



J•GROUPS

Doing Life Together

Tips for spreading compassion & building community in your J-Group.

We can't follow Jesus alone (and it's more fun to do together!) As leaders, we are called to be there for our group in the good and bad of everyday life.

Celebrate the good:

- Have fun together beyond your scheduled meetings. (Blue Rocks game, group dinner, Fair Hill/White Clay hikes, coffee dates).
- Create a group chat via text or GroupMe to stay in touch beyond your meeting times.
- Celebrate each other's wins. (Verbal recognition at meetings, handwritten cards in the mail, shoutouts on Facebook/emails)

Help during the bad:

- Know your group well. Is someone struggling at home, work, or school? How can you help them through it? Can the Code Red or Pastoral Care teams help in their situation?
- Pray for your group together and throughout the week. Check-in with your members and ask how they are. Follow up on prayer requests. Let them know that you've been praying for them.
- Rally. What can you do as a group to support one individual who needs to be shown love and compassion in a time of great need? (Making meals, writing letters, meeting a need, purchasing gift cards.)

How to create healthy group dynamics:

- **Set clear expectations.**
 - A key to helping people feel comfortable in your group is to let them know what to expect. Take time to share how the group will flow from week to week. This can include things like explaining the times you will begin and end the group, how discussion or group activities will happen, and how group members can share prayer requests.
- **Follow the 70-30 rule.**
 - Give the members of your group room the opportunity to speak up instead of doing all the talking yourself. About 70% of the talking should come from members and 30% from the leader.
- **Keep the discussion positive.**
 - If the conversation turns negative or destructive, guide it back to a healthy place. If someone needs to talk about a sensitive or complex issue, you can

follow up with them after the group or contact your team leader for guidance on how to respond well.

- **Keep the conversation relevant to everyone.**
 - Remember that people in your group will be at different places in their spiritual journeys. Be thoughtful when discussing spiritual concepts or church terms that might be unfamiliar to new Christians or churchgoers.
 - Acknowledge that some members may not have put their faith in Jesus yet and pray with anyone who feels led to take this next step before or after the group.
- **Take attendance at each meeting.**
 - This helps you notice who is attending regularly and who you need to reach out to. Follow up with anyone who didn't show up to let them know you missed them and ask how you can pray for them.