



Group Leader's Guide

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Before Your First Group Meeting

- Familiarize yourself with the Get Ripped Group Guide.
- Watch the first video (watch the others before each meeting).
- Pray for the people who will be participating in the group.

1-Humility: Pride and Submission

Tips for Beginning the Meeting:

- Before beginning your study time in the meeting, seek to make everyone feel welcome.
- Provide each group member with a copy of the Group Guide or, if they prefer, have them download it from VisitGraceChurch.com/grace-group-resources. Note: The guide has hyperlinks to the Scripture references which may be an appealing feature to some of your group members.
- If you don't all know one another, ask each person to introduce him/herself.
- Open the meeting with a short prayer.
- Read the "Series Overview" on page 1 of the Group Guide.

Tips for Using the Guide and Video:

- Watch the video for Part 1.
- Do the "Icebreaker" after watching the video.
- Read (or have a volunteer read) 1Peter 5:5-8.
- Answer the "**Discussion Questions**." Note: Your group may prefer to focus on some of the questions and skip others.
- If members in your group are physical or spiritual parents, consider answering some of the "**Grace@Home**" questions.
- Encourage balanced participation from members; however, don't insist that everyone answer all the questions. (Take into account that some members may feel uncomfortable about some topics.)
- If your group wants to further explore the topic, discuss "**Dig a Little Deeper**."
- Ask members to try the "**Application Exercise**" during the following week and come prepared to discuss their experiences.

2-Scripture: Reading and Memorization

Tips for Beginning the Meeting:

- Before beginning your study time in the meeting, seek to make everyone feel welcome.
- Open the meeting with a short prayer.
- Ask members to share their experiences with the humble service “Application Exercise” from the first session.
 - What challenges did they face in humble service?
 - What changes in their attitude did they notice?

Tips for Using the Guide and Video:

- Watch the video for Part 2.
- Do the “Icebreaker” after watching the video.
- Read (or have a volunteer read) 2Timothy 3:16-17.
- Answer the “**Discussion Questions.**” Note: Your group may prefer to focus on some of the questions and skip others.
- If members in your group are physical or spiritual parents, consider answering some of the “**Grace@Home**” questions.
- Encourage balanced participation from members; however, don’t insist that everyone answer all the questions. (Take into account that some members may feel uncomfortable about some topics.)
- If your group wants to further explore the topic, discuss “**Dig a Little Deeper.**”
- Point out the table of “**Helpful Verses to Memorize.**” If there is a verse that speaks to a common need in the group, challenge your group members to memorize it together.
- Ask members to try the “**Application Exercise**” during the following week and come prepared to discuss their experiences.

Tips for After the Meeting:

- Send an email to members:
 - thanking them for participating in the last meeting
 - reminding them to do the “Application Exercise”
- Pray for your group members.

3-Prayer: Thanksgiving

Tips for Beginning the Meeting:

- Before beginning your study time in the meeting, seek to make everyone feel welcome.
- Open the meeting with a short prayer.
- Ask members to share their experiences with the Scripture memorization “Application Exercise” from the last session.
 - What, if anything, interfered with memorizing a verse?
 - Ask if anyone can recite his/her verse.

Tips for Using the Guide and Video:

- Watch the video for Part 3.
- Do the “Icebreaker” after watching the video.
- Read (or have a volunteer read) 1Thessalonians 5:16-19.
- Answer the “**Discussion Questions.**” Note: Your group may prefer to focus on some of the questions and skip others.
- If members in your group are physical or spiritual parents, consider answering some of the “**Grace@Home**” questions.
- Encourage balanced participation from members; however, don’t insist that everyone answer all the questions. (Take into account that some members may feel uncomfortable about some topics.)
- If your group wants to further explore the topic, discuss “**Dig a Little Deeper.**”
- Ask members to try the “**Application Exercise**” during the following week and come prepared to discuss their experiences.

Tips for After the Meeting:

- Send an email to members:
 - thanking them for participating in the last meeting
 - telling them you look forward to seeing them for the next meeting (provide meeting logistics)
 - reminding them to do the Application Exercise
- Pray for your group members.

4-Fasting: Media, Facebook, and Food

Tips for Beginning the Meeting:

- Before beginning your study time in the meeting, seek to make everyone feel welcome.
- Open the meeting with a short prayer.
- Ask members to share their experiences with the prayer “Application Exercise” from the last session.
 - What form of prayer did you try this past week?
 - In what way did it work better or worse for you than your usual way of praying?

Tips for Using the Guide and Video:

- Watch the video for Part 4.
- Do the “Icebreaker” after watching the video.
- Read (or have a volunteer read) Isaiah 58.
- Answer the “**Discussion Questions.**” Note: Your group may prefer to focus on some of the questions and skip others.
- If members in your group are physical or spiritual parents, consider answering some of the “**Grace@Home**” questions.
- Encourage balanced participation from members; however, don’t insist that everyone answer all the questions. (Take into account that some members may feel uncomfortable about some topics.)
- If your group wants to further explore the topic, discuss “**Dig a Little Deeper.**”
- Ask members to try the “**Application Exercise**” during the following week and come prepared to discuss their experiences.
- **If you are agreeable to continuing to lead this group, let your group know this and ask them to consider the idea of continuing the group.** (Options for materials include Group Guides for Grace message series, previous Grab-N-Go Kits, and RightNow Media.) **Don’t force an answer yet. Give them time to consider the idea.**

5-Giving: Serving

Tips for Beginning the Meeting:

- Before beginning your study time in the meeting, seek to make everyone feel welcome.
- Open the meeting with a short prayer.
- Ask members to share their experiences with the fasting “Application Exercise” from the last session.
 - ▶ What type of fast did you try?
 - ▶ What did you focus on during your fast (prayer, Bible reading, etc.)?

Tips for Using the Guide and Video:

- Watch the video for Part 5.
- Do the “Icebreaker” after watching the video.
- Read (or have a volunteer read) Hebrews 13:13-16.
- Answer the “**Discussion Questions.**” Note: Your group may prefer to focus on some of the questions and skip others.
- If members in your group are physical or spiritual parents, consider answering some of the “**Grace@Home**” questions.
- Encourage balanced participation from members; however, don’t insist that everyone answer all the questions. (Take into account that some members may feel uncomfortable about some topics.)
- If your group wants to further explore the topic, discuss “**Dig a Little Deeper.**”
- Ask members to try the “**Application Exercise**” during the following week and come prepared to discuss their experiences.

Tips for After the Meeting:

- Send an email to members:
 - ▶ thanking them for participating in the group sessions
 - ▶ telling them you look forward to their continued participation in Grace Groups
- Pray for your group members.

6-Silence: Meditation and Solitude

Tips for Beginning the Meeting:

- Before beginning your study time in the meeting, seek to make everyone feel welcome.
- Open the meeting with a short prayer.
- Ask members to share their experiences with the “Application Exercise” from the last session.
 - ▶ What adjustments are you attempting to make to your use of your time, talents, and treasures?

Tips for Using the Guide and Video:

- Watch the video for Part 6.
- Do the “Icebreaker” after watching the video.
- Read (or have a volunteer read) Psalm 46:10.
- Answer the “**Discussion Questions.**” Note: Your group may prefer to focus on some of the questions and skip others.
- If members in your group are physical or spiritual parents, consider answering some of the “**Grace@Home**” questions.
- Encourage balanced participation from members; however, don’t insist that everyone answer all the questions. (Take into account that some members may feel uncomfortable about some topics.)
- If your group wants to further explore the topic, discuss “**Dig a Little Deeper.**”
- Ask members to try the “**Application Exercise**” during the following week and come prepared to discuss their experience (if your group plans to continue meeting).
- If you told your group you are agreeable to continuing as their group leader, ask them now if they wish to continue meeting. If they do, discuss options. (Group Guides for Grace message series, previous Grab-N-Go Kits, and RightNow Media.)

Tips for After the Meeting:

- Send an email to members:
 - ▶ thanking them for participating in the group sessions
 - ▶ telling them you look forward to their continued participation in Grace Groups (give logistics if the group is continuing)



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