

## GROUP TRAINING VIDEO SCRIPTS

### 1: Building Trust

The first step in having a successful life group is to build an atmosphere of trust. As you learn to trust each other you'll become more comfortable with allowing others to see the real you. Trust is an essential ingredient every healthy life group. Here a few ways to build trust and make your group a safe place.

First of all listen. Actively listen. Stay engaged. Clarify by repeating back what you just heard. Don't interrupt or dominate the conversation. This will encourage others to make a contribution to the group.

Whatever you do, don't judge. Resist the urge to make snap judgments about others. We can only understand what someone else is experiencing if we really try to understand their story.

Next, be sure to keep things confidential. Unless someone's life or safety is at risk, be sure to keep what is said in your group, IN your group.

Realize how important it is to be here. It's tough to build trust when it feels like you're group has revolving door. Trust can be enhanced when each group member makes the commitment to be a part of the group on a regular basis.

Try hard to keep in touch. Talk to each other outside of your group time in an effort to grow closer and value everyone in the group.

And most importantly choose to trust. Consciously choose to trust people in your group. Set the example; it may seem like a pretty big risk but it's a risk worth taking.

Take the chance, demonstrate your trust by sharing something important to you today.

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## **2: Promoting Spiritual Growth.**

A life group is a place where we can grow to be like Christ as we journey together with other Christ-followers. There's always someone there to help us, encourage us, love us, and if needed, even give us a reality check.

Ecclesiastes 4:12 says, "A per person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three or even better for a triple-braided cord is not easily broken."

With that in mind here are some ideas to help your life group grow together.

First, except flaws. No one is perfect and so no Life Group is perfect. Ask God to help you love the people in your group like He does and accept them the way they are.

Then encourage change. While we should love enough to accept each other the way we are, we should also love too much to leave each other that way. Encourage each other to pursue everything God has to offer.

Thirdly read the Bible. Don't just give advice but also talk about what God says. What is God saying through Scripture? Advice is good, but God's word is timeless!

Next give and ask for help. You've got something to offer that can help others in your group. And your group includes people who can help you when life is tough. So don't keep your struggles a secret.

Lastly, pray for each other. Share your needs with each other and pray. Pray for your group during the week but also pray together in your group. Take a few moments at the end of your time together today and give everyone the opportunity to talk about their needs this week. Then pray together, whether silently or aloud for those needs.

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### **3: Building Relationships.**

Life groups aren't just about prayer Bible study and discussion. Life Groups are for developing relationships. What makes relationships special? The simplest answers one word: time. As your group spends more time together, the relationships will stronger and better. So here are some ideas to help your group experience great time together.

First commit to attend. You can't really get to know each other if you aren't getting together regularly. So make the commitment to be a part of your group as often as possible.

Second do fun activities. It's crucial for your group to occasionally get together for no other reason than to have fun. So get your group and go bowling. Go camping. Plan a game night. Do karaoke. Go out to dinner or just hang out. Just a couple of shared experiences like these will take your group to a whole other level.

You could also do a mission or a Life Reach project. Serving on mission together will create bonds that will form in no other area. There's something powerful that happens when you are making a difference in the world alongside others.

Lastly, let down your guard. The greatest way to get to know others around you let them get to know you. Drop your guard and be you. It's contagious. Plan to do something today to let others in your group see the real you.

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#### **4: Being Intentional**

There's an old saying: "He who aims at nothing, hits it every time." Here are a few ways you can avoid the frustration of hitting nothing in your life group by being intentional about its direction.

First, plan. Make sure everyone gets your group events on their calendar. Plan times to party together, go on mission together, work together, play together and just do life together. If you don't plan for it probably won't happen.

Also you should dream big. Ask God to give your group a great goal and/or passion. Give everyone a chance to share something they'd like for the group to do. Everyone in your group has a contribution that is needed in discovering your group's passion and keeping your group excited.

Next you should embrace change. Be open to the changes God wants to making you individually and in your group. He may ask you to begin doing something outside your comfort zone or outside your capabilities.

Plan, dream big and embrace change. These three keys will give your group intentional direction and momentum to keep moving forward on your journey towards becoming fully devoted followers of Christ.