

*The Heart of Quakerism:  
A Personal Relationship with Christ*

**Getting Started**

**Focus:** This series of sessions entitled “IYM Quakers” is designed for small groups, pastor’s classes or Sunday School classes. It is especially designed for the benefit of attendees who may be new to Friends. The sessions aren’t intended to be solely informational. It is hoped that a group environment will be cultivated where participants can learn about Quakerism while experiencing it first-hand. For this reason, leaders are encouraged to give much attention to cultivating a Christ-centered fellowship within the group.

**Getting Started Ideas**

- Getting to know you; Warm up the group with an ice breaker to acquaint group members and make them feel at home.
- As the leader, share personally about your reason for being a Friend and how your experience in the Friends Church has impacted your life.
- Be sure to make prayer an important part of each group meeting. Set the tone by beginning this session with prayer.

**Introduction: The Heart of Quakerism**

**Focus:** Many people know about Quakers’ historical contributions (Role in colonial America, Pennsylvania, Underground Railroad, etc) and some of our testimonies (Non-violence, plain speech, plain dress, etc) but fail to understand why we live out our faith in the manner that we do. This session focuses on the foundation of who we are as Friends.

### **Discussion Questions**

- You may remember facts about Quakers from history – what has been your perception of Quakers?
- Read Acts 2:42-47; If you were to experience “primitive Christianity revived,” what would you expect to see?

### **A Promise to Seeking Hearts**

**Focus:** “Seekers” is a term that is often used to describe those who initially found the message of Fox and the early Friends to be so fulfilling. The birth of the Friends movement arose out of hearts that were hungry for a relationship with God.

### **Discussion Questions**

- What do you think Jesus meant in the teaching recorded in Matthew 5:6?
- Like Fox, have any of you had a pivotal spiritual experience where you moved from “seeking” to “finding” that you would be willing to share?

### **Professors and Possessors**

**Focus:** Friends began out of a cultural/spiritual context that was strong on outward forms of faith (profession) but weak in personal experience of God (possession).

### **Discussion Questions**

- In Matthew 7:21-23 who is speaking and what is the summary of this message?
- How can you know if you know Christ?

### **New Birth**

**Focus:** The new birth that Jesus asserted as a necessity for Nicodemus was the real experience of the early Friends. Quakers today fall far short of our spiritual heritage if we neglect the heart of Quaker experience – a personal relationship with God.

### **Discussion Questions**

- What do we know about Nicodemus?
- What did Nicodemus understand about Jesus?
- Did this understanding make him a Christian?
- What did Jesus’ reply to Nicodemus mean?
- Do you imagine Nicodemus understood the concept of being born again?
- Do you understand the concept?

### **Conclusion**

- Review and summarize the main points of this session.
- Emphasize that your Friends Church is not part of just another denomination, but is part of a movement of God.