



MicroGroups - Introduction

What is a micro-group?

Micro-groups are a model of discipleship where, ideally, four people commit to mutual support, prayer, study and accountability. The group members seek to help each other grow in faith and action. When and how you meet is down to the group members, but we suggest that you aim to meet at least every fortnight.

How do I join a micro-group?

You are encouraged to form your own groups i.e. find three other people who want to grow in their faith and arrange to meet. Consider asking people to join you who are not just friends, but people who will seek and support your growth in Christ. Meetings can be online or face-to-face.

Where can I find help to join a group?

Please contact any of the parish clergy or staff team members.

A micro-group explained –

There are five key principles which lie at the heart of Micro Groups. When your group gathers these five principles should be part of the time you have together.



Love – The micro-groups should show pastoral care and support. You should pray for the group members on a regular basis. You could use a WhatsApp group to share prayer requests.



Spiritual Discipline – Practice and experiment with different devotional activities which help us grow in our relationship with Jesus.



Scripture – Study God's word together and apply it to your lives.



Accountability – As equal members of the group, hold each other accountable for putting your faith into action.



Multiplication – Don't be selfish with your faith! Share it at work, at home, in the community and beyond. Invite others in and expect that your one micro group will grow and multiply!

There are many resources online or in print to use and we will be signposting a wide range of helpful tools which will be useful for your group.

Once you are up and running, please let us know who is in your group so we can pray for you, encourage and support you.

For more information contact:

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