

# **Building Life-Changing Small Groups**

Strategies, Formats, Dynamics

**LEVELUP**

*First Things / 2026*

# Registration and Group Formation

# Group Meeting Options

1. Co-Ed Study Time followed by Single-Gender Confession / Accountability / Prayer\*
2. Weekly Single-Gender Groups
3. Husbands and Wives alternate weeks
4. Husbands Weekday / Wives Sat AM—  
Dads+kids to park, zoo, museum
5. Co-ed groups with hired child-care or couples rotate as child-care.

# Group Structure Summit/Sojourn

- 8–14 members with a balanced gender ratio
- Breakout Groups: 4-7 members of same gender
  - 2 CGLs per Community Group (1 each gender)

**Age Ranges:** Confined by +1 year (upper end) of LBS Guide

**Commitment:** 75% attendance commitment at registration

**Curriculum:** Biblical, theological, and discipleship

# Group Launch Month

## Within First Month:

- Know everyone's **story** (how they got here)
- Know everyone's **testimony** (spiritual journey)
- Know the **next step** a person is making spiritually
-

# Next Steps

- Salvation
- Baptism
- Church Membership (accountability to a local body of believers)
- Serving and Leadership
- Knowledge and application of God's Word (personal holiness and sanctification)
- Making Disciples

# Group Launch Month

## Within First Month:

- Know everyone's **story** (how they got here)
- Know everyone's **testimony** (spiritual journey)
- Know the **next step** a person is making spiritually
- Progressive transparency begins as **trust is earned**

# Connection Ideas

**What have been some activities and ideas that have been helpful in your previous Groups to foster this kind of connections?**

# Group Leader Expectations

1. Coordinate weekly meeting time and location
- 2. Maintain group communication and updates (group text, GroupMe, etc.)**
- 3. Prepare in advance for group each week (study the material and questions)**
4. Facilitate both group discussion and breakout groups
5. Encourage the personal spiritual growth of each member
6. Engage in shepherding conversations
7. Ensure the safety of the group (report serious concerns of group members' well-being to staff immediately)
- 8. Seek out intentional discipling opportunities within your group**

# Implementation of Group Schedule

(aka, Time Allocation)

# Grow Group Schedule

1. **Fellowship** (20 min) Hang out, catch up, and build community. Optional food or activity.
2. **Intentional Biblical Conversation** (40 min) Discussion revolving around agreed upon items from either personal study, group study or common biblical text.
3. **Accountability** (25 min) Check in on areas of spiritual action, consistency of abiding in Christ via prayer, the Word, etc.
4. **Prayer** (25 minutes) Take prayer requests & pray for one another. Pray for your “One” (FRAN).
5. **Close** (10 minutes) Address any administrative issues

# Community Group Schedule

## Weekly Meeting (90 minutes total)

- **Fellowship (20 minutes)**
  - Hang out, catch up, and build community. Optional food or activity.
- **Co-Ed Biblical Discussion (40 minutes)**
  - CGL facilitated group discussion based on study guide in curriculum.
  - Not a teaching time—everyone is encouraged to participate!
- **Gender-Specific Breakout (30 minutes)**
  - Accountability, confession, encouragement, and prayer.
  - Can be based on curriculum or personal matters as the Spirit leads.

# Fellowship

1. Small Talk (sports, hobbies, etc.)
2. Small Transition Toward Deeper Reflection
  - a. How has this week been in general?
  - b. What was the high point?
  - c. Share one thing you are thankful for this week.
  - d. Are there any God-Stories from this week?

# Intentional Biblical Conversation

1. What has God been showing you / speaking into your life this week?
2. What are you doing to position yourself to hear from Christ daily?
3. What are you doing with what God has shown you this week?

# Conversation Focus

1. Agreed Upon STUDY or Text from week/Night\*
2. Discussion on application of Pastor Gregg's Message
3. Discussion on application of LBS lesson
4. Discussion of Quiet Times from a selected book of the Bible

# Accountability and Prayer

There is freedom in this time. Allow the Spirit to lead.  
*Begin and end in prayer for one another!*

# Accountability and Prayer

1. How did you feed the flesh & how did you feed the spirit this week?
2. What is hindering you from loving God & obeying God more fully?
3. What is holding you back from pursuing God's best in your life?
4. Have you experienced conviction in any area this week?
5. What is your "high risk" area over the next week?
6. What can you proactively do to be prepared to walk in victory this week?
7. How can we best pray for you this week?

# Overcoming Hindrances to Healthy Groups

# Group Hindrances

1. What have been issues that you have seen derail a group or limit a group's effectiveness?
2. What are some issues that you believe could hinder or limit a group's effectiveness?

# Group Hindrances

- Community vs. Clique
- Spotty Attendance / Lack of Commitment
- Oversharing / Undersharing
- Deep bondage to sin
- “Book Club” or “Debate Club”
- Unsafe or Harsh Person in Group
- Other issues you’ve encountered?

# Shepherding and Referrals

## Shepherding

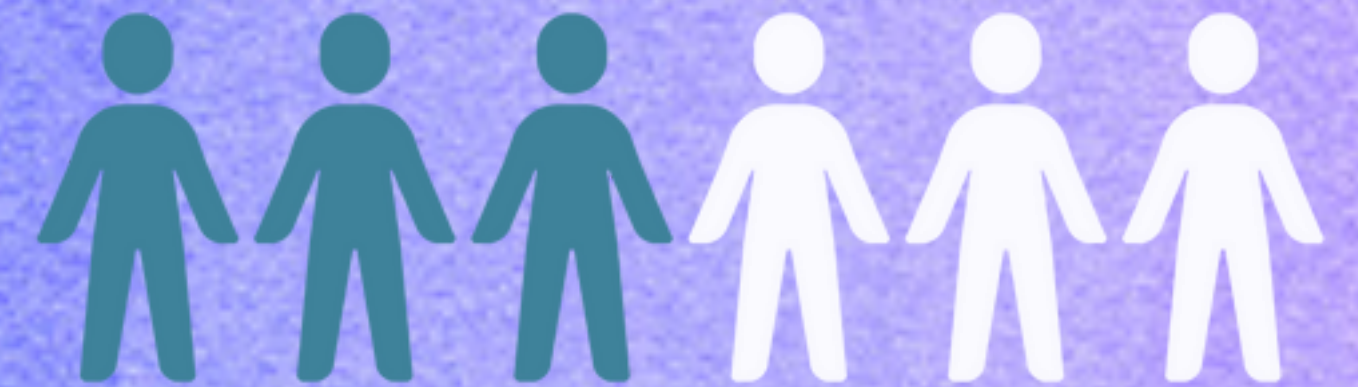
Staff



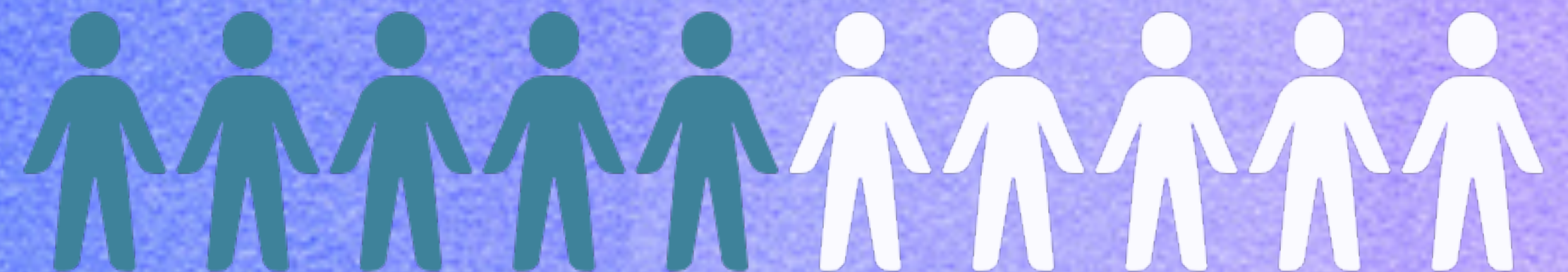
Grow Leaders / LBS Directors



Group Leaders

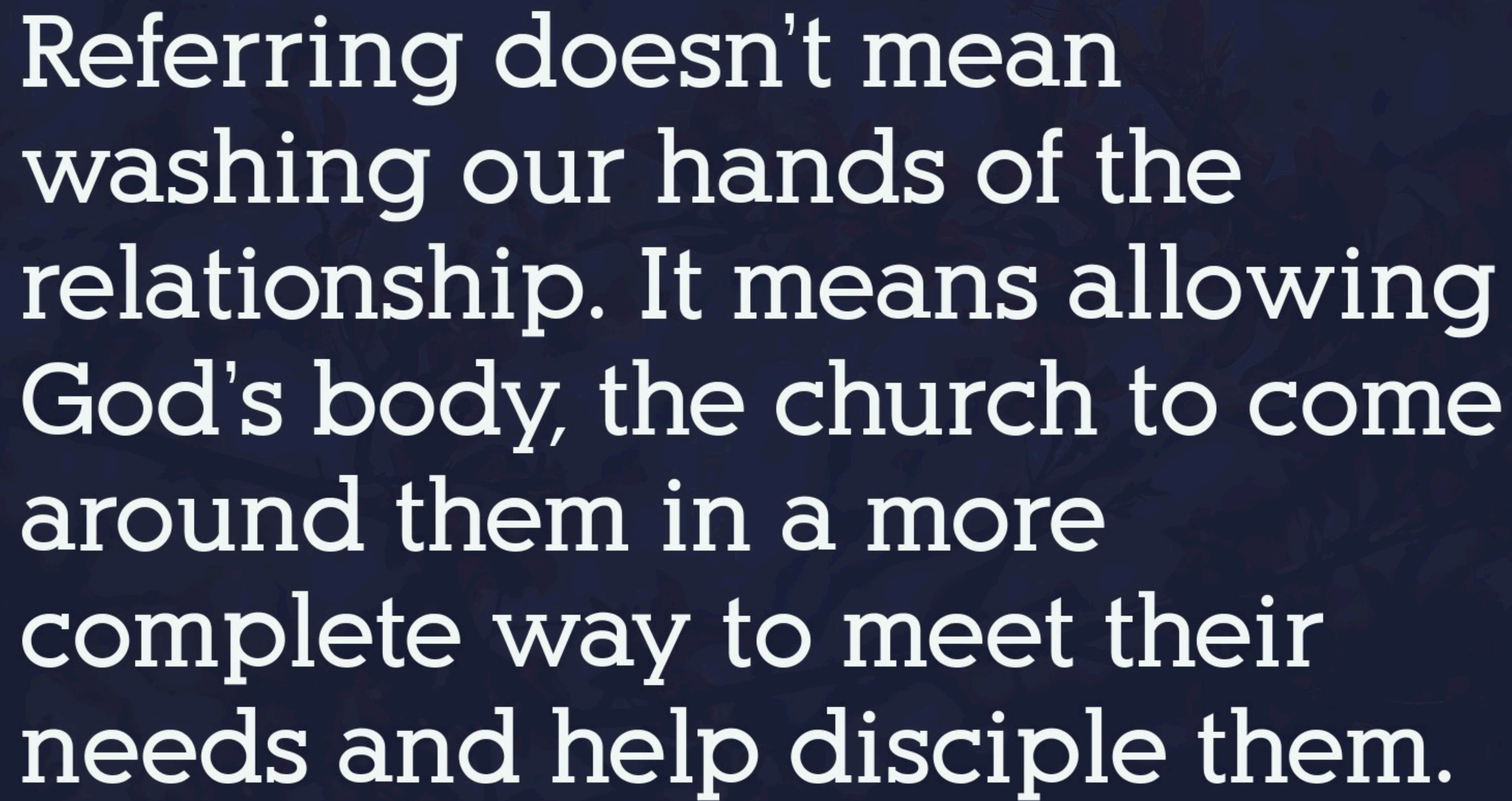


Closed Group



# Areas for Referral in our Church

- Counseling
- SIS/DADs
- Grief Share
- Conquer (men) + Courage (women)
- Ashes to Beauty (women)
- Stephen Ministry



Referring doesn't mean washing our hands of the relationship. It means allowing God's body, the church to come around them in a more complete way to meet their needs and help disciple them.

# Group Assessment

1. Attendance
2. Participation
3. Connection
4. Follow-Up/Follow-Through
5. Knowledge and Practice
6. Service/Mission

Q&A