

## **CoreGroup Discussion Guide | September 7, 2025**

*Written by Melissa Ross and Jenny Huffman*

### **Welcome**

Welcome to a new season of groups at The Gathering! We're glad you're here. Usually this CoreGroup Guide will lead us through a discussion related to the current sermon series. Each week we will dive into scripture, reflect on the main themes of the sermon, and ponder how we can engage our Head, Heart, and Hands as we journey together in faith.

This week will follow a similar pattern, but instead of a sermon, we'll be discussing... Our CoreGroup! Whether you're just meeting for the first time today, or you've been together for years, this is a time to get to know each other better and discuss the shared values, goals, hopes, and expectations of this group. Let's jump in!

### **Opening Prayer**

Lord Jesus, Thank you for today and for the people gathered here. We are grateful to have this fresh opportunity to be part of a Gathering CoreGroup. Use our conversation today to help us get to know one another. We pray that this will begin a meaningful journey to know each other and you more deeply through this time together. In your name Lord, Amen.

### **Ice Breaker**

Choose 1-2 of the questions below, or come up with your own "get to know you" type question. If you have a new group, the leader can model the first answer if needed and then go around the circle so each person has an opportunity to share if they would like.

- Share your name, pronouns, and a word that describes a high point of this summer.
- What is your favorite season (summer, winter, spring, fall) and why?
- In The Gathering's recent sermon series, Boomers to Zoomers, which age group did you associate with? What resonated with you about that sermon? What else would you add?

### **The Head**

In the "Head" section, we typically talk about what we learned from the week's sermon and explore the key scripture from the sermon. For this first week of CoreGroups, we will use this time to get to know the main "characters" of your group. Even if you already know each other, this is a great opportunity to share updates and to learn something new.

- Where were you born?
- What brought you to St. Louis (or wherever you currently live)?
- What neighborhood do you live in? What makes your neighborhood special?
- Who do you live with? [This could include friends, partners, family, kids, pets, etc.]
- How do you spend your days? [This could include work, school, family, hobbies, etc.]

## The Heart

In the “Heart” section, we typically reflect on questions that are more personal, spiritual, and relational; questions that encourage us to look inward to our own inspiration, passion, feelings, doubts, motivations, and so on. As the group feels comfortable, start to go a little deeper.

- Did you grow up in the church? If so, briefly describe that experience.
- What led you to The Gathering, and how long have you been attending?
- What is your favorite Shared Practice at The Gathering (i.e. Worship, Serve, Pray, Grow, Give, Invite)? How does this practice strengthen your faith?
- What excites you most about participating in this CoreGroup?
- What (if anything) worries you about participating in this CoreGroup?

## The Hands

In the “Hands” section, we typically discuss what group members can do this week to allow the scripture and the sermon to live through them. In other words, how can we be the hands and feet of Christ in the community and/or the world? We often share resources, tools, practices, and activities that we can try out together in the week to come. For today, we will use this section to make some group agreements together.

- In what ways will this group work to ensure confidentiality together?
- What are some shared values of this group? For example, kindness, respect, grace, curiosity, and active listening. How will you embrace these values together?
- What other aspects of group life are important to this group? [e.g. Timing, communication, snacks, pets, childcare, use of phones and other technology, etc.]
- Are there any special accommodations or support needs the group should know about so that all members can participate fully?
- What is one word to describe your hopes for this CoreGroup?

## Closing Prayer

We give you thanks and praise

For those who have shared their faith with us,

For all who have encouraged us in the way of goodness.

We ask your blessing upon them

And upon our loved ones and friends.

*(David Adam, 1000 Prayers for Public Worship)*

## From Pastor Charity

I’m so glad you’re in a CoreGroup this year! It is the best way to grow your faith and find your people. I am praying for you and have two simple requests:

1. Either with your group or individually, take some time to assess where you are on your faith journey using this [Start. Grow. Stretch. Tool.](#)
2. Please take one minute, if you haven’t done so already, to let me know you’re in a CoreGroup. You can [use this link](#). Thank you!