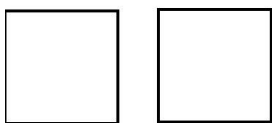


Micro Groups – How a group works.



Micro Groups

Phase 1: Getting to know each other - 4-6 Sessions.

If you are to be open and trust each other, it's important to spend lots of time getting to know each other. For many groups the more time they have spent doing this the easier the group has become. But remember to move on.

Suggestions:

Would you rather games – ask each other, would you rather....? And insert two options. It maybe 'ketchup or brown Sauce', 'beach holiday, mountain holiday', "rock or classical music', 'home cooking or fast food'. Let your imagination go. Often the discussion from this tells us lots about each other.

Favourites – Ask Questions about what things you prefer. Books, films, countries, subjects at school, people, seasons, they is plenty you could also about. I like to ask people what there favourite Mr Man character is. It often tells us a lot about what we like.

Two Truths one lie - A simple and classic ice breaker game. Each person shares three statements about themselves – two true, and one false. Then, everyone tries to guess which is the lie by asking questions. Try to find out as many details about the statements as possible and watch the speaker's reactions closely. The whole point is to learn facts about your peers while inserting an element of mystery.

Jenga Questions – find a normal set of Jenga block and each write a question on a few. Play the game and as you pull out a question, try to answer it.

Verse finder – Someone print out lots of different bible verses on bits of paper, place them face down and mix them up. Take it in turns to pick on up, read it and say what it may mean to you.

Ask about your life

Where did you grow-up and how has that formed you?

What were you like at school?

What would you tell your 11 year old self?

What did you want to be when you grow up?

Describe your family to us?

Describe the high points or highlights of your life?

What times have been a struggle?

About your Faith

How did you first know Jesus and come to church?

Who has been helpful in your faith and why?

What bits of church do you like most?

When do you feel close to God?

What is your favourite song?

When were you most bored at church and why?

Phase 2: Planning the group - 2-4 sessions

Planning sessions

Now you have got to know each other better, it is good to think how you will encourage and support each other in faith. Start with praying and invite God to guide you as you plan out a journey ahead with each other. Then work through some of the suggestions below. Often some of these things have been talked about already, so fill in what you know and build from there.

Planning Tasks – some things you might like to consider

- Read the 'Micro Group Introduction' document – it may be good to do this before the session.
- Decide the format for your time together (study/book reading/regular questions/prayer and worship) remember this is only for a time. Look at this again every 2-3 months.
- How can you ensure you keep to the '**5 Key Principles**', **Love, Spiritual Disciplines, Scripture, Accountability and Multiplication**?
- How will you regularly pray for each other, ask each other about their faith, what pattern of spiritual devotions will you try to keep to?
- Decide when you meet.
- Explain your SHAPE to each other and discuss what that means for you and church.
- Consider writing where you want to be as individuals and as a group in a year/two years. How might you achieve this goal (be aware it might take longer!)
- The resources produced by church will give some ideas, but don't be limited to them.

Phase 3: Growing in faith and discipleship

Engage in study/ learning opportunities together. Church will provide resources but feel free to choose your own resources.

Pick from the list of resources, but don't be limited by them.

You could...

- Use the resources provided by Church.
- Explore different ways of praying.
- Study a Bible book together
- Read a Christian book and discuss it over a few weeks.
- Engage in one of the discipleship courses
- Consider planning to go out to a church event together, conference, visit a cathedral, even a retreat centre.
- prayer walk the local community, or each other's street, praying for neighbours/friends

Important things to remember

- Keep in mind the '5 Key Principles', Love, Spiritual Disciplines, Scripture, Accountability and Multiplication.
- Don't limit yourself to just being a Bible study group.
- Build accountability into your group to encourage one another to grow in faith.
- Keep in touch through a WhatsApp group, Facebook or by phone?
- Pray for each other in your own prayer time, one of the most supportive things people feel is that someone is praying for them regularly. Make sure you tell them you are and ask what you can pray for.
- Celebrate – not every session should be serious study. Laugh with each other, socialise, celebrate birthdays. This is a group to support each other's life and faith, not simply a Bible study.

Phase 4: Re-organise and multiply

Maybe after a year or two, look at what you have achieved. Celebrate the good things, learn and let go those things that went less well.

Ask some questions:

- Who have we been praying for to come to know Jesus, how has this gone?
- How has our faith grown?
- What have we learnt?
- What were the key moments in the life of the group?

Spend some time in prayer and ask God what to do next, expect God to speak to you.

- This is a time to make brave decisions
- Could you invite some people to do a Start or Alpha course?
- Could you encourage others by splitting and bringing others into your discipleship journey?

Where will the group go in the next stage of your discipleship journey?