

Life Together Groups

Leader Training Guide & Resources

August 2010

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WHY ARE LIFE TOGETHER GROUPS IMPORTANT?

The mission of Quail Lakes Baptist Church is "To win and build passionate, lifelong followers of Jesus Christ."

Life Together Groups are Biblical

Acts 2:42-47 NIV

42 They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. 43 Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. 44 All the believers were together and had everything in common. 45 Selling their possessions and goods, they gave to anyone as he had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

In order to experience the kind of dynamic spiritual life described in Acts 2 we must be in shoulder-to-shoulder and face-to-face relationships with other Christians that is found in small groups. At Quail Lakes Baptist Church small group interaction is a vital necessity if faith is to be nurtured in those who come to Christ and follow him. Isolation and anonymity are the enemies of spiritual growth. Because the Bible is full of words that encourage us to do life with one another, we believe small groups fill a critical role in seeing faith birthed, life-change happen and spiritual maturity develop in the life of each individual.

Life Together Groups are the Heartbeat of the Church

In this sense, "heartbeat" means "vital force". Life Together Groups are the heartbeat of Quail Lakes Baptist Church. LTG's are the primary disciple-making tool at QLBC. It's through LTG's that we learn to love God and trust him in our everyday life. It's through our LTG's that we find the care and nurture we need from our community of faith. It's through our LTG's that we go with God into our community and world to share the message and share the love of Jesus. Life Together Groups are the primary way that people connect and lives are transformed at Quail Lakes Baptist Church.

LTG's Have Three Purposes

1. Grow (Grow in a Continuing Love Relationship with God)

A man asked Jesus what the greatest commandment was. In other words he was asking, What is the most important thing that God wants me to do? Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind," (Matt 22:37 NIV). God desires a continuing love relationship with us that is real and personal. Knowing and obeying God are two key qualities of a healthy relationship with Him.

▪ Know God

The Bible is God's word and it contains the truth that leads to freedom. The Bible is the foundation of our faith and practice. (Hebrews 4:12, II Timothy 3:16-17). Jesus' teachings about God, holiness, sin, salvation, values etc., shaped the world-view of his disciples. God speaks to us by the Holy Spirit through the Bible, prayer, circumstances and the church to reveal Himself, His purposes and His ways.

▪ Obey God

Jesus did not want disciples who just knew "stuff" about God. His followers loved God, trusted God, loved one another, and loved the "unconvinced" and the "least of these" the way Jesus did. For example, Jesus wrapped up his longest recorded teaching in the Bible (Sermon on the Mount) with these words, "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock," (Matt 7:24 NIV.) (See also John 14:15.)

Spiritual Growth is more than knowing "stuff" about God.

2. Care (Love One Another)

Jesus gave his followers a new commandment: John 13: 34-35 NIV

"A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this all men will know that you are my disciples, if you love one another."

If a member of your Life Together Group is sick, hospitalized, or in physical or spiritual need the other members should seek to come alongside that member or family and provide personal care, practical support and encouragement.

3. GO (Love the "Unconvinced" and the "Least of These")

Ordinary People GO

Jesus came and told his disciples, ***"I have been given complete authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age,"*** Matt 28:18-20 NLT.

Jesus invested himself in twelve disciples. He taught them that God would save the world through his sacrifice on the cross and that a loving relationship with God and forgiveness of sins begins with faith in him. He taught them how to love God and love each other. He taught them how to live together as the family of God. He taught them how to work with God to make disciples. Jesus met with them after the resurrection and he told them to "GO" and make disciples. Those first disciples were ordinary people like you and I. Ordinary people "GO".

People Who GO Grow

People who "go" grow. God matures disciples as they work with Him to meet the physical and spiritual needs of people. For example, compassion is the defining quality of an authentic Christian faith. Christians are people who are learning to love the way Jesus loves. They are learning to love their neighbors, their brothers and sisters in Christ, the lost, the poor, the outcast, and even their enemies the way Christ loves. Paul wrote that faith expressed in love matters to God, ***"The only thing that counts is faith expressing itself through love,"*** (Gal. 5:6.) Taking the risk to love will make you feel vulnerable and uncomfortable, but we believe that God works in and through people as they join him in mission. It's through the challenges of working with God to meet the spiritual and physical needs of the "unconvinced" and the "least of these" that we grow. People who "go" grow.

LTG Structure

Why Life Together Group Entry and Exit Points?

- It creates an opportunity for people to join the group. It is easier to get into a group when everyone is beginning together
- It creates an opportunity for people to exit the group gracefully. For a variety of reasons someone may want to change groups. For example, someone may desire to be in a group that is offering a different topic for the next few months.
- It is okay for a group to take a break for a while. It allows for a stress and release growth cycle (allows ground to lie fallow). It matches the calendar of peoples lives, for example, the education system or a season of holidays or travel.

What Does My Life Together Group Do?

- Meets together weekly or every other week
- Grows through God's Word, prayer and fellowship
- Cares for one another
- Goes through at least one GO activity per semester (**Serve outside the church**)
- Plays together at least once a semester

What Does A LTG Leader Do?

- LTG Leaders are **facilitators** (You don't have to be a teacher to be a LTG Leader)
- Lead the group once a week
- Bring forth new leaders through the group as people serve in various ways

What Does A LTG Co-Leader Do?

- Prepares to become a LTG Leader by serving as an **apprentice** who supports and assists the Group Leader
- Facilitates group discussion multiple times during the semester
- Prays for the group

Each week the Co-leader sends 2 e-mails to the group:

- *Record prayer requests and e-mail them to everyone in the group.*
- *Send an attendance reminder*

LTG Group Leader/Co-leader Covenant

Thank you for serving as LTG Group Leader/Co-leader at Quail Lakes Baptist Church. As a LTG Leader/Co-leader you will be viewed by those in your group as a leader in the church. As a result, we ask that you enter into covenant with the other LTG Leaders/Co-leaders by making the following commitments:

- 1) I will embody the values of Quail Lakes Baptist Church and do my part to “win and build passionate, lifelong followers of Jesus Christ” (QLBC Mission).

- 2) I will faithfully attend worship on Sundays.

- 3) I will make my LTG a priority by:
 - Faithfully attending my LTG
 - Preparing beforehand for my group each week
 - Inviting/welcoming others to join my group

- 4) I understand that I am responsible for the care of my LTG.
As a result, I will:
 - Pray for the individuals in my group.
 - Follow up meticulously with each person in my group.
 - Lead my group in providing care for one another.

- 5) I will strive to create an environment of growth in my group by:
 - Involving as many people as possible in group discussion, leadership, and service
 - Creating a safe, comfortable, and welcoming environment
 - Beginning and ending on time

Name

Date

1st Life Together Group Meeting (Orientation)

- **Allow people to arrive, talk, and snack – 15 min.**

- **Pray – 1 min.**

- **Have everyone introduce themselves and share what they do, where they are from, and why they decided to join the group – 10 min.**

- **Why Life Together Groups are Important (handout in Leader Resource section) – 10 min.**

- **Briefly introduce “Life Together Group Roles.” Hand out Life Together Group syllabus, books (if using them) and any other important information. Announce homework from syllabus. Answer any questions. (Be sure to collect the cost of the books, clearly label what the money is for and that it is from your group, and give it to Debbie Knoeb at the church office.) – 15 minutes.**

- **Hand out the Life Together Group Covenant. Read through the Life Together Group Covenant carefully with the group. Explain the points as you read each one. Answer any questions. If anyone tries to be difficult and disagreeable, offer to talk with them individually at the end of the meeting – 5-15 min.**

- **Explain and ask for volunteers for the different roles within the group: Play Leader, Food Leader, Go Leader etc. – 5 minutes.**

- **Share prayer requests and pray together – 10 minutes.**

- **Talk and eat – 15 minutes.**

2nd Life Together Group Meeting

- **Allow people to arrive, talk, and snack – 15 min.**
- **Icebreaker... Who is your favorite relative and why. – 10 min.**
- **Opening Prayer- 1 min**
- **Study Time: 45 -50 Min**
 1. **Announce Homework from Syllabus: Remind People to Check Syllabus (e-mail copy of syllabus)**
- **Share prayer requests and pray together – 10 minutes.**
 1. **LTG Co-leader: Track prayer requests, identify ways to lead group to care for one another**
- **Recruit/ Plan – 5 Min**

(Play Leader, Food Leader, Go Leader as needed)

 1. **Identify Fun Activity**
 2. **Identify a GO Activity**
 3. **Identify Service Weekend (as needed)- Pick one weekend to serve together at church.... (Greeters, Guest Information)**
- **End on Time**

Sample Fall 2010 Syllabus

"Fearless"

Welcome to your Fall 2010 "Fearless" Life Together Group. Our group will meet every _____ beginning _____ through _____.

We will be using the *Fearless* Small Group Discussion Guide by Max Lucado. (The books are \$8. If you need help with the cost, please speak privately with the group leader.) During our group time each week we will watch a brief DVD by Max Lucado and then discuss the questions in the Discussion Guide. Our discussion will be richer if we each answer the questions before coming to our gathering. Come to the group prepared to participate in discussion each week. In our group we will develop friendships through talking together, playing together and praying together. (The Discussion Guide refers to chapters in Max Lucado's larger book, *Fearless*. We do not require you to buy that book, but if you are welcome to do so if you would like to explore the topics more deeply.)

Below is a week by week syllabus for our group.

Session 1, week of September 19 – Introduction, Group Orientation, Life Together Group Covenants
Homework in preparation for Session 2: Read Discussion Guide, Lesson 1 (pgs. 15-30)

Session 2, week of September 26 – Lesson 1, "Why Are We Afraid?" (pgs. 15-30)
Homework in preparation for Session 3: Read Discussion Guide, Lesson 2 (pgs. 35-48)

Session 3, week of October 3 – Lesson 2, "Fear of Not Mattering," (pgs. 35-48)
Homework in preparation for Session 4: Read Discussion Guide, Lesson 3 (pgs. 53-67)

Session 4, week of October 10 – Lesson 3, "Fear of Disappointing God," (pgs. 53-67)
Homework in preparation for Session 5: Read Discussion Guide, Lesson 4 (pgs. 71-85)

Session 5, week of October 17 – Lesson 4, "Fear of Life's Final Moments," (pgs. 71-85)
Homework in preparation for Session 6: Read Discussion Guide, Lesson 5 (pgs. 89-103)

Session 6, week of October 24 – Lesson 5, "Fear of Global Calamity," (pgs. 89-103)
Homework in preparation for Session 7: Read Discussion Guide, Lesson 6 (pgs. 107-119)

Session 7, week of October 31 – Lesson 6, "Fear of God Getting Out of My Box," (pgs. 107-119)
Homework in preparation for Session 8: Make final preparations for the GO Activity

Session 8, week of November 7 – The group does a GO Activity
Homework in preparation for Session 9: Make final preparations for the Fun Activity

Session 9, week of November 14 – The group does a Fun Activity
Homework in preparation for Session 10: Reflect on your group experience over the past nine weeks. How did the GO Activity and the Fun Activity go? What are you taking with you from the nine weeks? How have you grown? What would you suggest to strengthen future group experiences? Now that you have finished this study, what future steps do you think you should take?

Session 10, week of November 21 – Reflect on your group experience over the past nine weeks, evaluate the GO Activity and discuss the future.

LTG Leader: Action Plan

Before the Group Launches

1. Recruit(ask) people to be in your group
2. Recruit a LTG Co-Leader
3. Choose a topic for your Semester study
4. Create a syllabus using the sample in your Leader Training Guide (p.9)
5. Be familiar with your study materials
6. Be available and/or take a turn at the LTG Sign-Up Table to answer questions about the study materials. The LTG Sign-Up Table will be in the foyer before and after all Sunday morning services on August 29 and every Sunday in September. We will also have the LTG Sign-Up Table at the church picnic on August 29.
7. Respond to those who contact you with questions and to welcome those who sign up for the group. They will probably contact you by e-mail.

Launch Meeting:

1. The 1st meeting is always your orientation meeting. Use your 1st meeting resource in the Leader Training Guide
2. Use the Why Are Life Together Groups Important? – Study Guide (as needed)
3. Recruit the group role leaders as quickly as possible
4. Go over the Go Leader resources from the Leader Guide
5. E-mail the Go Leader the resources
6. Work with the GO Leader on the Go Activity. Know the strategy to help with the process.
7. Allow time during the group meeting to talk about and evaluate the Go activity
8. Make sure that the Go Leader sends in the Go Report to Dana Hayden
DANA@QLBC.ORG

LTG

Leader Resources

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_____ The Bible is God’s word and it contains the truth that leads to freedom. The Bible is the foundation of our faith and practice. (Hebrews 4:12, II Timothy 3:16-17). Jesus’ teachings about God, holiness, sin, salvation, values etc., shaped the world-view of his disciples. God speaks to us by the Holy Spirit through the Bible, prayer, circumstances and the church to reveal Himself, His purposes and His ways.

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3. _____ (Love the "Unconvinced" and the "Least of These")

_____ People GO

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LTG Group Covenant

Welcome to this Life Together Group of Quail Lakes Baptist Church for the fall of 2010. Congratulations on your desire to grow deeper in your relationship with God through this weekly study, to care for one another in the relationships that will begin in this LTG, and to go in Christ's name to serve those in need and who have not yet received Jesus.

As a member of this group, you will be asked to enter into a covenant with the other members to make this LTG Group a priority. To be a part of the group, you are asked to make the following commitments:

- 1) I will make this group a priority by attending each week, keeping up with my assignments and participating in group discussion.
- 2) I will faithfully attend QLBC services (or those of the congregation to which I am committed) and contribute to the ministry of the church through my attendance, giving, service, and inviting of others.
- 3) I will strive to build authentic relationships with those in this group by showing care, providing encouragement and praying for their needs.
- 4) I will participate in a "GO" activity and a play activity with my group at least once this semester.
- 5) I will explore honestly my next steps for spiritual growth.

Name

Date

LTG Group Roles

1. Food Leader: Recruit members to bring food and drink to the meeting

- Create a sign-up sheet
- Recruit people to bring food and drinks to the group meeting

2. Play Leader: Identifies and coordinates at least one fun activity for the group per semester

- Make a list of possible activities with the group
- Research 1-2 possible activities (cost, dates, times, etc.)
- Plan the activity for the group

3. Go Leader: Identifies and coordinates at least one mission activity per semester

- Help the group identify a need to meet
- Mobilize the LTG Group to meet the need
- Use the Go Leader Resources (Strategy, Activity Helps, Go Report)
- Lead the group in evaluating the Go Activity
- Send in a Go Report

GO Leader: Touch Strategy

A. Pay Attention to the Needs of People Around You

Friends, Neighbors, Co-workers/ Students, Acquaintances (work school, grocery store, gas station, etc), Person X (God puts them in your path and their need/crisis interrupts your life).

- **Do not ignore the needs of people you are in relationship with to work with an organization.**
- **Pray: Ask God to help you see where to work**

B. Identify the Need(s)

- You can “touch” more than one person.
- Ask the person who has a relationship with the person or family in to be the contact person.
- Have that person find out specific needs of the individual/family
- Ask the Group to pray that God would show the group how to love this person/family in need
- Once the needs are identified, have the group brainstorm ways to care for this person/family
- If there are no apparent needs, identify an activity with an organization in the community- Public School, Fire & Rescue, Nursing Home, Single Parent Family, Elderly, etc
- Group agrees on an act of compassion

C. Resources to meet the need(s)

- What are the resources among your group members to meet the need?

D. GO Activity Guidelines

- Serve people outside your group
- Use your GO Activity to pursue any of these values of Jesus:
Plant churches, Equip servant leaders, Assist the poor, Care for the sick, Educate the next generation, Share the gospel.

E. Witness: Ideas

- Leave a Quail Lakes Baptist Church Connection Card
- Ask permission to pray for them while you are with them
- Provide a Bible (language)
- Bible based help book (depression, recovery, divorce, etc)
- Scripture Booklets (American Bible Society) www.americanbible.org
- Share personal Faith Story
- Invite them to a group event (meeting, cook out, etc)
- Invite them to worship (provide transportation if needed)
- Connection Card: Information Card about an upcoming message series
- Invite them to check out a Quail Lakes Baptist Church Pod cast
- NOTE: Don't force this, let the Holy Spirit lead. Invitations are always healthy. Remember: Your compassion is one link in the chain that God is using to draw a person to Christ.

GO Leader/Practical Ways to Help People in Need

Provide a meal
Bag of groceries
Buy boxes of food through Angel Food Ministries - www.angelfoodministries.com
Take a family/individual out for a meal
Disposable diapers
Formula
Baby clothing
Backpack filled with school supplies
Buy a box of basic toiletries
Provide toilet paper & paper towels
Blankets
Bedding (Sheet sets)
Comforters
Pillows
Buy a mattress & box spring
Buy vinyl mattress covers
Laundry detergent
Dryer sheets
Adopt a single parent family
Adopt an elderly widow/widower
Clean windows
Yard work
Carpentry
Painting
Clean gutters
Lawn care
Big Party in a neighborhood(Barbecue, Spaghetti, etc.)
Help pay utility bill
Provide gas card
Childcare
General Car Repair (change the oil, air filter, windshield wipers, radiator fluid, rotate tires, etc)
Haul away yard trash
Adopt a school classroom and teacher (provide one of her top 3 needs)
Adopt Teachers at a school(Provide a gift of thanks for all the teachers, i.e. cookies, candy, etc.)
Provide resume help
Connect a person with a job opportunity
Purchase a suit for a job interview
Offer a teaching opportunity to learn a Microsoft Office Product (Word, Excel, PPT, etc.)
Provide transportation
Provide clothing
Provide basic first aid items (Betadine, bandages(various sizes), ace bandages, thermometer, triple antibiotic cream, etc.)
Prayer shawl
Provide preemie newborn caps for local hospital
Buy donuts for the Rescue squad or a meal
Raise money for the local Rescue squad's next big purchase
Provide snacks for the Police Dept.
Angel Tree Ministry: Purchase Christmas gifts for the children of prisoners
Split firewood
Adopt the special needs class and have a party
Provide new reading books for the school
Provide lunches for the Homeless
Provide blankets, toothbrushes & toothpaste for the homeless
Serve coffee and donuts to the homeless
Send flowers
Send cards

GO Activity - Evaluation

Use this tool to help your small group talk about what happened while your served together and to discuss the possibility of further activity with the person, family, ministry partner or mission partnership.

What did we expect to happen? What happened?

What did we learn about God? Ourselves? The people we helped?

Do we sense that God wants us to do more with this person, family or ministry?

GO Activity Report

Go Leader Name:

Life Together Group Leader Name:

How many Life Together Group members participated? _____

Who did you work with? **(Type Name of Person(s) or Organization)**

What did you do?

Directions:

Copy and paste the Assessment onto a Word Document Page

Save the Document to a Folder

Fill out the report:

Attach the Assessment to an e-mail

Please e-mail the assessment to Dana Hayden- dana@qlbc.org

GO Leader: GO Activity Worksheet/Create a Plan

1. Who are you trying to help?

2. Where are you going to do this? (Place)
 - Contact information: (Name, Address, Phone Number, E-mail, Website)

3. When are you going to do this? (Date & Time)

4. What are the needs? (Prioritize the needs)

5. What are you going to do?

6. Cost Estimate:
 - Financially:

 - Man Hours:

Pictures/ Video: If appropriate take some pictures to help promote the GO Activity or to share the story

GO Leader: Activity Checklist

Goals:

What are you going to do?

- What are your goals for the day?

Preparations:

What preparations do you need to make before you do the GO Activity?

- What materials do you need to purchase?
- What research do you need to do?
- Do you need a skilled leader to oversee the work?
- How many people do you need to do the work?
- Whose permission do you need?
- What do people need to wear? (Clothing and shoes)
- What are you doing for meals? Water? Snacks?
- Will you need a first aid kit? Sunscreen? Insect Repellent?

Cost:

- Do you have enough funds to do the job?
- Is there a group, organization or business that may offer a discount or donate needed materials for the job?

Transportation:

- Does everyone have directions to the worksite?
- How will you travel to the site?
- When will the group leave for the job site? Return ?

Tools:

- What do people need to bring to do the job? (Hand Tools, Gloves, Power Tools, etc)

Doing the Work:

- When will the job start? When will it end?
- What specific tasks need to be done?
- Who is going to do what?
- Will you invite the family, individual to work with you?
- Cleanup: What do you need to do the clean up? (window scrapers, broom, etc)

Witness:

- How will you witness for Christ?
- Should you ask permission to pray for the family? Person?
- Can you invite this person/family to worship or a small group activity?
- Can you leave a resource with the person/family?

100 Icebreakers

A true icebreaker question is an open-ended question that is used at the beginning of the group's discussion time. Not only is a good icebreaker open-ended, meaning it does not have a right or wrong answer, but the person answering the question will be the expert when it comes to the topic of the icebreaker question. Another critical characteristic of an icebreaker is that everyone should be encouraged to answer. It is not optional. The leader should answer first to model the type and length of response desired. Then, go around the circle; if someone wants to pass, let them, but remember the question should be safe enough so that anyone could feel comfortable answering.

1. How did your family celebrate Christmas when you were a child?
2. What was your greatest struggle as a teenager?
3. Between the ages of 7 and 12...
 - Where did you live? How many brothers and sisters did you have?
 - What kind of transportation did your family use?
 - Who was the person you felt closest to?
 - When did God become more than a word to you?
4. What was your hometown like?
5. Did you have a hero growing up? Why was that person your hero?
6. If you had a time machine, what time would you travel back to? Why?
7. What is the best advice you ever received?
 - Regarding work?
 - Regarding marriage?
 - Regarding parenting?
8. In what one way are you most like each parent?
9. What is your favorite time of day? Why?
10. What is your least favorite food? How did you discover that you don't like it?
11. What is your favorite food?
12. What is something you've always wanted to accomplish, but you're afraid to?
13. What is one regret of your life?
14. One of the hardest things I have ever done...
15. One of the greatest compliments I ever received....
16. What one quality do you really like about yourself?
17. What room in your house do you like best?
18. How have you helped another person this year?
19. What three words describe you today?
20. If you could travel to any location in the world, where would it be? Why?
21. What is your favorite movie of all time?
22. What actor would you want to play you in the movie of your life story?

23. At what time in your life did you especially feel God's presence? Why?
24. When this week did you feel closest to God?
25. If you had two extra hours each day, how would you use them?
26. What one quality do you really like about yourself?
27. How would you describe yourself to someone who doesn't know you?
28. What would you do if you knew you couldn't fail?
29. What is the one thing you want to accomplish next week?
30. If you had a time machine that would work only once, what point in the future or in history would you visit?
31. When was the last time you did something for the first time?
32. Which of the following restrictions could you best tolerate: leaving the country permanently, or never leaving the state in which you now live?
33. If you could take a pill that would enable you to live for 1000 years, would you do it? Why?
34. If you could change two things about the way you were raised, what would they be?
35. Who is your favorite relative? Why?
36. Who did God use to bring you to the point where you knew you needed Jesus?
37. If you could change places with a Bible character, who would you choose? Why?
38. If you could go anywhere in the world, where would you go?
39. Who has had the greatest influence on your life since we last gathered?
40. What was the best thing that happened to you this past week?
41. Who is someone you admire? Why?
42. What quality do you value most in your relationships? Why?
43. How do you react when you aren't thanked for going out of your way for someone?
44. The gift I will never forget...
45. The most significant thing that happened to me this week...
46. If you could chose to go anywhere in the world for 3 days, where would you go? Why?
47. If you could choose to meet one character from American history, who would you choose? Why?
48. What qualities or characteristics do you contribute to a group?
49. What are your spiritual gifts?
50. If I could choose my career over again I would ...
51. What is your birth order position in your family? What do you wish it had been? Why?
52. If you became the leader of any country in the world, which would it be? Why?
53. Share the best and worst experience of your week

54. One thing that is worrying me this week is...
55. What's one thing you think God wants you to do?
56. What is one thing you would like God to change in you?
57. What is one unfinished task you would like to complete?
58. If you were to go back to school, what would you study? Why?
59. If you could take a free 2 week trip to any place in the world, where would you go? Why?
60. If you could talk to any one person now living, who would it be? Why?
61. What was your first job?
62. Share one reason you are glad to be a part of a small group...
63. You have \$5 and two hours of free time. What will you do?
64. You have \$100 and 24 hours of free time. What will you do?
65. If you were to be given a nickname based on your personality traits, what would it be?
66. What era in time would you like to live in for one week? Why?
67. What do you believe is the greatest benefit of being a part of a small group?
68. What one thing do you like best about where you live?
69. In five years I would like to be...
70. I feel most content when I am...
71. How has God answered a prayer for you?
72. When I want to let someone know that I care about them, I usually...
73. Which would you rather do & Why?
 Go on a picnic at a park.
 Have some friends over and make dinner.
 Go out to eat at a nice restaurant.
74. What sport do you most like to watch?
75. What sport do you most like to play?
76. The three things I like best about my job...
77. Who had the greatest influence on your Christian walk?
78. What would you rather do & why?
 Read a book
 Go for a walk
 Go see a movie
79. What quality in you do you think God delights in the most?
80. Is it harder for you to offer help or accept help? Why?
81. What is something you are afraid of?
82. What was the most encouraging thing someone said to you?

83. What made you decide to attend Quail Lakes Baptist church?
84. If you could change one thing in your life right now, what would it be? Why?
85. What kind of animal do you like the most? Why?
86. What is the most encouraging thing you said to someone this week?
87. What made you decide to live in <your city>?
88. Share an embarrassing experience.
89. What are you most thankful for today? Why?
90. What is one life event you would do over if you could?
91. What is your favorite type of music or song? Why?
92. How would your life be different if you knew you had one month to live?
93. Who is the most interesting person you have met?
94. What is your favorite holiday? Why?
95. Describe yourself today in terms of a weather report.
96. Tell us about one of your pet peeves. Why?
97. My most annoying habit is...
98. How do you relax?
99. I am a good friend because...
100. Ten years from now I will...

Prayer Ideas

- Remain together as one group
- Form two groups (same gender)
- Form three or four smaller groups
- Form same gender groups of three
- Voluntarily share prayer requests and pray
- Go around the circle and each person share at least one request. Pray around the circle, each person praying for the request of the person on their left. These should be short, one sentence prayers - no more than one breath
- Do not share requests, but go directly to prayer. Have each person pray for the needs in his or her own life.
- Pray at the beginning of the meeting, after fellowship but before the study.
- Pray through a psalm out loud together
- Praise God instead of praying requests.
- Choose a psalm and praise God for His attributes as described in the psalm.
- Have each person pray for a character quality or fruit of the Spirit (Gal.5) to be developed in them during the coming week.
- To cut down on time spent sharing requests, have each person write a request on a 3x5 index card. Put the cards into a basket and have everyone draw one out. Pray for that person and request during the coming week.
- For even more accountability in prayer, write a note of encouragement to the person for whom you prayed during the week.
- Take time to ask God to speak to you and the group during prayer. Pray and ask God to reveal His will to each member of the group. Then have a time of silence to listen.
- Pray for a specific ministry and ministry leader within the church.
- Pray for the needs and roles within the Life Together Group to be filled.
- Include a time of silent confession
- Pray for the President
- Pray for your church, the pastor and ministry leaders
- Healing: If a person in the group requests prayer for an illness – have the group members lay hands on the sick person and pray

Resolving Conflict in the Life Together Group

Conflict is a normal part of family life, including family life in the church. When conflict arises in the Small Group, it is the responsibility of the leader to come up with a strategy to deal with the issues at hand. This is hard for some of us to accept. We live by the credo: "Avoidance at all cost!" In leadership that isn't always possible. In the small group, there is one person who has the unique authority to deal with problems: **the leader**.

Before moving ahead to deal with any conflict in your Small Group, **contact your Coach** to talk and pray through the details.

Take some time to consider the following Scripture:

Speak the truth in love (Eph. 4:15,25)

Seek to edify and be gracious (Eph. 4:29-32)

Express real emotions, but do not sin (Eph. 4:26-27)

Settle private disputes privately (Matt. 18:15-17)

Do not keep a record of wrongs (1 Cor. 13:5)

Think before you speak (Prov. 15:23,28)

Do not return insult for insult (1 Peter 3:8-9)

Check your motives for conflict (James 4:1-2; Prov. 13:10)

Pursue peace and edification in relationships (Rom. 14:19)

Avoid needless quarrels (Prov. 20:3; 2 Tim. 2:24)

Remember group members' interests as well as your own (Phil. 2:4)

(excerpt from Leading Life-changing Small Groups, 1996, p. 121)

Willow Creek's Leading Life-changing Small Groups (1996, p.120-121) offers several strategies for managing conflict within the small group.

Ways to Handle Conflict

Avoidance

Avoidance is an effective strategy to use with conflict when

- the issue is trivial
- the situation will take care of itself
- saving face is important (yours or someone else's)
- time is limited

Avoidance is not an effective strategy when

- the problem is important
- the problem will not resolve itself
- credibility would be lost by avoidance
- there is a larger, underlying issue that is important to address.

Accommodation

Accommodation is an effective strategy to use with conflict when

- the relationship is more important than the task
- the issue is trivial
- small concessions will reap further gains (ie: choose your battles)

Accommodation is not an effective strategy when

- your actions could be interpreted as condescending
- it would set an unwise precedent

Compromise

Compromise is an effective strategy to use when

- there is no simple solution
- both parties have strong interest in very different facets of the problem
- there is not enough time for a truly collaborative solution
- the situation is not critical and an adequate solution is good enough

Compromise is not an effective strategy to use when

- a dangerous precedent would be set by failure to hold one's ground
- an optimal resolution is possible
- it is important to avoid concessions of any kind

Collaboration

Collaboration is an effective strategy to use when

- the task and the relationship are both very important
- the time, information, and willingness to collaborate are present
- the outcome is exceedingly important
- sufficient trust exists between the parties

Collaboration is not an effective strategy to use when

- time, trust, and resources are not available
- the issue is not worthy of the investment of time, energy, and resources

Practical Ways to Care

- Phone Call- Just asking "How are you doing today?" and listening
- Pray and send a note in the mail
- Send an email
- Come together as a group and form a prayer circle outside of your usual meeting time
- Pray one-on-one
- Ask if it is ok to share the circumstances with others in the group
- Go for a walk
- Go to a movie or sporting event
- Go out for coffee
- Sit by him at church
- Encourage him/her to continue attending small group meetings
- Invite her to your house
- Search the Bible for appropriate verses and write them on note cards to pass on.
- Hospital Visit

Ways to Support Others:

- Connect him/her with another who has been in similar circumstances
- Hold Accountable - Follow through on a regular basis. Be direct.
- Refer to a professional – contact the Administrative Assistant for the Quail Counseling Ministry, Carol Schmidt, <mailto:CAROLS@QLBC.org> or 209-951-7380 ext. 101
- Provide Meals
 - Ask what types of food they prefer
 - These can be picked up or made
- Children
 - Drive them to school or other activities
 - Help them with homework
 - Care for them in your home
 - Provide simple GO Activities to occupy kids
- Housework/Repairs
- Errands
- Grocery
- Target
- Pharmacy
- Organizing
- Gift Cards
- Purchase birthday or holiday gifts; they can reimburse you
- Care Packages for the Family- this can be one time or on a monthly basis

Caring for Children in the Life Together Group

Some of our LTG members have children. How can we care for them?

At your first meeting discuss and decide how you will care for the children in your group. Here are some ideas.

1. Hire a sitter to come to the group and play with the children in another room (if the house permits) or at a neighbor's house (if someone in the group lives nearby). Maybe the sitter lives nearby and the children could go to the sitter's house. The group could pool resources to pay for the sitter.
2. Members of the group could take turns going with the children and leading them in their own special time, either in another room (if the house permits) or at a neighbor's house (if someone in the group lives nearby).
3. The group could meet on campus during Prime Time (on Wednesday evening, 6:30-8:00 p.m.) and the children could participate in the children's Prime Time. Contact the Superintendent of Adult Education (Jeff Hawley) to see if a room would be available for you on campus. Also report the names and ages of the children so that the Children's Ministry will have the appropriate number of children's workers.

Our children are important. We want them to have fond memories of Life Together Group also.

The Values of Quail Lakes Baptist Church

Definition of Values –

“A deeply held belief which possesses the ability to influence decisions and actions.”

“The constant, passionate, biblical, core beliefs that will drive the ministry.”

Constant – they do not change

Passionate – they are issues that we feel strongly about

Biblical – they are found in scripture

Core – they are at the heart of who we are

1. Bible Centeredness:

“We are committed to the fact that scripture is our authoritative guide. We are committed to the clear and accurate communication of God’s Word toward the application of scriptural truth in the lives of people.” 2 Tim. 3:16-17, James 1:22

2. Godly Leadership:

“We are committed to being led by men and women with leadership gifts who are humble servants of the Lord and empowered by the anointing of the Spirit.” Rom. 12:8, Acts 6:2-5, Heb. 13:17

3. Financial Responsibility:

“We are committed to excellence and integrity in our stewardship of the resources that the Lord has entrusted to our use.” 1 Cor. 16:2, 1 Tim. 6:6-10, Matt. 6:19

4. Prayer:

“We are committed to being empowered by prayer in the conception, planning and outworking of the ministries of the church.” James 5:13-18, Matt. 7:7-11

5. World Mission (Global Impact/Evangelization):

“We are committed to international and cross-cultural effectiveness for the cause of Christ around the world, both a sponsoring and sending church in the area of world mission.” Matt. 28:19-20, Mark 13:10

6. Outreach/Evangelization:

“We are committed to reaching out to lost people around us in ways that will allow us to cultivate relationships with the unsaved, plant the seeds of the gospel and reap the harvest of souls for Christ. This commitment entails programming for outreach as well as training people in this personal evangelism style.” Luke 19:10, Matt. 18:14, Luke 5:32

7. Growth and Relevance:

“We are committed to the fact the health brings growth and that as we serve God in ways that are creative and culturally relevant as well as biblically valid, we will grow numerically.” Prov. 18:15, 1 Cor. 9:19-23

8. Family:

“We are committed to providing a ministry setting that strengthens families. This calls for strong youth and children’s ministries, as well as ministries that address the issues of family life today.” 2 Tim 1:5, Prov. 22:6

9. Lordship of Christ:

“We are committed to the fact that followers of Jesus Christ should manifest authentic and continuous growth as they conform to Jesus in their character and lifestyle.” Heb. 12:1, Phil. 1:6, Rom. 12:2, Col. 3:10

10. Worship:

“We are committed to acknowledging and rejoicing in God’s supreme value and worth in our personal lives and in the cooperate worship times together.” Rom. 12:1-2, Acts 2:42, 1 Chron. 16:29, John 4:24

11. Mobilization in Service:

“We are committed to equipping and mobilizing the people of the church according to their divine design in order to effectively accomplish the work. 1 Pet. 4:10, Rom. 12:6, 1 Cor. 12:27, Eph. 4:11-12

12. Fellowship/Community/Loving Relationships:

“We are committed to functioning as a unified community that exhibits loving relationships of encouragement, nurture and help.” 1 Cor. 13, Luke 10:1

13. Care Giving Within the Body:

“We are committed to fostering relationships with one another so that care giving servanthood will take place, as we love one another in times of need.” Rom. 12:5, John 13:4-5

Life Together Group Curriculum Resource Guide

Discipleship Commission, Quail Lakes Baptist Church (7/25/10)

Here are some suggestions of possible studies. This is not an exhaustive list, simply a list of suggestions. Feel free to suggest a book, topic or favorite study that greatly impacted your life. Please let Discipleship Commission know what you are considering using. We also appreciate your feedback after you have completed the study. (Please complete and send Jim Eikenberry the Curriculum Feedback Form on the last page of this leader guide. Thank you.)

In The Beginning (Basic Building Blocks)

First Steps for the New Christian – Eddie Rasnake (workbook - Following God series)

Nav Press New Believers Studies

Beginning with Christ

Going on with Christ

Lessons on Assurance

Lessons on Christian Living

Growing in Christ

Starting Point – Andy Stanley & North Point Church (DVD curriculum)

Foundational

Experiencing God – Henry Blackaby and Claude King (workbook)

Search for Significance – Robert S. McGee (workbook)

Purpose Driven Life – Rick Warren

Learning to Love God – Richard Pease

Learning to Love Self – Richard Pease

Learning to Love Others – Richard Pease

Books of the Bible

Any Book of the Bible – Recommended Study Guides

Level One: LifeGuide Bible Study Series; Christianity 101 Series (Bruce Bickel & Stan Jantz)

Level Two: NavPress *Living the Letters* Bible Study Series; Nav Press *Living the Questions* Bible Study Series; Max Lucado Life Lessons Series, Walk Thru the Bible series

Level Three: John Stott Bible Studies; Warren Wiersbe Bible Study Series; Following God Through the Bible Series; John MacArthur Bible Studies; LifeChange Bible Study Series

Spiritual Growth

Mere Christianity – C. S. Lewis

Celebration of Discipline – Richard Foster

The Attributes of God – A. W. Tozer

Experiencing the Cross – Henry Blackaby

So, You Want to Be Like Christ: 8 Essentials to Get You There – Charles Swindoll

Design for Discipleship – Nav Press (seven study series)

Living God's Will – Eddie Rasnake (Following God series)

Life Principles for Following Christ – Rick Shepherd (Following God series)

Spiritual Formation Study Guide Series – Nav Press (four volumes)

Learning to Love Study Series – Nav Press

Pursuing Spiritual Transformation series – John Ortberg, et al – Zondervan
Deeper Connections Series – (DVD curriculum)
Crazy Love – Frances Chan – (DVD curriculum)

Leadership

Spiritual Leadership: A Commitment to Excellence for Every Believer – J. Oswald Sanders
Spiritual Leadership – Henry Blackaby
Courageous Leadership – Bill Hybles
Next Generation Leader – Andy Stanley
Visioneering – Andy Stanley
Relational Intelligence – Steve Saccone

Women's Studies

Captivating – Staci Eldredge

Men's Studies

Wild at Heart – John Eldredge
Tender Warrior – Stu Weber

Couple's Studies

Build Better Family Relationships – Dr. Gary Smalley
As Long As We Both Shall Live – Dr. Gary Smalley and Ted Cunningham
From Anger to Intimacy – Dr. Gary Smalley and Ted Cunningham
Rocking the Roles – Robert Lewis and William Hendricks
Experiencing God's Dream for Your Marriage – Chip Ingram (DVD curriculum)
Love and War – John & Stasi Eldredge (DVD curriculum)
Fireproof Your Marriage – Stephen & Alex Kendrick (DVD curriculum)
Focus on the Family Marriage Series – six volumes with video
Balanced & Blessed: Experiencing Marriage the Way it was Meant to Be – Charles Lowry (DVD curriculum)
The Five Love Languages – Gary Chapman
Saving Your Marriage Before it Starts – Drs. Les & Leslie Parrott (DVD curriculum)
Men are Like Waffles, Women are Like Spaghetti – Bill & Pam Farrel
For Better or For Worse – Gary Smalley
Love and Respect – Emerson Eggerichs

Parenting Studies

Parenting 101

Parenting with Love & Logic – Foster Cline, MD, and Jim Fay
Parenting Teens with Love & Logic – Foster Cline, MD, and Jim Fay
Making Children Mind Without Losing Yours – Kevin Leman (DVD curriculum)
Parenting: The Early Years – Drs. Les & Leslie Parrott (DVD curriculum)
The Five Love Languages of Children – Gary Chapman & Ross Campbell
The Five Love Languages of Teenagers – Gary Chapman & Ross Campbell
Effective Parenting in a Defective World – Chip Ingram (DVD curriculum)

Video-Based Studies

Faith Lessons with Ray van der Laan (10 volumes)

Liquid

North Pint Church DVD Resources

Faith, Hope and Luck

Five Things God Uses to Grow Your Faith

Twisting the Truth

The Truth Project – Focus on the Family production

The Prodigal God – Timothy Keller

John Ortberg DVD Studies

The ME I want to Be

If You Want to Walk on Water, You Have to Get Out of the Boat

The Life You've Always Wanted

God is Closer than You Think

When the Game is Over, It All Goes Back in the Box

Becoming a Contagious Christian – Bill Hybels & Mark Mittelberg

I Saw the Lord – Anne Graham Lotz

Vintage Jesus – Mark Driscoll

Invisible War – Chip Ingram

Living by the Book – Howard Hendricks

Prayer – Philip Yancey

The Jesus I Never Knew – Philip Yancey

What's So Amazing About Grace – Philip Yancey

When God's People Pray – Jim Cymbala

Curriculum Feedback Form

(Life Together Groups, Quail Lakes Baptist Church, Stockton, CA)

Please send this completed form to Jim Eikenberry at JAMES@QLBC.ORG or
1904 Quail Lakes Dr., Stockton, CA 95207

Name of the Curriculum

What is the curriculum about? (For example: Ephesians, forgiveness, prayer,
marriage,

etc. _____

Publisher _____

Copyright or publication date _____

How many group sessions is the curriculum prepared for? _____

Name of the person making the report

Date of the report _____

What was helpful about the curriculum?

What was not helpful?

Do you have any suggestions for its use or other comments?