

lifegroups

SESSION GUIDELINES FOR FACILITATORS AND CO-FACILITATORS

*“The strongest disciples are those who long for the presence of God.”
– Joel Comiskey*

Without developing the habit of prayer and spending time with God, you will not have enough gas in the tank to lead your Life Group. What is so exciting about being a Facilitator is that the responsibility motivates you to pursue the presence of God in your life because you know you cannot do it on your own. Being in the presence of God is NOT something you can fake, cram, or make up. But it IS something that will radically change your life and group. Developing these practices is essential for your own growth, as well as the group's.

1. Pray daily for your group.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” Philippians 4.6

2. Spend quality time daily with God.

You influence your group out of an overflow of your relationship with Jesus. If there is one overwhelming common factor that successful Life Groups have, it's a Facilitator who longs for the presence of God in his or her life and group. The Holy Spirit is the best leader your group will ever have. If you are not seeking Him and His will, your group will never experience its true potential. The more you long for the presence of God, the more God opens the floodgates on you. Jesus said it this way: “Seek first His Kingdom and His righteousness, and all these things will be given to you.”

3. Spend enough time preparing for the group's gatherings.

Plan to spend at least 30 minutes preparing for each week's gathering. In addition to participating in the assigned activities, we suggest the following prep-schedule:

1. Pray (5 minutes) - Ask God to be present in your life and in the life of your group.
2. Review (20 minutes) - Review the discussion questions or the directed activity of the coming week so you are familiar with it and understand the direction and purpose of the upcoming gathering.
3. Call (5 minutes) - Call your Co-Facilitator and Communicator to ensure that the other key roles are doing their job and are ready to go for the coming week's gathering.

4. Start and end meetings on time.

Once you determine the start and end time of the group, communicate that to your members and stick to it. Starting on time will give you the most opportunity for a successful gathering, and ending on time will help your group members be more consistent as they have confidence in your meeting schedule. Remember, in order for community to happen, group members will have to be encouraged to interact and do life together outside of your regular meeting time.

5. Make application and accountability priorities in your group.

No matter what happens during Life Group, you have to fearlessly challenge the people in your group to come up with specific ways they can act on what the group is focusing on. Encourage group members to take responsibility for one another by helping them break into accountability partners for a few weeks at a time to help each other follow through. When a Facilitator is at their best, the group members leave with a crystal-clear direction and application point from the evening's focus.

