

**LOOK
UP**

**LOOK
BACK**

**LOOK
FORWARD**

LOOK BACK

CHOOSE 1 OR 2 – 1/4 YOUR TIME

What's been good this week?

What's been hard?

What are you thankful for?

What is causing you stress?

Did you act on any of last week's
'Look Forward'?

Was there anything last week you
wanted me to ask about this week?

Have you drawn closer to God
this week or drifted further?

LOOK UP

READ THE BIBLE & CHOOSE 1 –
1/2 YOUR TIME

High/Low/Buffalo

What was your favourite bit?

Were there any bits you found difficult?

Was there anything that confused you?

SOAP

Scripture – Read it, which verse stood
out most?

Observation – What does this tell us?

Application – What does this mean for
your life?

Prayer – Ask God what He wants you to
take away/do off the back of this

3 Questions

What stood out to you?

What does this teach you about God
and about people?

Does this affect how you will think, act
or live? In what way?

LOOK FORWARD

CHOOSE 1 OR 2 – 1/4 YOUR TIME

What are you going to do this week in
light of what we've talked about?

Is God asking you to stop or start
anything this week?

What do you need prayer for this
week?

Is there anything you want me to ask
you about next week?

With thanks to

