



Pervasive Hope Starts With Me.

## TIPS FOR YOUR FIRST MEETING

**CONNECT** | before your meeting time and up until the meeting start time.

Have some mellow music playing in the background 15 minutes before your group starts.

Have some snacks available so as people arrive they can snack and mingle.

Gently encourage everyone to silence their cell phones (unless someone needs directions).

Nametags can be helpful to help break the barrier of who's who and remembering names.

**WELCOME** | 5 minutes

Introduce yourself; let people know a little bit about you, how long you've been @ The Rock, some passions, family, what you do (profession), etc.

**ICE BREAKER** | 10 minutes

Realize that when people show up at your group, they are more than likely bringing with them the stresses and tensions from their day. This can make it hard to get a meaningful conversation started. This is where an icebreaker can come in handy.

Have people pair up for a few minutes and share their name, where they grew up, best vacation memory growing up, favorite city they lived in and why, etc.?

**GET TO KNOW EACH OTHER** | 10 minutes

Gather around as a group again. Go around the room and have everyone briefly share a little bit about themselves (2 min. max).

**EMPOWER** | 10 minutes

Explain what's going to happen over the next 6 weeks. Let the group know that this group is "for all of us", and that you'd love for them to be a part of it and really participate. Let them know about different roles within the group they can help with: bringing snacks, setting up the house, planning a fun activity outside the group, planning a Sunday you can all attend a service together, going to lunch after church, etc.

**SESSION** | 45 - 60 minutes

Introduce the session for this week and then watch this week's video.

After the video, spend some time going over the discussion questions in your booklet.

Once you're finished going over the questions, have the group think through some next steps for this week based upon what you learned, what you heard, etc. Keep it simple!

**PRAY** | 5-10 minutes

If people are willing, have them share prayer requests (5 min group total). Then as the HOST, close in prayer. Keep in mind that some people feel uncomfortable praying in public.