

HOW TO BE A SMALL GROUP MEMBER

1. Commitment

- a. Schedule quality and adequate time in your week to complete the readings and to record answers. Jesus set aside prayer time despite the demands He experienced (Luke 5:16 and many other verses).
- b. Strive to attend the meetings, because your participation bears fruit—either within yourself or for someone else.
- c. Arrive on time and depart without lingering, unless invited by the hostess.

2. Confidentiality

- a. Respect each other and honor God by keeping what people reveal in small group as private and confidential (2 Cor 12:20)
- b. If you have concerns about someone needing help, you may need to seek assistance.

3. Participation

- a. Share your experience, thoughts, and testimonies, because your words may be exactly what someone else needs to hear. If you fear speaking in a group, surrender that fear to Jesus; ask Him to reveal the root cause; and allow Him to heal that wound. (read JWYHM pp 43-44).
- b. Contribute, but do not monopolize the discussion. Please respect God's ability and desire to speak through each small group member. If your small group leader asks you to provide space for others to speak, then please humbly accept the guidance.
- c. Awkward pauses may actually be the time people need to process a question or relive a memory related to the question. Please be patient and embrace silence. (Eph 4:2)
 1. Silence: If no one immediately responds to a question, allow a minute of silence. The silence may feel uncomfortable to you at first, but the pause provides the time people may need to process the question or relive a memory related to the question.

- d. Discern whether addressing hot-button topics would be fruitful for the conversation or would they create unnecessary strife. The small group leader may determine whether to avoid certain topics. (Prov 30:33)
- e. Avoid the word “should”! Small group is not an alternative form of a counseling session, nor is it the place for people to advise others of what they *should* be doing.
- f. Extend grace.

4. Prayer Suggestion

- a. At the end of the small group meeting, members may have the opportunity to pray aloud. If you need a prayer model, then you may consider this model:
 - i. Thank you: Thank the Father for any blessings you have received.
 - ii. Sorry: Repent of any sins highlighted to you during the small group session (spoken aloud or privately with the Lord).
 - iii. Please: Focus your prayers on specific needs related to your personal healing. Articulate your prayers by naming the precise outcome you desire from the Father (relief of pain, unclog arteries, free of cancer, peace of mind, restored relationships, help with forgiveness), not a litany of complaints or woes.
- b. Optional: Members may opt out of speaking aloud their prayer intentions. Simply say, “Pass” to indicate your preference.

5. Expectations:

- a. Prayer: Small group members support each other in prayer. Do not expect them to run errands, provide meals, donate money, support your business, or help carry burdens. Please respect the relationship.
- b. Boundaries: Small group leaders and members, especially those who seek emotional healing from bad relationships, may set healthy boundaries so that they feel comfortable participating. Please honor those boundaries.

- c. Conflict Resolution: Address concerns and offenses immediately, so that wounds do not fester. Remember, God provided the Shield of Faith to deflect arrows intended to affect your heart and soul (see JWYHM p 63).
 - i. Pray, so that God may guide the conversation.
 - ii. Communicate with the person privately and/or with the leader, so that the group remains intact.
 - iii. Forgive, so that the wound may heal.
 - iv. Apologize, so that the relationship may be restored.
 - v. Pray, so that God may show you why He created that person in His image.
- d. Expect God to respond!

6. What's Next?

- a. Share: At the end of the eight weeks, share testimony with friends and relatives, as well as the author at KimHessBooks.com.
- b. Seek: Continue to seek the Lord and strengthening of your relationship with Him.
- c. Lead: Prayerfully consider leading a small group with friends and family who may benefit from an eight-week study of "Jesus, Will You Heal Me? Healing the Mind, Body, and Soul Through the Lord's Prayer".