



Hello Leaders and Hosts!

Welcome to a new quarter of Life Groups! We are so grateful for your leadership and willingness to serve your group. In this packet, you will find helpful information to prepare you for this quarter of Life Group meetings!

- First Night Agenda to help you have a great first meeting
- Life Group Commitment to help set the expectations for your group (leader & member copy included)
- 4 Q's (four questions) to ask when someone is struggling with something in your group

Any additional resources you may need can be found on our Life Group Leader Tools page at flagchurch.com/copy-of-lifegroup-leader-resource.

Thanks so much for all you do! We are praying for a blessed quarter for your group.

The Life Group Team
Flag Church

LIFE GROUPS

FIRST NIGHT AGENDA

FIRST NIGHT PREPARATION

Leader/Hosts – Check your rosters online and **CONTACT ALL MEMBERS** one week before the first meeting and welcome them to the group. Provide the location and time of your group, as well as any entrees to bring for dinner/dessert.

GOALS FOR THE FIRST MEETING

- Rekindle relationships and meet new members
- Clarify your group's direction / expectations / commitments
- Briefly discuss the sermon topic (if there is time)
- Pray for the building of relationships and spiritual growth of the group

ITEMS NEEDED

- Dinner / dessert (if there is a plan to have it)
- Beverages (no alcohol) set up
- Life group commitment
- Nametags or at least some kind of name sharing icebreaker.

THREE ESSENTIAL PARTS OF YOUR EVENING

1. WELCOME, MINGLE AND TALK WHILE YOU EAT

- Leader/host greet members upon arrival with music
- The first seven seconds after arrival are critical for new members. Make a great first impression!

2. FIRST GROUP DISCUSSION

- Sharing activity: “getting to know you” questions and/or getting to know you game like 2 truths and a lie.
- Worship (optional)
- REVIEWING THE COMMITMENT IS CRUCIAL**
- Sermon based homework discussion (if there is time)
- Closing prayer: Dedicate the quarter to God.

3. KEEP IN MIND, YOUR DESSERT CONVERSATIONS ARE JUST AS IMPORTANT AS YOUR MEETING DISCUSSIONS

LIFE GROUPS

COMMITMENT

Life groups thrive on participation! The purpose of this commitment is to help you to discuss and clarify your group's goals, expectations, and commitments.

LIFE GROUPS: THEIR PURPOSE

Life groups exist to promote spiritual maturity and personal growth through meaningful Christian relationships and study of God's word (Romans 8:29 & Hebrews 10:24-25). We'll do this by focusing on four primary activities:

SHARE

Each week we'll take time to share what is happening in our lives. At first this sharing will include planned "sharing questions". But after the first few weeks, it will become more informal and personal as we feel more comfortable.

STUDY

Each week we'll study a section from God's word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live for Jesus in everyday life.

SUPPORT

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms such as prayer, encouragement, listening, challenging one another, and meeting real needs.

SERVE

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to our community (Ephesians 4:11- 16). Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's Kingdom.

FIVE MARKS OF A HEALTHY GROUP

For our group to be healthy, we need to...

1. Make spiritual growth our number one priority (Romans 8:29)
2. Accept one another (Romans 15:7)
3. Take care of one another (John 13:34)
4. Treat each other with respect (Ephesians 4:25-5:2)
5. Keep your commitment to the group (Psalm 15:1-2, 4b).

GUIDELINES & COVENANT

- 1. Dates We'll meet on _____ nights for _____ weeks. Our final meeting of this quarter will be on _____.
- 2. Time We'll arrive between _____ & _____ and begin the gathering at _____. We'll spend approximately _____ minutes in singing (optional), _____ minutes in study/discussion and _____ minutes in prayer/sharing.
- 3. Children Group members are responsible to arrange childcare for their children.
- 4. Study Our studies will focus on the same topic covered in the previous weekend's sermon or an appropriate personal growth topic. Our goal is to hear from everyone every night and keep God's word at the center.
- 5. Prayer Praying for one another is highly encouraged every night.
- 6. Homework & Attendance Joining a Life Group requires a commitment to attend each week and do the homework ahead of time. Obviously, allowances are made for sickness, work conflicts, and other special events – but not much more!
- 7. Dessert
- 8. Social & Service Projects

We agree together in Christ to honor this covenant.
(To be decided by each person on or before the third week)

- 1. _____
- 3. _____
- 5. _____
- 7. _____
- 9. _____
- 11. _____

- 2. _____
- 4. _____
- 6. _____
- 8. _____
- 10. _____
- 12. _____

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STUDY

Each week we'll study a section from God's word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live for Jesus in everyday life.

Our goal is to interact on the topic and how we can practically follow Christ, not to answer all the questions.

SUPPORT

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms such as prayer, encouragement, listening, challenging one another, and meeting real needs.

SERVE

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to our community (Ephesians 4:11-16). Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's Kingdom.

FIVE MARKS OF A HEALTHY GROUP

For our group to be healthy, we need to...

1. Make spiritual growth our number one priority (Romans 8:29)
 - Tangents – they are okay sometimes, but sometimes we need to be refocused. We'll need to keep spiritual growth our focus and stay on topic.
2. Accept one another (Romans 15:7)
 - We will have different preferences.
3. Take care of one another (John 13:34)
 - When a crisis happens we're there to help with support, prayer, encouragement, listening, meals etc.
4. Treat each other with respect (Ephesians 4:25-5:2)
 - Listening to one another, if one's talking let's all listen, nothing worse than two conversations going on at once.
 - Our goal is to listen, not give advice. (Advice is given when asked for) We are not here to judge or fix – unless someone asks.
 - Some of us have the gift of gab, also known as a dominator – be careful, I as a leader might have to help you.
 - Be careful of gossip prayers. For example, "we need to pray for (person's name) because they are doing this..."
 - No put-downs.
 - What is said here, stays here – of course we never promise confidentiality if something shared would be harmful to yourself or someone else and/or I, as the leader, need to seek counsel on how to respond to an issue in the group.
5. Keep your commitment to the group (Psalm 15:1-2, 4b).
 - Please give us a call if you can't make it to Life Group so we know what's going on and how to pray for you.

GUIDELINES & COVENANT

1. <u>Dates</u>	We'll meet on _____ nights for ____ weeks. Our final meeting of this quarter will be on _____. Fill in the blanks
2. <u>Time</u>	We'll arrive between _____ & _____ and begin the gathering at _____. We'll spend approximately _____ minutes in singing (optional), _____ minutes in study/discussion and _____ minutes in prayer/sharing. Fill in the blanks.
3. <u>Children</u>	Group members are responsible to arrange childcare for their children.
4. <u>Study</u>	Our studies will focus on the same topic covered in the previous weekend's sermon or an appropriate personal growth topic. Our goal is to hear from everyone every night and keep God's word at the center. Not to answer every question.
5. <u>Prayer</u>	Praying for one another is highly encouraged every night. Being forced to pray in a group or the idea of it can cause people to not want to come to your group.
6. <u>Homework & Attendance</u>	Joining a Life Group requires a commitment to attend each week and do the homework ahead of time. Obviously, allowances are made for sickness, work conflicts, and other special events – but not much more! This commitment is the key to a healthy group. Emphasize the importance of the commitment to attendance and preparation.
7. <u>Dessert</u>	Have everyone sign up for a night (Optional)
8. <u>Social & Service Projects</u>	There will be opportunities to serve the community as a group. For instance trunk or treat and various other service projects.

We agree together in Christ to honor this covenant.
(To be decided by each person on or before the third week)

The Four Q's

Four Key Questions to ask when someone comes to you with any issue they're experiencing. They will help show that you care and help you gain clarity of what's going on. Getting the facts and context usually makes the next steps relatively straightforward on how to support them or the kind of help they need.

1. HOW LONG HAVE YOU BEEN DEALING WITH THIS?

- When did this first occur?

2. WHO ELSE KNOWS?

- Have you talked to anyone else about this? If so, who?
- When was the last time you talked to someone about it?

3. HAVE YOU RECEIVED ANY ADVICE OR COUNSEL ON HOW TO DEAL WITH THIS?

- What have those you've talked to said about it?
- Have you sought any other help or resources regarding the issue?

4. WHAT DO YOU WANT TO DO FROM HERE?

- What do you think might be your next step?
- Would you like me to check on some other resources? (point them toward resources.)