

TIPS FOR YOUR GROW GROUP

As a host, you want everyone to have the best possible experience in a Grow Group and we realize when people get together it can be a bit messy. Everyone has different experiences, backgrounds, and understandings of God and the world around us. Here are some helpful tips for your group!

WELCOME TO GROW GROUPS AT PLATTE WOODS!

You have made a courageous decision to dive deeper into your faith and GROW closer to God. These materials are designed to help guide you either for personal devotion or, ideally, in conversation with others. It is our hope that you can invite friends, family, or neighbors so that you can GROW together!

These materials were created to be adapted and shared. What does that mean? They should be used to fit your personal needs and the needs of the group. This isn't a task to be completed; rather, this is a guide to bring additional insight into your life. It's another voice to encourage you as you learn and grow as a follower of Jesus.

This journey, and these resources, are not meant to be kept private. In fact, we want you to share them with others! Matthew 5:16 tells us to "let your light shine before others, so that they may see your good works and give glory to your Father in heaven." With you, we believe that sharing these resources will reach people we never dreamed of reaching. We hope that everyone would know the comfort of community and the fullness of God's love!

– The Pastors at Platte Woods Church

1. **Check in with each other.** Make time each session to check in as a group. Lead this by sharing "highs" and "lows", using a scale of 1 to 10, or another fun method. It is suggested to do this before your group dives into the material.
2. **Pray for one another.** The group that prays together grows together! Prayer opens our hearts and expands our world. When we pray, we increase our compassion and empathy for one another; groups will have disagreements along the way and prayer helps us overcome those barriers.
3. **Be concise.** Healthy groups create space for one another. One of the best things you can do is listen. Make sure not to overshare which may cause others to feel they don't belong.
4. **Communicate regularly.** A simple message of, "I hope you have a great week!" goes a long way. Think about how your group would like to communicate. You can use a group text messaging app, email, or create a Facebook group. Regular communication has a big impact.
5. **Meet regularly.** Our recommendation is to meet weekly or bi-weekly. Don't worry if your group needs to take a break. Schedule it in and come back when the group is ready!
6. **Share your needs.** The pastors and staff at Platte Woods Church are here to serve you. If there are questions that need further exploration or a major need comes up, we want to know about it!



Week 1 – Bread, Wine, & Water – Communion

OPENER

What is a favorite food or drink you always have around your house?

FOCUS TEXT – Matthew 26:26-28 (NIV)

While they were eating, Jesus took bread, and when he had given thanks, Jesus broke the bread and gave it to his disciples, saying, “Take and eat; this is my body.” Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.”

ADDITIONAL TEXTS

- 1 Corinthians 11: 23 – 26
- Acts 2: 46-47
- John 6:35
- Luke 15: 1-2
- Mark 2: 13 – 17
- Luke 19:1-10

GROUP DISCUSSION

- What are some of your favorite foods and drinks that nourish your body?
- Share a time when eating a meal with other people made both the food and company better. What is it about eating good food with good people that makes the experience more enjoyable and memorable?
- Considering the different names we call communion, which do you prefer? Why?

TAKEAWAY

When we receive communion, we are receiving individual and corporate forgiveness for our sins. When we repent and “change our (sinful) ways,” we seek healing and wholeness and are transformed, helping transform the world.

PRAYER

Holy God, we give thanks that You provide nourishment for our growing faith. May we find in the sacrament of Holy Communion the mystery of Your eternal presence with us – in things as simple as bread and juice and the community of faith of which we are a part. Feed our faith, help us remember Your son Jesus, and help us be transformed as we find forgiveness and seek to bring Your Kingdom to earth – one shared meal at a time! May it be so. Amen.

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PRAYER REQUESTS

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