

## ***“Introducing 4:12 Groups for Men”***

Men, are you going a little stir crazy during this pandemic? Are you struggling with temptation, or facing some challenges with your family? Are you feeling lonely or disconnected? Do you want to grow spiritually during this difficult time?

If so, you're not alone! I want to invite you to be part of a 4:12 Group with other men who can relate to what you're going through.

### **What is a 4:12 Group?**

It's a group of 2-4 men who meet together regularly to grow spiritually – to study, to pray, to laugh, to encourage and care for another... to just share life together.

The name comes from Ecclesiastes 4:12...

*“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.”*

Men, can you honestly say you have at least 1-3 other men in your life who've got your back? Men that you meet with regularly... that know about the problems in your life... and that support you no matter what you're going through?

The goal of a 4:12 Group is to build the kind of friendships where you could pick up the phone anytime and call the guys in your group: for accountability, for prayer, for support, or just for fun!

### **How long do 4:12 Groups last?**

As long as you want. We're encouraging men to form these groups to support each other during the quarantine. But some groups may continue for years. A good rule of thumb is just to try it, and if you don't like it – no hard feelings.

### **What do 4:12 Groups do?**

While the stay-at-home order is in place, men will meet online and connect during the week through whatever means they want – phone calls, texts, social media, Zoom, etc.

The good news is your group belongs to you, and that means you decide what it's going to look like!

When will you meet? What do the men in your group need to talk about? What will you study together? How can you encourage and support each other?

Each group will be different, and the beauty of small groups is flexibility. The Men's Ministry team at Campus is here to help you, and we have a lot of resources and ideas to assist you. But you decide what your group is going to do.

### **How do I be part of a 4:12 Group?**

The best way to start a group is to select three friends you know, like and trust... and invite them to join you!

It can be one friend, or two friends. But the key is to look for men that you know, like and trust. If you had a chance to hang out with someone more often, or get to know someone better, who comes to mind? Who do you respect and admire spiritually? Is there a young person you could mentor, or a friend who needs encouragement?

1. If you are willing to **start a new 4:12 Group and invite some men to join you**, please click the "Join a 4:12 Group" button and let us know!
2. If you want to **join a 4:12 Group and need help finding one**, please click the "Join a 4:12 Group" button and let us know!
3. If you are **already part a men's small group**, please click the button below and let us know who your group members are. We would love to hear about your group and what you are doing to encourage each other.

Thank you! We are praying these 4:12 Groups will impact the lives of many men in our church, and our men's leadership team is here to help you.

In Christ,  
Pastor Kenton Rahn