



# UP FOCUS MEETING (Sermon/Bible Reading)

## PLANNING GUIDE

Use this General Guide to help you lead your next UP Meeting (a Bible-centered gathering that helps people grow in their love for Jesus). There are numerous options for you to pick from in order to plan a meeting that is customized to your CG (and in accordance with how Holy Spirit is leading you).

### MEETING GOAL:

Facilitate discussion between all of the members of the group regarding Sunday's Teaching and/or the past week's Bible Readings, in order to encourage growth in their knowledge of God, knowledge about themselves (identity in Christ), and the personal application of the truth (information leading to transformation).

### BEFORE THE MEETING:

- Remind group about the upcoming meeting (location, date, time).
- Pray for the meeting and each member of it!
- Continue to invite new people to visit.
- At least once a month, meet as leaders to:
  - Plan who is leading which week;
  - Assess the CG development, including each member's UPWARD, INWARD, OUTWARD & FORWARD growth;
  - To check in with each other, pray for one another and pray for the group together.

## STEP 1: ICE-BREAKER

FORMING ----> NORMING ----> PERFORMING

### PICK ONE:

- What is your absolute dream job?
- What sport would you compete in if you were in the Olympics?
- Favorite local restaurant (and order)?
- What 1 book (not the Bible) would you bring to a deserted island?
- What hobby do you wish you had more time to explore?
- What is the best movie that you have seen recently?
- If you had an additional hour each day, how would you spend it?
- What is the best advice you have received?
- Highs and lows since you last met?
- What are you most grateful for right now?
- What's is one thing we don't know about you?
- Dashboard: Check in how everyone is doing physically, mentally/emotionally, spiritually?
- How did you see God working in your life last week/month (answered prayers, praise reports, testimonies)?
- More Icebreakers: <https://teambuilding.com/blog/icebreaker-questions>

### IF VISITORS or WELCOME BACK MEETING:

- Go around and do introductions;
- Briefly go through basic introductory information:
  - CG Definition: A Community Group ("CG") is a gospel-centered group that share life and a mission to bless our city. Our local focus is\_\_\_\_\_.
  - Mission: That we grow to live and love like Jesus, while leading others to do the same;
  - What To Expect: meeting location(s) each week, start/end times, how we communicate (within Messaging on MC App), etc.
  - Group Policies: 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).

## STEP 2: ANNOUNCEMENTS/ TRANSITION TO DISCUSSION

### ANNOUNCEMENTS:

- Review MC Upcoming Events With Group  
<https://monterey.church/events>
- Reminders about upcoming CG Events (Serve or Enjoying Our City), next week's meeting, etc.

### TRANSITIONS (pick one):

- Read a Psalm;
- Play a worship song; or
- Pray/ask someone to pray.

## STEP 3: DISCUSSION

Pick a few Sunday's Teaching and/or Bible Reading questions, and make sure to incorporate at least one Application Question. Also, consider breaking up into smaller groups for discussion if the group is large or into groups of the same gender (which works great for co-ed groups!).

### SUNDAY TEACHING ?'S

- What stood out to you from the past week's Teaching?
- See the specific discussion questions on the "Teaching Notes" (located on MC App)
- Did anyone have questions about the Teaching, or was there something you wanted to learn more about?

### BIBLE READING ?'S

- What stood out to you from the past week's Scripture reading? Read some of those passages out loud for the group.
- What was your one "takeaway" from the reading this week?
- Where did you see Jesus in your daily readings this past week?
- Did anyone have questions about the readings, or was there something you wanted to learn more about?
- How do the readings from this week fit into the bigger, overarching story of the Bible?
- What was the historical context of these Scriptures (who/when/where/to whom was it written, purpose of the text, culture and customs at the time, genre of writing, etc.)? If you don't know, what are some ways to find answers to those questions?
- What is the biggest challenge for you in reading the Bible daily? Encourage members that have fallen off to start fresh tomorrow with the current day's reading!

### APPLICATION ?'S

- What is one thing that 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?
- What was your one "takeaway" from Sunday's Teaching?
- What is the most challenging thing for you right now in following Jesus? What is one thing you could do that might make it a little less challenging?

## STEP 4: PRAYER

- Go around and ask each member "What is one thing that you would like the group to pray for (personally) this week?"; or
- Make sure to create time for prayer as a group, and allow space (even periods of silence) to give people time to listen to God and pray aloud as they feel led; or
- Have everyone write a prayer request on a piece a paper, fold it up and put in a hat and have everyone pick a prayer to be praying for this week; or
- Have everyone set a daily timer to pray at the same time for one another; or
- Have each person pray every day this week for the person on your left or right.

### AFTER THE MEETING (pick one):

- Who needs encouragement this week? Ask how the Lord wants you to specifically encourage that person this week.
- Ensure that your Serve Event for this semester has been scheduled and all responsibilities have been delegated.
- Encourage the group with a verse from the reading this week, and see what stood out to them in the chat.
- Reach out to members that you haven't seen in awhile.
- Divide roster of members between leaders and begin praying for/meeting with your assigned members to learn their goals for spiritual growth, and how best to encourage/shepherd them.
- Ask Holy Spirit to reveal one thing about a member, and share it with them (ICNU Affirmations)!
- Remember the 3 I's - Identify, Invite and Invest in those future leaders!
- Delegate one part of next week's meeting to the F.A.S.T (Faithful, Available, Servant-Hearted, Teachable) members (posting on chat, leading Ice Breaker, writing down prayer requests, etc.)