

Be Confidential: To maintain confidentiality within the group, except in cases where someone is harming themselves, others, or making threats.

Conflict Resolution: To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17 which begins with going directly to the person with whom you have an issue.

Spiritual Health: To give group members permission to speak into my life and help me live a healthy, balanced spiritual life that is pleasing to God.

Limit our Freedom: To limit our freedom to avoid causing a weaker believer to stumble. (For example, not serving alcohol at a small group meeting or other events. 1 Cor 8:1-13, Rom 14:19-21)

Welcome Newcomers: To invite our friends who might benefit from this study and warmly welcome new people to the group.

Building Relationships: To get to know the other members of the group and pray for them regularly.

Shared Responsibility: To share the load of the expectations of the group. (For example, snacks, discussion, sharing responsibility under the direction of the small group leader.)

Snacks (How will snacks be addressed? Rotation? No Snacks?)

Child Care (Does your group accommodate for children? If so, how will that be handled?)

Other

Starting Time: _____ Ending Time: _____

PRAYER

Ask how you can pray for and support one another this week. Then, close in prayer. Simply reciting The Lord's Prayer might be a good way to close the time.

You can find it in Matthew 6:9-13 NIV

LIFE AS IT WAS MEANT TO BE

Introduction: My Life Support System
For Small Group Meetings, September 7-13

ICE-BREAKER

Begin your small group time by making sure everyone knows one another's names. Break the ice and get to know one another better by choosing a photo on your phone from the last few months. Show the photo and share why it's a meaningful picture. (For example, the picture could be something fun you did, a project you're working on, a family activity, something nice in nature...)

Tip: Don't let too much time get away from you here. This is meant to be a quick activity to simply catch up and connect.

VIDEO NOTES

(Tip: You can find this video on the home page of the Rock Brook Church app, the small groups page of our website, RockBrook.org/Connect or The Rock Brook Church YouTube channel.)

Jesus: "Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples." — John 13:34-35 NLT

What does a small group do? (Acts 2:42-47)

1. We _____ together
 - "They devoted themselves to the apostles' teaching..." (NIV)
 - "And they continued steadfastly in the apostles' doctrine..." (KJV)
 - "They committed themselves to learning the teachings of the apostles..." (MSG)
2. We practice _____ how to _____
 - "They devoted themselves to... fellowship" (NIV)
 - "They were like family to each other..." (CEV)
 - "They committed themselves to... life together..." (MSG)
3. We _____ together
 - "They broke bread in their homes and ate together with glad and sincere hearts..." (NIV)
 - "They shared in fellowship meals..." (TEV)

4. We _____ for each other

- “The devoted themselves to...prayer.” (NIV)
- “They spent time praying together...” (NCV)

5. We _____ each other

- “All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need.” (NIV)
- “All the believers lived in a wonderful harmony, holding everything in common...” (MSG)

How can I get the most from my group?

1. Make my _____ a _____

Let us... not give up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. Hebrews 10:25 NIV

2. Share my _____ with _____

Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! Romans 12:16 NLT

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

Philippians 2:3-4 NIV

3. Share my _____ with _____

If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. ⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. 1 John 1:7-8 NIV

4. Share in others _____ and _____

Rejoice with those who rejoice; mourn with those who mourn. Romans 12:15 NIV

5. Encourage _____ to _____

And let us consider how we may spur one another on toward love and good deeds... Hebrews 10:24 NIV

I want us to help each other with the faith we have. Your faith will help me, and my faith will help you. Romans 1:12 NCV

SCRIPTURE READING

⁴¹ Those who accepted [Peter's] message were baptized, and about three thousand were added to their number that day.

The Fellowship of the Believers

⁴² They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved. — Acts 2:41-47 NIV

KEY QUESTION

What stood out to you from that message and scripture reading? (Did you take any extra notes or highlight anything?)

DISCUSSION QUESTIONS

In future weeks we'll have more discussion and application questions. In this introduction week, let's take the time looking at the small group guidelines.

GROUP GUIDELINES

It's a good idea for every group to put words to their shared expectations and commitments. Such guidelines will help you avoid unspoken agendas and unmet expectations. We recommend you read through and clarify your guidelines in order to lay the foundation for a healthy group experience.

WE AGREE TO THE FOLLOWING THINGS:

Clear Purpose: To grow healthy, spiritual lives by building a healthy small group community.

Group Attendance: To give priority to the group meeting (Communicate if I will be absent or late)

Safe Environment: To create a safe place where people can be heard and loved. (No quick answers, no snap judgments, no politics, no selling products or services to other members.)