

GROUP LAUNCH | PART 1

WELCOME TO GROUP LAUNCH!

We hope your group is a place where you connect relationally and grow spiritually. During the next few months, you'll explore topics related to life and faith. A great group includes time for both relational connection and studies that challenge you to grow spiritually. Today is all about getting to know one another.

We want you to know what you can expect from future group meetings. While your studies may vary, each meeting should include the following:

CONNECT

Social Time at the Beginning of Group Meetings

This is a chance to get to know one another and catch up on what's happened since your last meeting. Many groups include refreshments during this portion.

LEARN

Learning Time to Watch or Discuss a Group Study

This is the majority of your group discussion time. You can watch a video together or discuss content that you read prior to your group meeting. Group leaders will often begin with a prayer asking for God's guidance in your conversations.

APPLY

Reflection Time to Consider Next Steps

This is a moment to consider how to apply to your life what you've discussed. It is tempting to rush past this part, but this time often leads to the most growth.

PRAY

Prayer Time to Close Your Group

This is a time to share how your group can pray for you over the next week. Group leaders typically finish the meeting with a prayer. In the coming weeks, your leader may ask if anyone would like to pray. While you won't be required to pray, we hope that over time you would feel comfortable doing so.

On the next page is a guide for your first group meeting beginning with a Connect Time and ending with a short Prayer Time.



CONNECT

Story Cards are a way to begin to get to know the people in your group.

1. **If you have Story Cards...** Spread the cards on a table so they're visible to everyone.
If you don't have Story Cards... Have each group member visit anthology.study to access our digital story cards.
2. Ask each person to choose a card that describes their response to this question: **Which picture best represents how you think or feel about beginning this group?**
3. Go around the room and have everyone explain why they chose the card they did.

LEARN

Before watching the video and discussing the questions provided, we suggest taking a few moments to pray. This is an opportunity to invite God into your conversations. Here's a simple prayer you can use to begin your time:

Heavenly Father, thank you for bringing this group together. Help us see what you would have us see through our time at this first meeting. Amen.

After praying, watch the video for Session 1.

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 connecting relationally. God created us for community.

Life is better connected.

Your role:

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



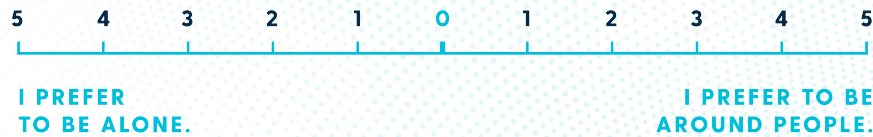
APPLY

1. Take a minute to individually complete the **How You Connect** activity below. When you're finished, discuss as a group the questions that follow.

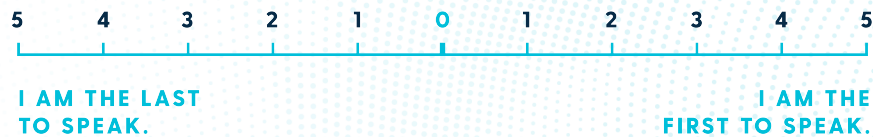
ACTIVITY: HOW YOU CONNECT

Indicate where you fall on the scales below. There are no right or wrong answers. Just think about your tendencies when it comes to connecting with others.

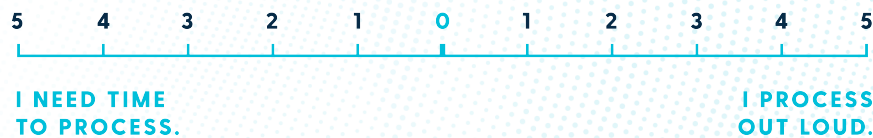
In order to relax and re-energize...



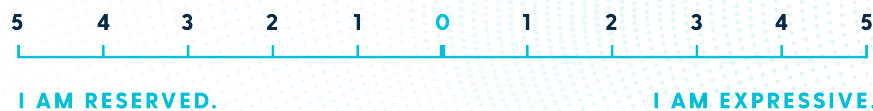
In a group conversation...



When processing new ideas...



When experiencing emotions...



In order to relax and reenergize...

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're studying something new?

When experiencing emotions...

How did you rank yourself?

When you're excited about something, how will the group know?

2. What would you say builds authentic relationships and what works against them?
3. Read Ecclesiastes 4:9–10 out loud in your group. How would you express this verse in your own words? How have you experienced this principle?
4. Spend the remainder of your group time getting to know one another. Complete three rounds of the questions below, inviting each person to answer one or more questions from each round.

Round 1 – Sharing the Basics

- Where were you raised?
- How long have you lived in this area?
- What do you like to do in your spare time?

Round 2 – Church, Groups, and Expectations

- How long have you been connected to our church?
- Have you ever been in a Community Group? If yes, what was your experience?
- In your opinion, what would make this a great group experience?

Round 3 – Getting to Know One Another

- If you could take a vacation tomorrow, where would you go and why?
- If you were the brand representative for a company or product, what would it be and why?
- If you could have dinner with any famous person in history, who would it be?

PRAY

We suggest that you end group time with prayer. This provides an opportunity to ask God for his guidance. Specifically, center your prayer on the relationships that will form and the spiritual growth you hope to experience during your time together. In future weeks, you can share ways the group can be praying for you.

WHAT'S NEXT

At your next group meeting, you will complete the Group Launch study. Your group leader will share more about it.

If you haven't already done so, set up a GroupMe or group text so you can stay connected between group meetings.