

SMALL GROUP GUIDELINES

Small Groups need to be a place where people feel comfortable opening up and sharing with one another. The following are guidelines to help create a safe environment:

CONFIDENTIALITY

What is said in the group stays in the group.

LISTEN

Let's value one another during the discussions by really listening to what is being shared. Try to avoid thinking about how you are going to respond, or what you are going to say next.

PAUSE

Allow a pause in conversation after someone shares. Give the person sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

SILENCE

It is important to allow silence in the group as it provides an opportunity for someone to share and for members in the group to process the topic, or question being considered.

NO CROSS TALK

Be considerate of others as they are sharing. Avoid side conversations.

NO FIXING

We are not here to fix each other. Jesus does that part! Give encouragement; speak truth; point to Jesus. Don't try to solve or fix each other.

NO RESCUING

When people are sharing something deeply personal, there can be a tendency to try to make them feel better about themselves or the situation by providing immediate condolences. This will often cause them to stop sharing. Resist the temptation to rescue people.

SHARING

Be sensitive about the amount of time you share.

USE "I" STATEMENTS

It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.

RESOLVE CONFLICT BIBLICALLY

When conflict or sin issues between group members arise, we want to make sure that we are honoring God and each other in the way we deal with these issues. Just a few key Scriptures regarding this area include:

Mat. 18:15-20, Gal. 6:1-5, Mat. 5:23-24, Mat. 7:1-5



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SMALL GROUP FORMAT

The following provides a sample format of what to expect during a Small Group meeting. Meeting times and dates can vary depending on your group's availability.

Small Group Sermon Guides are available weekly in the Trinity app (*search CedarFallsTrinity in your phone's app store*) and at: cedarfallstrinity.org/guides

- 1. Welcome:** We desire to welcome and invite folks from the minute they come through the door in a way they feel valued.
- 2. Vision:** Leaders cast vision/direction for their group along the lines of spiritual maturity, service, celebration and next steps in hopes of growth and maturity.
- 3. Small Group Guidelines:** These guidelines point us to a Biblical vulnerability, safety, and confidentiality that can move us towards relationships of depth and a resulting Christlikeness.
- 4. Warm Up:** (Ice breaker) We ask a question or do an activity that invites unity and connection in the group.
- 5. Opening Prayer.**
- 6. Study:** As we study God's Word, we want to engage the:

Head: Examine the Word
Heart: Wrestle with the Word personally
Hands: Live out what the Word calls us to do
- 7. Prayer Requests:** It is often beneficial that men and women break up for more personal accountability and prayer.



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