

Meal Group Leader FAQ's

What are the requirements to become a Meal Group leader?

Meal Group leaders must complete a [Meal Group Leader Application](#) and be an active member of our church through church membership. If you have questions about what membership means, please contact the Discipleship Pastor for more information and to move forward in that process.

How often do groups meet?

Most Meal Groups meet every-other week and some groups meet weekly. As a leader, you'll choose the day of the week and the frequency that your group meets. Many people choose a group based on their availability, so we aim to offer groups at various times throughout the week and on weekends. Sunday afternoons and evenings in the week tend to be the most common meeting times.

What is expected of a leader or host?

Meal Group leaders are responsible for setting the meeting date and time, communicating details with the group, coordinating meal contributions, facilitating discussions and prayer times, and helping the group stay on schedule. We use the Church Center App to help with group communication and organization.

What curriculum do Meal Groups use?

We currently recommend one of two options:

- A four-week Practicing the Way video series with practice based discussion questions www.practictheway.org
- Discussion questions based on the current Sunday sermon series

If you'd like to study a different book, curriculum, or topic, please discuss it with the Discipleship Pastor first to ensure it's a good fit for our church's discipleship goals.

How are leaders trained and supported?

All leaders receive training from the Discipleship Pastor before launching their group. Because every leader comes with different experiences and gifts, training may look slightly different from person to person. Our goal is to help every leader feel confident and equipped to host and lead. Leaders are supported through:

- Leader gatherings twice a year for lunch, encouragement, and leadership discussions
- Monthly check-ins from an assigned Meal Group Prayer & Care Team member
- Regular emails from the Discipleship Pastor with leadership development resources, discussion updates, and church announcements

Do we have to have a meal?

Yes! Meal Groups are intentionally centered around the table, just as many significant moments in Scripture happened around shared meals. Preparing a meal for a group can feel overwhelming, but we encourage everyone to contribute. Different groups handle meals in different ways:

- One person provides a main dish while others bring sides
- Groups rotate responsibility for the main dish
- Potluck-style meals where everyone contributes
- Simple, repeatable meals that make hosting easier
- Dessert or snacks only

The goal is not an elaborate dinner—it's creating space for connection, hospitality, and discipleship.

What if I have a co-host? Can we switch locations?

Absolutely. Co-hosting can be a great way to share responsibilities. Some groups rotate between two or three homes, with each host taking turns providing the meal. Other groups divide responsibilities differently—for example, one leader may host and coordinate meals while the other focuses on communication and leading discussions. If you'd like to co-lead, take time to discuss how you'll share responsibilities before launching your group.

How are groups filled?

Meal Groups are typically filled in three ways:

1. Personal invitations from leaders - Who do you know? Who are you inviting?
2. Meeting people after church on Launch Sunday, where leaders are available to answer questions and connect with those interested in joining a group
3. Online sign-ups during launch week and/or through connections with the Discipleship Pastor

How long is the commitment to lead a group?

We ask leaders to commit to leading for at least one year whenever possible. Meaningful relationships and spiritual growth take time, and a year allows a group to develop deeper connections. Some groups continue meeting together for many years.

After approximately 18 months to 2 years, we encourage groups to prayerfully consider whether God may be calling them to "birth" another group. During this process, leaders and members discern together whether 1-3 people may be ready to step into leadership and help launch a new Meal Group.

When do new groups start?

Meal Groups typically launch three times each year:

- August
- January
- Late May / Early June

If you're interested in leading, the application, training, and preparation process usually takes several weeks before a launch begins. You can begin the application process now, and the Discipleship Pastor will follow up with you.

Why are Meal Groups important?

Meal Groups are at the heart of our church—where friendship and formation come together. We believe community is essential to becoming more like Jesus. Throughout Scripture, meals were often the setting for teaching, fellowship, hospitality, and discipleship. Gathering around a table with other followers of Jesus creates space for meaningful relationships, spiritual growth, prayer, and encouragement. Meal Groups are one of the primary ways we live out discipleship together as a church family.