

# CIRCLE UP

## Part 1

### ICEBREAKER

Use the following questions to help your group connect: Do any of the words or phrases listed below describe how you're feeling or thinking about this new group?

- Excited
- Nervous
- Hopeful
- Guarded
- Other?
- "Is this going to be worth my time?"
- "This will be really good for me/us."
- "My spouse made me come."
- "I hope everyone likes me."
- "I look forward to making new friends"

### VIDEO NOTES

The goal of a community group is to provide everyone the opportunity to pursue authentic community and spiritual growth. Community group is where you are known and grown.

**"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 4:9-10 NIV**

"There are things than can happen in circles that can't happen any other way. That's by design. You cant grow spiritually unless you're connected relationally. God created us for community."

**Life is better connected. Your role is to show up, join in, and be real.**

### LET'S TALK ABOUT IT

1. What was the best group or team you have ever been apart of? What made it so great?
2. Did that group or team help you grow (physically, mentally, spiritually)? If so, how?
3. In the video, three parts of your role in this group were mentioned: show up, join in, and be real. Showing is probably the easiest to describe—you prioritize attending this group. But how would you define "join in" and "be real"?
4. How can the group pray for you this week? Is there anything going on that's causing you stress? Are you looking forward to something and hoping it goes well?

### ACTIVITY: HOW YOU CONNECT

Indicate where you fall on the scales below. There are no right or wrong answers—just think about your own tendencies when it comes to connecting with others.

In order to relax and re-energize...

I PREFER TO BE ALONE **5 4 3 2 1 0 1 2 3 4 5** I PREFER TO BE AROUND PEOPLE

In a group conversation...

I AM THE LAST TO SPEAK **5 4 3 2 1 0 1 2 3 4 5** I AM THE FIRST TO SPEAK

When processing new ideas...

I NEED TIME TO PROCESS 5 4 3 2 1 0 1 2 3 4 5 I PROCESS OUT LOUD

When experiencing emotions...

I AM RESERVED 5 4 3 2 1 0 1 2 3 4 5 I AM EXPRESSIVE

**ACTIVITY: REFLECT AND DISCUSS**

**In order to relax and re-energize...**

How did you rank yourself? How does this play out in your life?

**In a group conversation...**

How did you rank yourself? In this group, how can we make sure everyone has the chance to speak?

**When processing new ideas...**

How did you rank yourself? In this group, how might this affect you when you are studying something new?

**When experiencing emotions...**

How did you rank yourself? When you're excited about something, how will the group know?