

TALK IT OVER

BUILD BALANCED SUPPORT NETWORKS

ICEBREAKER (Start Talking)

What is your all-time favorite team? (Sports, TV, music, etc.)

READ (Start Sharing)

The world can make us feel very alone. While the state of being alone and doing things on your own is natural, it is not good for us. Read **Genesis 2:18***. God knew that alone, we are like a single legged chair; it can be balanced but is easily knocked over as it does not have any other support.

Discuss a time you decided that "I got this" and tried to do something on your own, only to realize you needed help.

READ (Start Sharing)

Two is better than one, and we are surely better together. However, two is also the most vulnerable to division and separation. Read **Matthew 12:25****. When we are building our networks we should always be careful to protect our relationships from division. **How has division destroyed a relationship of yours? What did God teach/reveal to you through the experience? Share with the group.**

READ (Start Sharing)

Three is company but also represents balance, sustainability and strength. A third allows for separation of power and dispute resolution. Read **Hebrews 10:24*****. To stay strong in our walk we must meet with our support networks regularly. **Where could you use more support in your walk with Christ? How can you invite others to share in this area of your life and become part of your support network?**

WHAT WILL YOU DO (Start Doing)

Determine what areas of your life need more balance and build networks of three or more to support you in them.

PRAYER (Start Praying) Heavenly Father, thank You for making me social and teaching me that I am better in union with other believers. Give me the wisdom and courage to grow and build my support networks, In Jesus's name, Amen.

READ GOD'S WORD DAILY using S.O.A.P.

Day 1:

*The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." *Genesis 2:18 (NIV)*

Day 2:

Knowing their thoughts, he said to them, "Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand.

****Matthew 12:25 (ESV)**

Day 3:

If people are causing divisions among you, give a first and second warning. After that, have nothing more to do with them.

Titus 3:10 (NLT)

Day 4:

*Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.*

Ecclesiastes 4:12 (NIV)

Day 5:

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

*****Hebrews 10:24 (NLT)**

TIPS FOR ONLINE SMALL GROUP

- 1. HOSTING A SMALL GROUP MEETING ON ZOOM.** If you are interested in hosting a small group on zoom through New Hope Windward, let us know. Our small group team will help you get started. Zoom training is available.
- 2. EMAIL INVITE.** Ensure to send out a calendar invite with the meeting details and how to connect to the meeting platform on zoom.
- 3. REMINDER DURING THE WEEK.** Keep everyone in your group connected by sending a reminder during the week of your upcoming small group meeting.
- 4. START ON TIME & STICK TO YOUR TIME SCHEDULE.** For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time. Most small group meetings are held for about 60 minutes.
- 5. ZOOM'S BEST PRACTICE.** Familiarize yourself with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid environmental noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.
- 6. DOWNLOAD ZOOM APP.** In order to participate in the Online Small Group, download the Zoom App from your iPhone or Android. You may also download the Zoom App from your laptop PC or iPad device.

TIPS TO IN-PERSON GROUP

- 1. START & FINISH ON TIME.** Doing this will show your small group you value their time.
- 2. BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
- 3. CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** *"Share nothing, to nobody, never"* outside of the group.
- 4. MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.
- 5. AVOID TALKING or TEACHING TOO MUCH.** Small groups are designed for everyone to share and grow together.
- 6. ASK FOR HELP.** The Small Group Ministry is here to help. Email smallgroups@nhww.org to ask any questions, request training or other assistance for your Small Group.