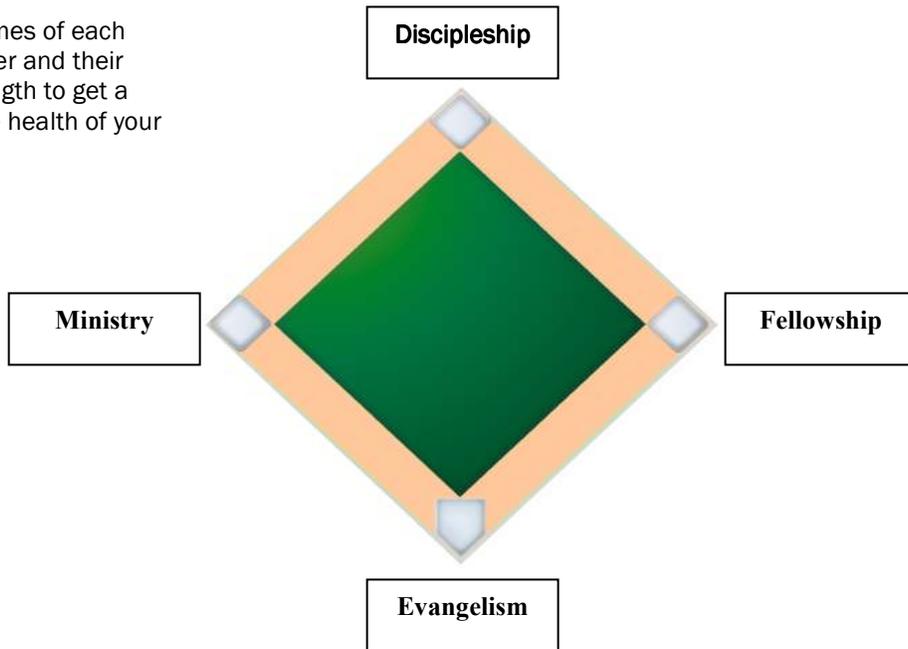


GROUP HEALTH PLAN

Write the names of each group member and their area of strength to get a picture of the health of your group.



MOVING TOWARD BALANCE

PURPOSE	WHAT ARE WE DOING CURRENTLY?	WHAT ARE OUR NEXT STEPS?	WHO WILL HELP?
WORSHIP			
FELLOWSHIP			
DISCIPLESHIP			
MINISTRY			
EVANGELISM			

WORSHIP

ASPECT OF WORSHIP	CRAWL	WALK	RUN
Prayer	<p>Make it a point to pray for the group just prior to and between each meeting. Also be sure to pray for the group when you meet. You may want to open in prayer or close in prayer, but be sure you take the lead in making prayers a part of your group.</p>	<p>Have group share prayer requests and then pray for them. You may have one person pray for all the requests or have each member pray for one person. Record the prayer requests and follow-up with group members on a weekly basis.</p> <p>Occasionally change the way you pray at each meeting, using some of the prayer ideas found on the leader webpage.</p>	<p>Lead your group through a time of structured prayer and meditation.</p> <p>Stop and pray for a group member's needs immediately after they have shared in the group instead of waiting until the end of the meeting.</p>
Singing Praise	<p>Attend a worship service together as a group and praise God together.</p> <p>Play a Christian CD during your group fellowship time.</p>	<p>Invite someone to your group to lead the group in worship songs during your meeting time.</p> <p>Attend a Christian concert together as a group.</p>	<p>Make singing and a time of praise a normal part of your small group meeting. You could sing acapella, use the musical talents of members in your group who may play an instrument, or use a worship video/CD.</p>
Communion Foot Washing	<p>Talk about the importance of community. Attend a worship service together as a group where communion is served. Spend some time in your next group meeting reflecting on how that time impacted each member.</p>	<p>Invite your Small Group Coach to your group to lead you in communion or a foot washing. Information on how to do this can be found in the Leader Library.</p>	<p>Have the leader (or group member) lead you in a time of communion or foot washing together. Make this a regular occurrence in your group.</p>
Surrender	<p>Go through the "LifeTogether Surrendering to God" study or a similar study as a group. What ways could you make this a practice in your group?</p>	<p>As a group, spend some time discussing things that each member needs to surrender to God. Make it an open and confidential time of sharing your lives together. Commit to pray for each other and those things that were shared.</p> <p>Spend some time taking communion together remembering Christ's sacrifice of surrendering His life for you.</p>	<p>Agree as a group to fast together. It could be for one day or a specific time of day and it could be from food or some other thing (i.e., a habit/ behavior, or electronics). Spend the time together reflecting on your own dependence on God. Thank God for all he has done for you and what he will do in the future.</p>

FELLOWSHIP

ASPECT OF FELLOWSHIP	CRAWL	WALK	RUN
<p>Build Community</p>	<p>Do not skip doing an icebreaker at meetings, despite how long the group has been together. Ensure each meeting includes time for group members to socialize.</p> <p>Celebrate significant occasions as a group (birthdays, spiritual birthdays, etc.) Look for opportunities to play together.</p>	<p>Include time for individual affirmations by having each person take turns on the 'hot seat.' After each member has shared what they appreciate about that person, give thanks to God for their presence in the group. Affirm each of the members during one meeting, or focus on only one person per week.</p> <p>Plan a group social gathering outside of the group meeting. Have dinner, go bowling, or do some other activity of interest.</p>	<p>Go on a retreat together as a small group. This could be an affinity retreat (couples, singles, etc.) or a spiritual retreat. Carve out some time to be together.</p>
<p>Deepening Relationships</p>	<p>Make prayer central to deepening your group relationships. Regularly share concerns and prayer requests, journaling what is shared and frequently checking how God has answered prayers. Do the same with just one person, a prayer partner, connecting regularly to pray for and support each other.</p>	<p>Take a night in between studies and go to dinner together and/or go see a movie as a group. Look for opportunities to spend fun time together.</p>	<p>Plan a weekend trip or go to a camp together. Look for fun opportunities to share life together.</p>
<p>Meeting Needs</p>	<p>Take some time to pray for the needs of those in the group. You may want to write these things down and check in with each other.</p>	<p>As people share their needs, look for ways that you as a group could rally around that person. There are some needs that we cannot meet, but for those that can be met, make it a point to do everything you can to help each other.</p>	<p>Take the Health Assessment as a group and discover each member's strengths. Go through the Small Group Health Plan and have members meet some needs in your group based on the strengths they discovered from the Health Assessment.</p>
<p>Share Community</p>	<p>Place an empty chair in your group to remind you that your group is open to sharing your small group community with others. Ask God to reveal who you should invite to fill that chair.</p>	<p>Encourage members to invite someone to the group. Talk with your Small Group Coach about who is looking for a group in your area.</p> <p>Connect with another SOV small group to share group experiences, learning from each others' successes and challenges.</p>	<p>Invite some unconnected friends to a 'study preview' meeting. Spend time socializing, then introduce your next Bible study, perhaps going through the first lesson. Follow-up and encourage them to join you when you begin the study.</p>

DISCIPLESHIP

ASPECT OF DISCIPLESHIP	CRAWL	WALK	RUN
Curriculum	For your next series, spend time talking as a group about what the next topic of study should be. Have people share what their needs are and what they feel would be a beneficial topic to study at this time. Then choose one as a group.	For your next series, choose a topic that you have never considered to help stretch you and make your group more balanced. If you usually study books of the Bible, do a topical study (i.e. parenting or spiritual habits .) If you always do topical studies, try studying a book of the Bible. Have fun expanding your horizons. Review the results of your Spiritual Health Assessment to see which area(s) the group most needs growth.	Plan your curriculum or topic of study a year in advance. Attempt to balance your curriculum over time. For example, try to do one study each on a book of the Bible (discipleship), life stage (fellowship), spiritual health/disciplines (worship), and on outreach/ministry (evangelism/ministry).
Accountability	Have each member of your group take the Health Assessment. Ask members to share with one other person one area they want to work on. Commit to praying for and encouraging one another.	Take the Health Assessment as a group. Have each person share their strength and one area they need to work on. Create mentoring relationships by pairing group members (same gender) based on strengths and weaknesses. For example, someone weak in evangelism would be paired with someone strong in evangelism. Make taking the assessment a regular occurrence (annual or bi-annual.)	Have your group take the Health Assessment and then walk through the Small Group Health Assessment together. Look for ways to have people in your group take ownership of the group based on the strengths and passions they have for a particular purpose. Set goals as a group for how you will balance the purposes over the next 6 months.
Spiritual Disciplines	Have each member of your group connect with another person in the group for prayer support. Have people share things they would like prayer for and make it a point to have those pairs ask each other about those requests regularly.	Have your group take some time to share with one another the struggles they have in their lives and one way the group can help them to grow. You may want to divide your group into men and women and have the men go in one room and the women in the other to allow for open discussion. Pray for each other's needs and follow through on the ways people said you could help them to grow.	Create mentoring relationships by pairing group members (same gender) based on strengths and weaknesses. For example, someone weak in discipleship would be paired with someone strong in discipleship). This will allow group members to build into each other's lives in a natural way while providing accountability. Share the results from time to time with the group.

MINISTRY

ASPECT OF MINISTRY	CRAWL	WALK	RUN
<p>Understanding How God Created You</p>	<p>Choose to study “Doing Life Together; Developing your Shape to Serve Others,” “S.H.A.P.E. Finding and Fulfilling Your Unique Purpose in Life” or a similar study.</p>	<p>Spend time in one of your group meetings to review ministry opportunities available using the SOV Community Outreach Small Group Service Ideas found on the leader webpage.</p>	<p>As a group, spend some time sharing each person’s unique design (S.H.A.P.E.). What ways can each person contribute to the group based on a particular purpose? Affirm and look for ways for group members to contribute to the health of your group based on their passions for a particular purpose area.</p>
<p>Serving Your Group</p>	<p>Pick a way you can serve the members of your small group. You may want to wash a car for someone in your group, take care of the yard or prepare a meal for them. Look for practical ways to serve each other.</p>	<p>Have each person in the group take on a role to help make the group better. You will want to structure this around the five purposes to help your group to be balanced. For instance, someone may want to handle the food (fellowship), another handle prayer (worship), or someone else trade off leading (discipleship). Look for ways to include everyone so that each person can serve the group.</p>	<p>As a group, look for ways to serve other small groups. You may want to find out what the needs of another group are and try to meet those needs. Or you may want to offer to watch the children for a group so they can have a night out to build their fellowship together. Look for ways to connect with and serve other groups in your area.</p>
<p>Serving Your Church as a Group</p>	<p>Serve the church staff by volunteering to help with office work, bringing in coffee or lunch, or other ways that could bless their day.</p>	<p>Agree to help serve at a one-time event taking place at the church, such as cleaning up after a Men’s Breakfast, or a student lock-in.</p> <p>Volunteer to serve at one of the Lent, Easter or Christmas services as a group, perhaps as ushers or greeters.</p>	<p>Find a ministry that your group can support or serve in as a group on a regular basis, such as ushering, greeting, nursery, or funeral help.</p>
<p>Serving Your Church with Your Unique Design</p>	<p>Take some time as a group to reflect on the SHAPE of each of the members of your group. Have each person take turns being on the “hot seat” and have the rest of your group share the gifts and passions they see in that person. Do this for each member of your group. How could these gifts be expressed in ministry?</p>	<p>Have each person in your group take some time to try serving in one or two ministries in the church to get a feel for where they might best serve.</p>	<p>Encourage your group members to commit to serving in some kind of ministry at the church. Reflect regularly as a group about what God is doing in and through each person as they serve and celebrate God’s goodness together.</p>

EVANGELISM

ASPECT OF EVANGELISM	CRAWL	WALK	RUN
Personal Evangelism	Invite someone to join you at SOV for a worship service, or other outreach opportunity such as the Annual SOV Picnic, Christmas musical, Sunday Basketball, Habitat for Humanity, etc.	Read the book "Just Walk Across the Room" or "Becoming a Contagious Christian", both by Bill Hybels. Make a list of ways that you can use what you learned to introduce others to Jesus.	Identify 3 people that you will pray for and make it a point to share something of your faith with them. You could do this as a group by inviting them to church or a social event with your group.
Group Evangelism	Set up an empty chair in your group as a constant reminder of the fact that your group is open to others who may not know Jesus. Spend some time praying and thinking about who each person could invite to fill that chair.	Read the book "Just Walk Across the Room" or "Becoming a Contagious Christian", both by Bill Hybels. Spend some time together discussing what you learned and how you could implement it in your group.	Invite your friends who don't know Christ to a small group party or service project to share a little about the community you have as a group. You may find that some of your friends may want to attend your group.
Local Outreach	<p>Spend some time as a group mapping your neighborhood. Who doesn't know Christ? You could also use the Circles of Life exercise to identify those in your spheres of influence who you could share with and invite to your group.</p> <p>Obtain a list from the Mission Team (Amy Jaynes) and pray for local missions supported by SOV.</p>	As a group, serve together in your local community. You may want to volunteer at a food bank or serve food at the holidays at a local mission. Go out for dessert afterwards and take some time to share about your experience.	Choose to sponsor a need or cause in your local community. It may be a school, Habitat for Humanity, etc. Review the SOV Outreach Service Ideas for Small Groups list found on the leader webpage to identify the cause that best fits your group.
Global Outreach	Obtain a list from the Mission Team (Amy Jaynes) and pray for global missions supported by SOV.	For about \$30/mo, together support a child in need through Compassion International, World Vision, or a similar organization.	Volunteer as a group to participate in a mission trip, such as the Honduras trip which partners with Sandy Bay Lighthouse Ministries.

Additional resources for incremental steps in growing in each of the five purposes:

- Leader Webpage (shepherd-lutheran.org/#/small-groups/leaders-resources)
- Serving & Missions Webpage (<http://www.shepherd-lutheran.org/#/serving-missions>)
- [250 Big Ideas for Purpose Driven Small Groups](#) by Steve Gladen and Lance Witt
- [Leading Small Groups with Purpose](#) by Steve Gladen
- [Leading Life Changing Small Groups](#) by Bill Donahue
- Your Small Group Coach
- Kristin Lagus (klagus@shepherd-lutheran.org) or Kathy Harter (kaharter@shepherd-lutheran.org)

For Task Groups and Ministry Opportunities: Jill Wurm (jwurm@shepherd-lutheran.org)

