

TALK IT OVER

EXPERIENCING PEACE THROUGH GRATITUDE & PRAISE

ICEBREAKER (Start Talking)

What is the best/most valuable thing you have ever found?

READ (Start Sharing)

Psalms 100 is a praise & worship song which was sung by the Israelites as they traveled to Jerusalem for festivals. When we practice gratitude we invite God's presence into our lives as we draw near to Him. Read ***Psalms 100:1-2****. Like cheering for a sports team, God wants us to shout for joy we praise & worship him. **Have you ever shouted for joy to the Lord during worship or prayer?**

READ (Start Sharing)

Gratitude is a powerful tool for nurturing our mental health. When we express gratitude, our brain releases natural mood stabilizers that help regulate emotions to reduce feelings of stress, anxiety, and depression. Read ***Psalms 100:3*****. When we celebrate that... *God... made us... and we are his people,* we can take on life as we find peace in who we are and who we belong to. **Describe what stands out to you in Psalms 100:3 and how it can calm you?**

READ (Start Sharing)

Consistent gratitude can lead to better relationships and a sense of belonging. Read ***Psalms 100:4******. When we enter in God's gates and courts (his presence), with His people in praise, we can find comfort and healing because of his presence. **Share when your gratitude during praise and worship helped you experience more of God's presence?**

WHAT WILL YOU DO (Start Doing)

Express gratitude through praise and worship daily and together on Sundays.

PRAYER (Start Praying)

Dear Lord, thank You, thank You, thank You. Help me to shout, worship and go before You in praise daily so I can grow my heart of gratitude and my relationships with others in Your peace, comfort and design. In Jesus' name, Amen.

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

Day 1:

Shout with joy to the LORD, all the earth!

-*Psalms 100:1 (NIV)

Day 2:

Worship the LORD with gladness.

Come before him, singing with joy.

-*Psalms 100:2 (NIV)

Day 3:

Acknowledge that the LORD is God!

He made us, and we are his. We are his people, the sheep of his pasture.

-**Psalms 100:3 (NIV)

Day 4:

Enter his gates with thanksgiving;

go into his courts with praise.

Give thanks to him and praise his name.

-Psalms 100:4 (NIV)***

Day 5:

For the LORD is good.

His unfailing love continues forever,

and his faithfulness continues to each generation.

-Psalms 100:5 (NIV)

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.