

# PART 1

## ICEBREAKER

Use the following question to help your group connect: **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?"
- "This will 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 prayout loud."

# VIDEO NOTES

The goal of a group is to provide everyone the opportunity to pursue authentic community and spiritual growth.

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

**Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.**

**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."*

**Life is better connected.**

**Your role:**

- 1.** Show up.
- 2.** Join in.
- 3.** Be real.

**GOAL OF GROUP:**

TO PROVIDE **EVERYONE** IN  
YOUR GROUP THE  
**OPPORTUNITY** TO PURSUE  
AUTHENTIC COMMUNITY AND  
SPIRITUAL **GROWTH**

**YOUR ROLE:**

**SHOW UP.**  
**JOIN IN.**  
**BE REAL.**



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# 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, mentally, spiritually)? If so, how?
3. Take a minute to individually complete the **How You Connect** activity on the next page. 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 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?*

# 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...**

5 4 3 2 1 0 2 3 4 5



I PREFER  
TO BE ALONE.

I PREFER TO  
BE AROUND  
PEOPLE.

**In a group conversation...**

5 4 3 2 1 0 2 3 4 5



I AM THE  
LAST TO  
SPEAK.

I AM THE  
FIRST TO SPEAK.

**When processing new ideas...**

5 4 3 2 1 0 2 3 4 5



I NEED TIME  
TO  
PROCESS.

I  
PROCESS  
OUT LOUD.

**When experiencing emotions...**

5 4 3 2 1 0 2 3 4 5



I AM RESERVED.

I AM EXPRESSIVE.

**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?*