



CG LEADER GUIDE (FEB 7-12)

Focus: UP - Gospel of Mark/Fasting

Before the Meeting

- Consider messaging the group the day of your meeting to remind of meeting times/location, snacks, etc.
- Watch the [Fasting Spiritual Practices](#) video.
- Pray before meeting, ask Holy Spirit to lead.

Welcome

GOAL: For the group to be relaxed/comfortable being together. Since the group is "forming," take your time here and feel free to mix it up.

- Review [Upcoming Events](https://monterey.church/events)-<https://monterey.church/events>
- Go around and do introductions if visitors are present.
- Discussion Question Ideas:
 - Favorite thing about last week's serve event?
 - [Icebreaker Discussion Questions](#)
 - What are you most grateful for right now?
 - How did you see God working in your life last week (answered prayers, praise reports, testimonies)?

Transition Upward

GOAL: Establish/reinforce the structure and goals of the CG, and shift focus from inward to upward.

- If you have guests, briefly go through CG Definition, Goals and Policies: CG is a gospel-centered group that share life and a mission to bless our city; our goal is to grow to live/love like Jesus, while leading others to do the same; everything discussed remains confidential, we always respect one another (even when different viewpoints & opinions), and everyone is welcome (no matter what you believe or how long you have been following Jesus).
- Read a Psalm, pray/ask someone to pray, or play a worship song to transition into the Upward Discussions. Consider breaking up in smaller groups for discussion (same gender if co-ed work great!)

Upward Discussion

GOAL: Shift our focus onto God, create discussion between all of the members of the group, and to process together not only what the subject Scripture means, but also how it personally applies to each of us!

- What stood out to you most from this week's Scripture reading and/or Sunday's teaching? Consider reading some of the passages out loud for the group.
- What person(s) in this week's Scriptures/teaching did you relate to most and why?
- What was your primary "takeaway" from this week's message/reading?
- How does this week's Scripture/teaching relate to your life right now?
- Did anyone watch this month's Fasting teaching and/or try fasting? How did it go? Why is fasting an important spiritual practice? Consider trying it this week as a group.
- What is one thing you will do differently as a result of what you read/learned this week?
- What do you sense God is saying to you right now, and what are you doing about it?
- How is the daily reading/Bible Study methods going? What's your favorite method and why? Any questions about the Bible Study methods?
- What is one thing that you would like the group to pray for (personally) this week?
- Close in prayer.
- Consider picking a day for the group to fast together.
- Remind group next week IN Focus (potluck?, taco night?, make/order pizza?, etc.)

After The Meeting

- Meet with your team to see how the group is "forming". Are there any adjustments to your leadership that could be made to further facilitate growth as a group.
- Have one leader message the group this week with an encouraging word found in that day's reading.