

Unhurried, First Week of Small Group | LEADER GUIDE

Welcome back, Small Group Leaders! We hope you had an incredible and restful summer and are ready to dive back into weekly Small Group rhythm.

This first lesson is designed to both recap the teachings we've been hearing on living unhurried as well as to remind your group of the mission of growing together in Small Group: taking next steps in Biblical community to grow and make disciples.

Ice Breaker/Weekly Check-In

** Tip for New Leaders: Use this week's icebreaker as a transition from your snack or dinner. Your group will probably naturally ask each other how the summer went- use this question to transition into the discussion on how people have been applying this month's teachings in their lives.*

Weekend Teaching Recap

Check in with your group to hear how they've been responding to the weekend teachings. Discuss together how your group can help one another put these spiritual disciplines into action.

Week One | Slow Down: find ways to resist hurry (don't speed, use the longest check-out lane)

Week Two | Be Still: silence & solitude (daily encounter, sitting alone in silence)

Week Three | Relax: practicing sabbath (taking weekly time to spend enjoying God's creation)

Week Four | Stop: practicing simplicity & generosity (owning less & giving more)

Small Group Interactive & Next Steps

For these two sections, we suggest you read the paragraphs included in the lessons to set-up the interactive & discussion.

Interactive: We wanted to start this term off by giving your Small Group time to think, pray, & talk about what Next Step each person in your group feels God calling them to take this fall. We strongly encourage you to print off a copy of The Nine to have your group sign but also to display each week. The visual reminder of next steps will foster follow-up discussion in the weeks to come but also moments for celebrating with your Small Group as people take their next steps with God. Continue to add the names of new people who join your group throughout this fall!

If you have a lot of new people in your group, you may need to explain each square yourself rather than asking for volunteers.

See the last page of this Leader Guide for a breakdown of each square of The Nine.

Next Steps: This section gives space for you to cast the vision of multiplication in your Small Group from week one. Challenge your group to pray about who they can invite to join your group or how they can take steps in leadership within the group.

** New Leader Tip: Tell your group that each week you'll be asking for volunteers to help in the various leadership roles within Small Group to help grow them as leaders and also to prepare the group for future multiplication.*

Have someone in your group interested in becoming a Small Group Leader? Invite them out for coffee or lunch or have them come early to group so you can talk through what that will look like. You can [watch these videos together](#) to help unpack what Small Group Leadership looks like.

Prayer

Be sure to end your Small Group time in prayer! Have your group share prayer requests all together or break into smaller groups of 2-3 people. Follow-up later in the week to check in on how people are doing.

Extra Info: Upcoming Important Dates to Know

September 11 | Small Groups Weekend

September 15 or 16 | [VisionNight](#) at Ann Arbor or Brighton

HELPING PEOPLE TAKE NEXT STEPS WITH GOD

weekends

baptism

daily
encounter

next step
groups

small
groups

coaching
groups

team

tithe

go+be

the nine

THE BIBLE

weekends *attend weekend services consistently*
come expectantly; invite someone else to attend church
And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. —HEBREWS 10|24-25

baptism *public profession of your belief in and commitment to Jesus Christ*
be baptized and make some waves; help someone else take the next step of baptism
Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. —ACTS 2|38

daily encounter *setting aside time each day to spend with God*
begin a Bible reading plan; have someone keep you accountable to having a daily encounter time
Jesus got up, left the house and went off to a solitary place, where he prayed. —MARK 1|35B

next step groups *topical groups that focus on faith, family, and finances*
connect with a larger group; join a rooted group
So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. —COLOSSIANS 2|6-8

small groups *the best way to get connected in real community*
Prioritize community in your schedule; help meet the needs of someone in your small group; invite someone else to your small group
Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. —ECCLESIASTES 2|9-10

coaching groups *a group of 2 to 5 people meeting to identify and encourage specific next steps*
find a coach (someone a few steps ahead of you); commit to being coached for a specific amount of time; determine a regular meeting schedule
Follow my example, as I follow the example of Christ. —1 CORINTHIANS 11|1

team *using your gifts to serve the Church*
identify how God has created you to serve; find a team to serve on; fill out a connect card and turn it in; reach out to the teams pastor at your campus for help
...he will not forget your work and the love you have shown him as you have helped his people and continue to help them —HEBREWS 6|10B

tithe *giving generously, because God asked us to*
download the Gyve app; commit to tithe;
choose a way to increase your generosity beyond the tithe
Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. —2 CORINTHIANS 9|6-7

go+be *being the Church where we live, work, and play*
take LeadOut; share your faith story with someone;
meet a need of someone outside the church
Everyone who calls on the name of the Lord will be saved.” How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? —ROMANS 10|13-15



2|42 small groups

Week of August 28 | Unhurried

Ice Breaker Question:	Weekly Check In Question:
What is one restful thing you've done this summer?	What has God been teaching you this summer in your Daily Encounter times?

Weekend Teaching Recap

This Series' Big Idea: Practicing spiritual disciplines that slow us down can help us connect with God and grow our trust in him.

Read Matthew 11|28-30

1. What do you remember most, or what stuck with you from the teachings of this series?
2. What discipline has been the easiest or the hardest to put into practice?
3. What can we do to help each other prioritize finding rest in Jesus?

Small Group Interactive: The Nine

Intro: Small Groups at 2|42 exist to help people take next steps with God in Biblical community. Together, we learn, grow, and let Jesus transform every part of our lives. To help us grow together better, we use a tool called The Nine. The Nine was designed to be a road map of sorts for people to identify and take Next Steps with God. It helps us know where we need to grow but also to help us help others take their next steps with God.

Activity: Take a look at The Nine on the next page. (Print out a copy if possible)

1. Select volunteers from the group to explain the different squares.
2. Ask: What are some of the next steps you've already taken? What is a next step you'd like to take this fall?
3. Write down or have each person sign the box they'd like to focus on this fall.
4. Hang a copy of The Nine where you meet for Small Group to see each week to continue to pray for, encourage, and support each other.
5. Add the names of new people who join your group & celebrate next steps taken.

Next Steps: Mission

Intro: As we learn to follow Christ together, we also invite others to come join us in following Jesus. We prepare for new guests by always having an open chair and inviting those we know to come check out our group. And we know that to have enough space for everyone to be in a Small Group, we must multiply our leadership and our groups.

We want to pursue multiplication because it means that more people can experience what we love about Small Group! How amazing would it be if by this time next year our group had grown so large that we had multiplied into two groups? And some of you would be its leaders!

Next Steps Challenge: Begin praying about how God wants to use you to help grow and multiply our group: Who can you invite to join our Small Group? Where can you begin to take a next step in leadership within our group? Maybe it's praying aloud, planning an outreach event, organizing the snack for next week, or leading the lesson discussion. Let's grow together.