

## Building Trust & Ice-Breakers

Many people have questions as they start participating in a group. Will I like these people? Will they like me? Can we trust each other?

We want small groups to be a safe place for people to connect relationally and grow spiritually.

Getting to know one another and building trust are essential to building a healthy small group that will successfully cultivate caring relationships and spiritual growth.

In addition to starting your group with a covenant - an agreement on group goals and expectations - a group needs to spend time getting to know one another. Ice-Breaker or warm-up questions play an important role.

The Purpose of Ice-Breakers:

Encourage each person to Open up & Share - every person has the opportunity to contribute and say *something*... Ice-Breakers help us to

- Find out about each other
- As we connect, we build trust and community
- Ice-Breaker questions can be Fun & light-hearted, or deeper and more serious
- Link to the lesson topic - prepares for what's next and discussion

When choosing questions, consider:

- Universal (Ex. What's your favorite hobby?)
- Quick - short answer
- Open-Ended (Where would you go on your dream vacation?)
- Revealing (How were you introduced to Jesus?)
- Progression over time (disclosure)
- Connecting hooks (discover commonalities w/ one another)
- Bridge to content (Saul/Paul - How did you get your name?)
- Try it out ahead of time (family/friends)

As we grow in relationship and trust, Eccl 4:10 is exemplified:

If either of them falls down,

one can help the other up.  
But pity anyone who falls  
and has no one to help them up. (Eccl 4:10)

Have fun, get people sharing, and see the relational connections and spiritual growth take off.

Resources:

New Leader Guide online at [sov.church/groups/resources](http://sov.church/groups/resources), story cards (both physical and virtual), 250 Big Ideas, and other books in the Small Group Ministry office