

Your Best Self

Message Series (Oct 3, 2021 – Nov 6, 2021)

Facilitator Notes

The group facilitator notes are tailored to the specific week. Some notes might include info on a group activity, while others might point out a great way to keep a discussion going.

1. Share Your Victories (Week 1)

If your group is new, don't forget to spend some time introducing everyone. The "Share Your Story" section today can be augmented by asking everyone to share their name, how long they've been connected to Journey, and what any previous small group experience has meant to them. This kind of "identity" exercise will be a great way to hear how people describe themselves. Hearing from everyone will help you start learning more about where each group member is coming from and how you can pray for them and support them.

2. Become A Follower (Week 2)

Though many people are excited to meet new people and build new friendships in your group, you may still be noticing this week that others are hesitant or reluctant. The reasons for this are many: Some have been hurt in the past. Others are wired to be more introverted, and even coming to your group has been a major social step. But no matter where they're starting from, everyone can benefit from a safe place to open up and explore new connections. Pray before your group meets for God to help you navigate the relational challenges of bringing a diverse group of people into closer relationship with him and one another. Then, be gracious and encouraging to those who are more hesitant during this week's session.

3. Rely On Others (Week 3)

This session is asking people to see themselves as needing help from others. That idea of vulnerability may spark a counterreaction of walls going up. Some people don't have much experience discussing the areas in which they could use help, and protect themselves by ignoring those issues. Be aware of anyone in your group that may be putting up those emotional barriers, and try to help them feel safe and known. There may be one or two group members who find great peace and relief by opening up for the first time about a challenge they're having. Allow their experience to inspire the others in the group.

4. Flip Your Perspective (Week 4)

In this session, we'll see Jesus specifically refer to our "enemies" – and then tell us to love them and pray for them and do good to them. Regardless, this phrase may evoke a response in some of your group members, and they may be a little too eager to share what type of person they consider to be their "enemies." Unfortunately, in our current cultural climate, that may mean people who disagree with them politically or morally. Do your best to help your group members avoid taking the chance to

enumerate their list of perceived enemies, and instead focus on considering what change God is asking of them personally. That may take a little more work as the group referee, but it's worth it to explore the vital challenge Jesus is calling us to in these passages.

5. Strengthen Your Commitment

This final session is designed to help us think through the long-term support that we need to keep growing closer to God. There are special housekeeping questions at the end that will encourage your group to keep meeting, in some form. Don't miss the chance to encourage your group to make being part of a Life Group a lifelong habit. On a personal note, to you, the leader: thanks for being an example to your group members and showing them the value of growing closer to God together!