



EQUIPPING HUDDLE // LEADER GUIDE

The Power of Moments by Chip & Dan Heath-Part 2 | EASTSIDE CHRISTIAN CHURCH

This 2-part huddle has three goals:

1. To understand the 4 kinds of moments that shape our lives
2. To examine the traits that defining moments have in common.
3. To learn how to create them.

“Defining moments shape our lives, but we don’t have to wait for them to happen. We can be the authors of them.”

Huddle One focused on creating moments of Elevation and Insight for guests and others you influence.

Huddle Two will focus on creating moments of Pride and Connection for guests and others you influence.

Huddle One: Moments of Pride and Connection

At Tables:

1. What moments of Pride or Connection do you see people creating in the Bible?
2. What has been a defining moment of Pride or Connection in your life?
3. What moments of Pride or Connection have you witnessed or experienced at

Eastside?

2. At Tables: In chapter 7, a study reveals that 80 percent of supervisors believe they appreciate those they lead frequently while only 20 percent of their workers believe they they express appreciation more than occasionally. This is called “The Recognition Gap”. What are some reasons you think this gap might exist? In what ways do you think we can recognize guests and volunteers more personally and spontaneously?

Together: What ideas did you come up with?

3. Together: To explore chapter 8, have everyone look up <https://www.fitbit.com/challenges/adventures> or just google “fitbit adventures” on their phone. Ask them to share why they think offering people these kinds of milestones gets people walking.

At Tables: What if we had goal of welcoming 6000 guests at Guest Central by August 31st and graduating 600 people from Next Step by the same date.? Assign one of those goals to each table. Ask them, “What milestones could your table identify along the way that might turn that task into a series of fun accomplishments and celebrations?”

Give them 5 to 10 minutes to accomplish the task and recognize the table you think has the best idea with something of value (gift cards to the Compassion Cafe, \$100,000 bars, a “Golden Sherpa Award”, etc.). You may want to provide paper on

the walls for them to write on.

4. At Tables: In chapter 9, the author asserts that moments of courage can be rehearsed, creating “preloaded responses”. This is what Alex Honnold did in 2017 when he free climbed the 3200 ft high face of El Capitan in Yosemite. He climbed the same route over & over with safety equipment for 8 years, memorizing each hand and foothold before climbing that route without so much as a rope. What are some intimidating challenges that people face that could be conquered through practice? In what environment could those “preloaded responses” best be rehearsed?

Together: Share some of the ideas people came up with.

5. Together: In chapters 10 and 11, two factors are discussed that create real moments of connection:

1. A shared challenge or trial
2. Responsiveness to people’s frustrations (“Baggage handling”)

Take a poll: Raise your hand if you feel factor one is what would make you or others you know feel the most connected. Now, raise your hand if you feel factor two would make you feel most connected to someone else. Which one got the most hands? Have 2 people share what made them choose the option they did.

What are opportunities a church like ours has to handle baggage of new people we

are serving? Where can we do that better?

6. At Tables: Have each person at each table pick one of the questions below:

1. Share a time when you overcame a formidable challenge with someone else or a group of people. What was it? Describe the connection it created between you and those people/person.
2. Share a time when you felt validated and understood by someone in a very frustrating or vulnerable time in your life. Describe how that person “handled your baggage”. What can of connection did you feel as a result?

7. At Tables: How about you as a Christ Follower outside of Eastside? In what new areas can you unleash the power of moments with those around you? Have someone close in prayer for some of these things to happen through our lives.