

ReGroup – Session 2 “Five habits of Life-Changing Groups”

Participant Sheet = *Make copies for each person in your New Life Small Group*

WELCOME: Emphasize any current church wide or group announcements. (4 minutes)

WORSHIP: Pick a song you like from the New Life Sm. Group Worship CD. (4 minutes)

WATCH: “Segment One: The Five Essential Habits” (23 minutes)

5 Habits/ Values that create a GRACE-FILLED, TRUTH-TELLING group:

- | | |
|---------------------|---|
| CARE | - Being “for” each other |
| | - Coming along side one another |
| SAFETY | - “Come-as-you-are” culture |
| | - Accepted unconditionally |
| AUTHENTICITY | - Being “real” with each other |
| | - Taking relational risks with each |
| GROWTH | - Spurring one another on |
| | - Pushing each other to take growth steps |
| HELP | - Show up & really DO things for each other |
| | - Also means ASKING for help when it’s needed |

Drama part 2 – Mark when you see a group member exercise one of the habits:

CARE SAFETY AUTHENTICITY GROWTH HELP

Kevin

(white male = leader)

Faith

(black female – Kevin’s wife)

Michael

(Asian young male – insecure about job)

Marty

(White young male – Sunglasses)

Veronica

(Hispanic young female)

Gregory

(white male – blue plaid shirt)

Julie

(white female – Gregory’s wife)

Leisha

(black female – mother of 10 year old son)

TALK: Discuss briefly how you saw these 5 habits represented in this group and then click “**resume**” on the DVD. (5 minutes)

WATCH the end of segment 1.

TALK: Share with the group one habit that most resonates with you and why. Practice “safety” while listening! (20 minutes)

TALK SOME MORE: Take a step back and discuss how this Discussion went (10 min)

- When you were talking, were you able to be authentic (real)? Why or why not?
- When you were listening, did the group environment feel safe? Why or why not?

WATCH: “Segment Two: Closing Thoughts” (2 minutes)

PRAY: Break down into 2’s or 3’s by gender. Be authentic! Share a real struggle and then genuinely pray for each other! (15 minutes)

Next session: **Determining your group’s “ground rules”**