

GROUP LEADER GUIDE

PART 1

Icebreaker

Do any of the words or phrases listed below describe how you're feeling or thinking about this new group?

- Excited
- Skeptical
- Optimistic
- Guarded
- Hopeful
- Other
- "What's in this for me?"
- "Will this be good for me/us?"
- "My spouse made me come."
- "I hope they like me."
- "Is this worth my time?"
- "Please don't ask me to pray out loud."

START VIDEO 1

Video Notes

Group is where you are **known** and **grown**.

9 Two people are better off than one, for they can help each other succeed. 10 If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

Ecclesiastes 4:9-10

"There are things that can happen in circles that can't happen any other way. That's by design. You can't grow spiritually unless you're connected relationally. God created us for community. And you've already taken the most important first step."

Your role as a group member

1. Show Up
2. Join in
3. Be real

NOTES

Let's Talk About It

1. What was the best group or team you've ever been a part of? What made it so great?
2. Did that group or team help you grow (e.g., physically, spiritually, mentally) If so, how?
3. Take a minute to individually complete the **How You Connect Activity**. When you're finished, discuss the following questions as a group:

In order to relax and re-energize...

How did you rank yourself?

How does this play out in your own life?

In a group conversation...

How did you rank yourself?

In this group, how can we make sure everyone has the chance to speak?

When processing new ideas...

How did you rank yourself?

In this group, how might this affect you when you are studying something new?

When experiencing emotions...

How did you rank yourself?

When you're excited about something, how will the group know?

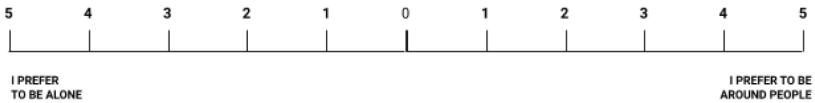
4. In the video, three parts of your role in this group were mentioned: **show up, join in,** and **be real**. Showing up is probably the easiest to describe - you prioritize attending this group. But how would you define "join in" and "be real"?

5. How can the group pray for you this week?
Is anything going on that's causing you stress?
Are you looking forward to something and hoping it goes well?

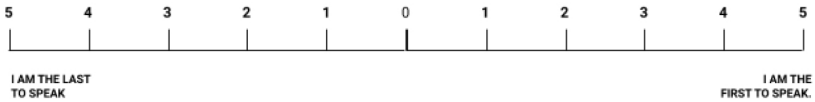
ACTIVITY: HOW YOU CONNECT

Indicate where you fall on the scales below. There are no right or wrong answers - just think about your own tendencies when it comes to connecting with others

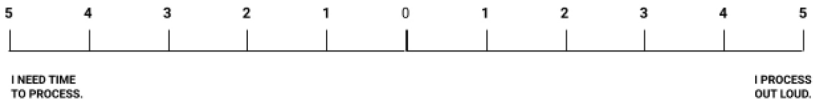
In order to relax and re-energize...



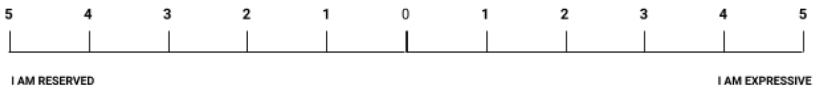
In a group conversation...



When processing new ideas...



When experiencing emotions...



PART 2

Icebreaker

Growing up, did you have a teacher or mentor that impacted your life? Tell us about them.

START VIDEO 2

Video Notes

Spiritual growth is a growing faith in God validated by a growing love for God and others.

9 God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. 10 This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. 11 Dear friends, since God loved us that much, we surely ought to love each other. 12 No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us."

1 John 4:9-12

Your path of spiritual growth at C3

Compassion to **KNOW** Gods love
Community to **GROW** in Gods love
Commitment is to **SHOW** Gods love.

Five things **common** to people growing spiritually

1. Private Disciplines (**GROW**)
2. Practical Teaching (**KNOW**)
3. Providential Relationships (**GROW**)
4. Personal Ministry (**SHOW**)
5. Pivotal Circumstances (**SHOW**)

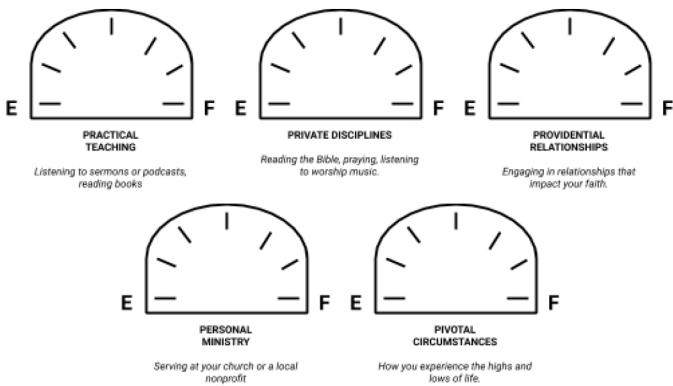
Any Step forward is growth. Every step forward is progress.

NOTES

Let's Talk About It.

1. Talk about an area of life (e.g., career, health, a hobby) where you have grown significantly over time. What did you do to pursue that growth?
2. In the video, spiritual growth is defined as a growing faith in God validated by a growing love for God and others. Is that a different definition than what you understood growing up? Does it change the way you think about pursuing spiritual growth?
3. Take a minute to individually complete the **Gauging Your Growth** activity page. When you're finished, discuss the following questions as a group:
 - a. In which gauge have you experienced the most growth?
 - b. Which gauge could use some attention?
 - c. If you feel comfortable sharing, how did you rank yourself on the pivotal circumstances gauge? Are those circumstances having a positive or negative impact on you?
4. If every step forward is progress, what could you do this week to take a step to grow spiritually?
5. During the next session, each group member will have the opportunity to share a little about their background as well as the people and circumstances that have been influential in their faith. Decide the order in which each of you will share.
6. How can the group prayer for you this week?

ACTIVITY: GAUGING YOUR GROWTH



HOMEWORK: ABOUT ME ACTIVITY

This activity is a tool that will help you communicate a 7 to 10 minute snapshot of your life to the group. You may use it as a step-by-step guide when you present. Remember, this time will pass more quickly than you think. Your goal isn't to share your entire life story, but to give your group a foundational understanding of who you are.

1. Where are you from?
2. What is something few people may know about you (e.g., former figure skater)?
3. Describe your family.
4. Describe your faith background.
5. Describe a person or event that influenced who you are today.

PART 3

Icebreaker

To have as much time as possible for the discussion section of today's group meeting we recommend skipping the Icebreaker and jumping right into the video

START VIDEO 3

Video Notes

Group is not the same as community

The church creates groups but you create community together.

Loving God is best demonstrated by loving people and many times those people are different than us.

Be real | Be curious.

There is a strong connection between being real and being curious. If we're curious about others, they're most likely going to be real with us. That Mutual openness and curiosity is part of community. And the church can't create that - only you can.

NOTES

Let's Talk About It.

1. Take 7 to 10 minutes to share a little bit about yourself. Remember, be real if you're sharing, and be curious if you're listening.
2. How can the group pray for you this week?

Part 4

Icebreaker

If you won a million-dollars, what would you buy for yourself?

START VIDEO 4

Video Notes

Ownership is pivotal to a great group experience.

- Own your group experience.
- Own your spiritual growth.

Getting off the sidelines and joining in is what owning your group experience looks like. It will take a little time and effort and may be a little awkward at first, but it's worth it. If you make the effort, your group experience will be so much more worthwhile

Helping other people grow their faith grows yours too.

NOTES

Let's Talk About It.

1. Owning something, like a house or a car, requires responsibility but also has many benefits. How do you treat something when you're renting rather than owning?
2. You can "own" this group (rather than "rent" it) in small but practical ways. Individually, check the tasks below that you're willing to own. Discuss as a group what you selected.
 - I am willing to bring snacks to group meetings.
 - I am willing to plan a social for our group.
 - I am willing to coordinate a service project for our group
 - I am willing to keep track of prayer requests
3. It's important that everyone in the group is on the same page. Go through the group agreement together.
4. Decide what you'll do at your next group meeting. Talk about topics you like to study. Together put it on the calendar and make it happen
5. How can we pray for you this week?

GROUP AGREEMENT

Purpose

To provide an environment where people can connect relationally and grow spiritually.

Values and Goals

- **Show Up** Prioritize being at group each and every time.
- **Join In** Be active in conversations. Come ready to share and participate.
- **Be Real** Be yourself and be open and honest up your own life, faith, and even doubts.
- **Confidentiality** For authenticity to occur, members must be able to trust that issues discussed within the group will not be shared outside the group.
- **Respect** Group members should never say anything that will embarrass their spouses or other members of the group.

Group Guidelines

1. The group will meet from _____ through _____.
2. The group will meet on _____.
3. The group sessions will begin at _____ and end at _____.
4. The group time will typically consist of _____ minutes of sharing, _____ minutes of study/discussion, and _____ minutes of prayer.
5. This group will be a closed group unless all members agree to add members.
6. Group members will attend and participate on a regular basis.
7. Members agree to pray for other group members on a weekly basis.

I commit together with the other members of this group to honor this agreement. (Sign Below)

Group Leader(s):

Group Members:

