

DISCIPLESHIP GROUP GUIDELINES

Creating a Safe Group

Confidentiality is key – what is said in the group stays in the group. Be aware of how you are affecting the environment with your words, actions, and non-verbal communication. Discipleship groups need to be a place where people feel comfortable opening up and sharing.

No “Crosstalk” or Distractions

Be considerate of others as they are sharing. No side conversations, phone time, texting, etc.

Listen

Let's value one another by listening to what is being shared. Allow a pause after someone shares to allow them to finish and others to consider what was said. Eye contact and body posture play key roles in creating a positive or negative group environment.

No Rescuing or Fixing

We are not here to fix each other; Jesus does that part. Avoid the temptation to rescue when someone is struggling to get their words out, or shares a struggle or conviction. Avoid simple/pat answers; consider offering empathy or reflecting back what they shared to make sure you understand.

Use “I” Statements

It's easy to talk about the issues of others, or respond with “we,” “us,” or “the church,” but for us to grow as disciples and build relationships, we want to use “I” statements. This reminds us that what we offer is our perspective, and helps us take ownership for our responses, opinions and feelings.

Don't Over-Talk

We want to create time for all members of the group to participate in the discussion. Be careful not to always be the first responder or regularly give long responses.

Fight for Relationship

It's not *if* conflict or hurt feelings will happen, but *when*. A healthy small group commits to fighting for connection and relationship with each other. Go to the person directly and share your struggle or the way you've been hurt, or seek wise advice if you are not sure how to handle the conflict.

BIBLE STORYING TECHNIQUE

This technique is a tool to help the group embed Scripture in their hearts (Deuteronomy 6:6-7, Psalm 119:11, Colossians 3:16), with individuals and the entire group participating in learning a passage together.



Read the Scripture

Have two different group members read the passage using different Bible translations.



Speak the Scripture

Have someone volunteer to recite the passage aloud in their own words, as best they can.



Understand the Scripture

Use the **Discipleship Questions** to help ensure you understand the passage:

- What do we learn about God in this passage?
- What is God teaching the people in the passage?
- What is the Holy Spirit teaching you personally?
- What will you do with what God is teaching you?



Dig Deeper into the Scripture

Work through the **Weekly Questions** as a group, celebrating the work God is already doing in each person's life, and encouraging each other to trust Him in the places that need growth.

Weekly Questions are available on the CTR app, the lobby desk, or on our website.

Weekly Questions are available at www.christtherock.org/messages.

