



## **Session 2: Meeting Jesus and Sharing Life in Small Groups**

**Core Theme:** Small groups – Jesus gathered his disciples into a group of followers. We also flourish when we follow him as part of a small, intentional community where we experience belonging to God and to each other.

**Core Scripture:** Mark 3:13-14

### **Suggested Session 2 Schedule**

#### **1. Welcome and Opening Prayer (3 minutes)**

Welcome group members and offer gratitude for everyone's presence. Open with prayer.

#### **2. Meal (30 minutes, including Covenant Review and Check-in described under #3)**

Enjoy your meal together. Remember – don't rush to eat, and be mindful of time while allowing space for fellowship and continued community building. After 15 minutes to serve and settle in, you can shift gears and review the covenant and do check-in – both are described below – even as people eat. If you are not hosting a meal, please give participants 5-7 minutes to visit before beginning.

#### **3. Covenant Review and Check-in (20 minutes – if sharing meal, occurs during 30-minute mealtime)**

Follow earlier recommendations for setting up the space (table with candle) and gathering the group (circle or configuration where all see one another). Feel free to pray again to re-center the group.

Review the covenant you developed at your last meeting and ask for revisions, additions, or deletions. Be prepared to lovingly and respectfully enforce the covenant when necessary.

For this week's check-in, choose one of the following questions:

- Where did you find God present in your life since our last session?
- How did the scripture from the last session show up in your life?
- How are you feeling as you arrive here? *OR* What do you need to acknowledge before you can fully be present?
- *Create your own check-in question.*

Reference earlier suggestions about leading the check-in and using the talking piece.

#### 4. Content Engagement (45 minutes)

Once everyone has checked in, it's time to move into the next part of your small group meeting: content engagement. For this second session, we seek to explore how Jesus calls his first disciples to walk and share life with him, and how we follow his example by sharing life with fellow disciples. Welcome discussion and engagement.

**Show:** Session 2: Part A Video

*Note:* To save time, participants can watch this video on their own before your gathering.

Discuss the following questions as a group, inspired by the Session 2: Part A Video. Remember: You need not cover all the questions in this relatively short time. If it would be helpful, break into pairs or trios for about 5 minutes to facilitate giving everyone a chance to speak. Then, come back to the larger group and share for the remaining 10 minutes. Use these questions or others, as appropriate:

##### Wondering Questions

- How has being in a small group helped you or people you know to experience belonging to God and each other?
- How can you, following the example of the early disciples, be intentional about your participation in your Centered group?
- What in this video resonated with or challenged you?

**Show:** Session 2: Part B Video

Watch the second video as a group, then discuss the following questions together:

##### Wondering Questions

In the second video, we hear three leaders discuss why they feel small groups are a vital part of the Christian journey – even if already part of a congregation.

- As you listened to their conversation, what came up for you?
- How does your answer to that same question align or diverge from their experiences?
- How can your small group support and strengthen you for the journey with Jesus along his Way of Love?

#### 5. Check-out and Closing Prayer (7 minutes)

Follow earlier suggestions for check-out (confirm time and location for next session, share Make It Yours opportunities), especially inviting group members to share **one word** about the time they've spent together.

Close with a prayer for sending. As before, invite everyone to share what they hope

other group members will pray for on their behalf between now and the next session. Then the group leader or a previously assigned volunteer can gather the prayers and offer them up. Pray spontaneously and simply to God in gratitude, or choose your favorite prayer from the Book of Common Prayer or other prayer books. Here is but one option:

*Dear God, thank you for the ministry of your Son, Jesus. Help us hear him when he speaks to us in our lives each day through people we know and those strangers we are blessed to encounter. Guide our hearts to say yes when we hear the voice of Jesus calling us into life together. It is in his name that we pray. Amen.*

## **6. Make It Yours: At-Home Engagement Opportunities**

- For a deeper dive, encourage your group to review and reflect on Session 2 in the Participant Guidebook.
- Challenge your group to notice the people God has placed around them this week. Ask them to consider, “How might you listen more deeply to them and share more fully with them?” Encourage them to deepen a connection with one person or a group of people in the time between Sessions 2 and 3.