuss it when you meet. We always suggest starting with the Gospels (Matthew, Mark, Luke and John.) These will give you a picture of who Jesus is. Read a chapter each day and then repeat over and over again. You'll be amazed at what jumps out at you each time you read it. We also suggest reading a book of the Bible 20 times. Bible meditation is not reading the scriptures to check a box or to get information about a particular topic. You're not trying to pass a Bible trivia test, you're trying to develop intimacy with Jesus by spending time with Him, listening to Him and talking to Him. In fact, when you read less, you actually digest more.
- **FOURmation Groups will not have a leader.** This FOURmation Guide is what leads the FOURmation Group. Each person in the group will need to have attended or watched the Abide Cohort in order to create their Rule of Life. Everyone in the group will participate in discussions and live in community together as they live out their Revolution Rule of Life.
- **The church is not going to matchmake these groups.** You can choose who you want to be in your FOURmation Group. *NOTE: It's a good idea to not let your FOURmation Group get any bigger than 5. It will become less effective. If you have more people who want to be in your group, it's time to multiply. Also, you do not have to have four people but following the example of Jesus, we feel like that is a good number to have in a FOURmation Group.*
- **Meet on your own schedule.** Share your Revolution Rule of Life, how it's going for you, how God is moving in your life and encourage one another. Your FOURmation Group can meet anywhere you want (within reason). Your group can meet at a home, a coffee shop, or a restaurant. Maybe your group plays golf together, goes fishing, hangs out at Buc-ee's, or gets together for kids play-dates. Whatever you decide, meet in a way that allows for vulnerable conversations. Get together as often as you see fit, but no less than once a month. Make sure you're checking in with each other by creating a text thread that you can use as a between-group meeting connection point.
- **Design your FOURmation group around a 10-12 month cycle:** Ideally, groups should launch at the beginning of the year as a way to plan your life for the year. Living in community with honest, transparent and vulnerable relationships that go on for years is a great thing. However, after 10-12 months, you can also multiply (start a new FOURmation Group with a different 3-5 people) and STILL have those relationships.

## HOW TO HAVE A SUCCESSFUL FOURMATION GROUP

**Consistency:** It is essential to meet regularly. For example, meet at least once a month, but have regular, weekly check-ins via text.

**Connection:** Before you jump into any kind of agenda, take a few minutes to enjoy each other's company. Your group could be doing an activity while you're connecting about your Revolution Rule of Life and how God is moving.

**Celebration:** Take a moment to celebrate and encourage one another. The founder of Chik-Fil-a, Truett Cathy said once, "How do you know someone needs encouragement? They're breathing."

**Check-in:** Once you've connected & celebrated, check in with each other regarding your Rule of Life and the BIG FOUR.

**Care:** Come alongside the people in your group to pray, rejoice, weep and love each other.

**Communication:** Communicate relevant information and schedule your next group time.

### Cautions:

- Don't try to fix one another.
- Refrain from having someone in the Group "teach" scripture, but instead talk about what God is saying to you in your own Bible meditation.
- Respect one another and refrain from talking too much. Give everyone a chance to share.

**Commitment:** It is a good idea to read over the statements below so there are clear expectations for how the group is going to function to allow for transparency and vulnerability. Expectations are important, and they must be conscious, realistic, spoken and agreed upon.

### I Commit to the following:

- GROW in my relationship with Jesus, follow my Revolution Rule of Life and live that out in community with others.
- Be transparent and vulnerable.
- Prioritize meeting together as a group. I will have to say no to things in order to make my group a priority.
- Commit to confidentiality. What is said in the group stays in the group. This confidentiality does not supersede the law and must never cover up a current or future threat to the health and well being of another person.
- Invest time and care into the people in my group.
- Discuss this time commitment with my spouse (if married).