



## ◆ Small Group Curriculum ◆

### **Rationale for Small Groups**

Church small groups have been in the church for a long time. Wesley started Holy Clubs consisting of 10-12 same sex persons meeting regularly for personal accountability, prayer, and spiritual reflection. Sunday schools began in England but soon took deep root in American Christianity and flourished until recent times. The idea of small groups is not new. In looking at the book of Acts, especially chapter 2, one sees elements of small group life contained therein.

Stetzer and Geiger<sup>1</sup> indicate that almost 8-in-10 (79 percent) of those surveyed agreed that small groups are very important in the church. Two-thirds said that their church regularly starts new small groups. They further say they “saw widespread agreement, but perhaps not widespread engagement.”

Small groups are about more than what you need to know, but who you need to know and how you need to know it. In other words, community and processing life together are more important components of small groups than mere content. The problem facing some in church life is this: the gift of teaching should not be equated with the gift of lecturing (or preaching!).

Fisher and Ellis (1990) emphasize that most of the definitions of a (small) group indicate the sharing element among members as the key factor, which defines the existence of a group. The sharing might be focused on perceptions, motivation, and goals, as well as around tasks, such as in a scenario group session. This sharing element can be greatly influenced by the group dynamic or climate of the group.

Studies have shown that when looking at long term group retention, the ability to apply knowledge and solve problems, critical thinking and development of positive attitudes, results consistently favor small discussion classes (McKeachie & Kulik, 1975, McKeachie, 1994). The bottom line is that people learn, they are more likely to continue to return when they are active participants rather than passive listeners. Moreover, they not only learn but learn more.

1. <http://www.christianitytoday.com/edstetzer/2015/march/4-reasons-small-groups-are-vital-to-your-churchs-health.html>

## Benefits of a Small Group

There are numerous benefits to hosting and multiplying small group life in your church. The list below is not in order of importance but shows a variety of important reasons for doing small groups. The list shows the direct benefits to the individuals who participate in a group as well as the benefits to the church body.

### Benefits for Participants

Small groups allow participants to:

- Discover and engage with a range of perspectives, ideas, and backgrounds.
- Have more active involvement.
- Helps participants to clarify their attitudes to and ideas about the lesson, as they test their own ideas and attitudes against those of others.
- Encourage students towards self-study of Scriptures.
- Engage in peer learning and sharing responsibility for learning.
- Experience life change in a safe environment.

### Benefits for the Church Body

Small groups also benefit the body as a whole in the following ways:

- Small groups make churches more personal.
- Small groups provide a nearly unlimited leadership development pipeline.
- Small groups can promote more effective evangelism since "Come over to my house" is a much easier invitation than "come with me to church."
- Small groups provide the best opportunity for "one-anothering."
- Small groups can actually produce more unity of heart and mission.

## How This Small Group Study Works

The study provided with The Gift materials lasts 5 weeks. Each week is based loosely on the sermon topic but allows leaders to venture more widely in the topic. Each session comprises 3 movements, with sub-elements, as noted below.

### Movement 1: Loving

- *Welcome: Giving a biblical welcome to all who attend.*
- *Warm-up: Consists of a question or game to deepen relationships with one another.*
- *Worship: Spending time in a worshipping posture.*

### Movement 2: Learning

- *Absorbing the Word: This is the interactive exploration of the Biblical topic.*
- *Applying the Word: This is spending time in personal and groups reflection on what the word is saying to the group.*

### Movement 3: Living

- *Serving the Group: This moment provides opportunity to invest in one another and help serve any needs the group may have.*
- *Serving the World: This is designed to launch the group into proactive and purposeful action to bring others to know Jesus, either through the small group or the main meeting event.*

As you begin to utilize these studies, make sure to provide a connection between the small group time (which may have guests who do not normally attend your congregation) and the main worship event. Pray for the participants. Allow God to speak through these studies.



◆ **December 9, 2018** ◆

## “Looking Past Pain”

### Movie: How The Grinch Stole Christmas

#### SYNOPSIS

*The Christmas Spirit can turn even the smallest and coldest heart toward the Lord but that movement begins when we reach past the cold heart to the person locked inside.*

#### PREPARATION

As you prepare for the session, the following reminders will contribute to a great night of group.

- Pray for each participant.
- Study each scripture and process the meaning of each for your own life.
- Prepare the space where you will be meeting to make it comfortable and festive.
- Soft music playing as people arrive might be helpful in setting the tone for the meeting.
- Be ready 15 minutes before the advertised time.
- Prepare seasonally appropriate snacks.

#### **Movement 1: Loving** (20 Minutes)

##### Welcome (10 minutes)

Greet each person as they arrive. Make sure to spend time with each person in the group. If there are new people, introduce them to others in the group. Make everyone feel at home. Direct them to the snack table.

##### Warm Up (10 minutes)

Q1: Think about the movie, “How the Grinch Stole Christmas” – what stirred you (or has stirred you) about this great classic?

Q2: How does someone’s ‘heart shrink’?

Q3: What are symptoms of a ‘shrinking heart’?

##### Prayer

Lead in a short prayer to begin the Learning Time.

#### **Movement 2: Learning** (30 Minutes)

##### Absorbing the Word

- Read Luke 2:13-14
- Do you think that people are more open to a relationship with Jesus during the Christmas season?
- Why or why not?
- Is it possible that the sense of closeness and peace with God during the Christmas season could be part of a yearly reminder from God that His peace and blessing are real?

##### Read Malachi 4:5-6

- How could you turn your heart towards others?
- How could a “turned heart” toward others bring a blessing to your family or friends this week?

##### Applying the Word

- Without actually mentioning the name of a person, can you think of someone cold hearted? Can you think of a way to reach past the rough exterior and care for the hurt or loneliness of that person?
- Are you willing to be like Cindy Lou who goes after the Grinch to touch that person?

#### **Movement 3: Living** (20 minutes)

##### Serving the group

- Stop and pray for anyone in your group that might identify having somewhat of a ‘hard heart’ currently. In order for a person to touch someone else, you must experience God’s touch to your own heart. Where would you want that touch to be? Gather as a group in prayer and support as individuals share.

##### Serving the world

- This week is about encouraging others that have a shrinking heart. Identify one way that you will touch someone or some group this week to encourage them or to bless them.
- Consider implementing the suggested Missional & Outreach Ideas included with this series.

#### CLOSING

##### Read together this closing prayer

*Father, help me to be still and listen to you, feel your presence in my heart and rest in your love. May you then help me to encourage and bless someone from this place of rest. May the beat of my heart, that is in love with you, transfer to someone else this week. In the beautiful name of Jesus, we pray. Amen.*