

## Next Gen Weekend

### Helping, Hindering, or Heavy

- **Icebreaker Question: Finish this sentence, "In order for a small group to feel safe, I need ..."**

**Leader:** You don't have to answer all the questions below. Pick the ones that you think apply more directly to your group or make up your own that you think will help your group grow as disciples of Jesus. Let the Holy Spirit guide your conversation.

- From the sermon and the Scriptures, what did you learn about God? What did you learn about people? What did you learn about yourself?
- None of the Israelites, including Saul, thought David had a chance in a fight against Goliath. What set David apart from everyone else?
- David fully believed in God's power and he did not falter in front of the enemy. Share a time when have you gone into a tough situation and fully trusted God? Or a time when you have struggled to do that?
- David fought in a way that worked for how God built him and he succeeded. How has God built you, gifted you? Are you serving God and others within that capacity?
- You will encounter giants in your life. How can you prepare yourself for trials, and how can you remain faithful to God when they come?
- Here at RLMSV, our mission is to make Biblical disciples in relational environments. How are you living out that mission?
- If our lives as Christians were a boat race, would you be helping, hindering, or heavy?
- From the sermon, which "Call to Action" step are you committed to making?

## BASIC GROUP GUIDELINES

Though we call these Basic Group Guidelines, these are also essential in all relationships and environments. These should be observed whether in 1-on-1 conversation or in a group discussion.

- Guidelines give boundaries for people to operate within.
- They help with the flow and pace of the discussions.
- They help us value one another.
- They help people to be more comfortable sharing deep and meaningful things.

**Safe Group** – This is a safe group. Confidentiality is key, what is said in the group stays in the group. Be aware how you are affecting the environment: words, actions, non-verbal communication. This needs to be a place where people feel comfortable opening up and sharing.

**No Crosstalk** – Be considerate of others as they are sharing. No side conversations, checking phone, responding to text or email, etc.

**Listen** – Let's value one another by listening to what is being shared. Allow a pause after someone has 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 tendency to rescue when someone is struggling to get the words out or share struggles or conviction.

**Use "I" Statements** – It's easy to talk about the issues of others or respond with "we", "us", "the church". But for us to grow as disciples, and build relationship, we want to use "I" statements.

**Don't Overtalk** – 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 feeling will happen, but 'when'. We commit to fight for relationship with each other. Go to that person and share your struggle or seek wise advice if you are not sure how to handle the conflict.