



# GETTING STARTED

## Quick tips for your group:

- **Be a Good Communicator.** Send reminders for your group a few days before to remind them what chapter you will be discussing at your next meeting. This may also be an opportunity to share prayer requests with the whole group, even those who may have missed a previous week. If meeting online, make sure everyone has the link to join.
- **Set the Stage.** While we know that things pop up and may mean that someone will miss a week, we also know that consistency is key to getting the most out of the study and the group time. From the beginning of your class and communications with your group, please encourage people to attend as regularly as possible.
- **Start and end on time.** This honors everyone's time.
- **Begin and end with prayer.** Recognize that not everyone is comfortable praying out loud. As the leader you may need to model this for the first week or two but then you can encourage other members of the group to pray as well. We will provide sample prayers and you can choose to use them or create your own. Please choose a way to capture prayer requests so that you can check in on them the following week. We have also included prayer tips as part of this resource.
- **Be Inclusive.** The goal is to get everyone participating in group discussion. Some people naturally jump in to answer a question while others may need prompting. Work hard to include everyone.
- **Create a Safe Environment.** Authenticity grows out of feeling safe. As the leader please be aware of creating an environment where people feel free to share their opinions and ask their questions. It helps to have that conversation at your first meeting.

## How to use the study:

- **A sample 1 ½ hour meeting might look like this:**
  - ⇒ First 15 – check in, connection time and opening prayer
  - ⇒ Next 15 – Show the video
  - ⇒ Next 45 – Study & Discussion time
  - ⇒ Last 15 – Prayer
- **Discussion time.** We have provided some focused questions that you can use for each week along with any of your own questions. We also encourage you to allow others to offer questions.

# Lent Study Tips

The Lenten One KC study will begin the week of February 21<sup>st</sup>. Church of the Resurrection will be providing a journal for congregants to use during the study. In the journal you will be able to locate the links to the videos as well as the discussion questions for each week. You can also access the videos ahead of time at access the [videos at live.bible.is](https://www.live.bible.is). I am listing the discussion questions here as well for you to preview. The question will be the same for each week but centered on a different passage of Mark. We encourage you to create some questions of your own or to take questions from your group.

1. What stood out to you from today's viewing?
2. How would you summarize these chapters in a sentence or two?
3. What did you learn about Jesus in these chapters?
4. What did you learn about people/humanity in these chapters?
5. What is God asking you to do, be, embrace, change and/or believe from these chapters?

Here is the breakdown of the reading by week:

- Week 1: Mark 1:1-13
- Week 2: Mark 1:14-3:19
- Week 3: Mark 3:20-6:29
- Week 4: Mark 6:30-9:32
- Week 5: Mark 9:33-10:52
- Week 6: Mark 11-14
- Week 7: Mark 15-16:8 (Easter Week – You can meet together or take a break and have people do the study on their own)
- Week 8: Mark 16:9-20 (Optional)

Feel free to use the extra tools in your study bible, commentaries or other helpful sites like Bible Gateway.com or others to dive deeper into each passage.

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It is important to continue to make time for connections and relationship building. Setting aside enough time for check in and icebreakers helps get people talking. Here are some additional icebreaker questions that you could use with your group or come up with your own:

- Would you rather be a superhero or the world's best chef?
- What fictional family would you be a member of?
- Are you a morning person or a night person?

## Small Group Resources – Church of The Resurrection

- Are you a traveler or a homebody?
- If you could eliminate one thing from your daily routine, what would it be and why?
- What is your absolute dream job?
- What's the strangest food you ever tried? Would you eat it again?
- Would you rather read/watch fiction or non-fiction?

# PRAYER TIPS

## Guided Prayer

This is a great way to introduce a group to praying out loud together. The model is simple: the leader explains to the group that everyone will fill in the blank of a sentence prayer. This keeps the prayers simple and allows everyone to talk. Plus, it's a great way to connect prayer to your study topic. For instance, if you've just done a study on celebration, guide the group with "God, I celebrate you because\_\_\_."

It's important to let the group know the following guidelines:

- Keep it short and let everyone know there will be time later for longer, more specific prayers.
- Participating more than once is encouraged.
- It's okay to repeat a word or thought someone else has already prayed.

Some examples could be:

- God, you are \_\_\_.
- God, thank you \_\_\_.
- God, I love you because \_\_\_\_\_.
- God, help me overcome my fear of \_\_\_.

As the leader you will go first to set the example. For instance, you may say, "God, you are forgiving." Then group members can share their own sentences. When it's time for the second one the leader will again go first. After you've gone through two or three sentence prayers, transition the group into a time of open prayer. Now is the time to pray for anything that may be on your heart or mind.

## Notebook or Chat Room Requests

While it is important to make sure you leave enough time to close your group in prayer, sometimes the invitation for specific prayer requests can easily start to overtake our time. This is especially true if you have a larger group or someone in your group is especially chatty. We want to guard our time but also make sure we give space for everyone to share their concerns and joys. One way to make sure you gather all those prayer requests is to pass a notebook around and ask group members to jot down their requests. If you are meeting online, you can utilize the chat feature and ask people to type in their requests. As the group leader you can then scan the requests before closing your group in prayer. This also gives you a written record to share throughout the week with the group via email or text as well as to check in with individual members.

## Ask Ahead of Time

Often times, part of the discomfort of praying out loud is being put on the spot. We can ease the discomfort by asking someone if they would be willing to close the group in prayer before your meeting starts or at the very beginning. This gives them time to adjust to the idea and hopefully feel more comfortable with it. It also lets the group know that you won't be putting them on the spot either.

## Small Group Resources – Church of The Resurrection

### **Follow Up**

When we follow up with our group members prayer requests it lets them know that not only are we thinking about them but that we value prayer. This can be done in a few ways. You can check in with group members at the beginning of your prayer time about requests that were made the week before. You can also check in with them during the week or on a specific day if they had something big coming up. Reminding your whole group of what was requested by the group half-way through your next meeting time also reinforces the importance of prayer and the value of each person sharing.