

Introduction to Journey Groups

What is a journey group?

In short, the Journey Group, or 3/3rds, format is a simple approach to forming, maintaining, and multiplying small groups. The only requirements are open Bibles and willing hearts.

Can you read? Can you listen? Can you ask/answer questions? If so, you have what it takes to facilitate a Journey Group.

How do I get started?

Interested in starting a group of your own? Follow the simple steps listed below.

1. Pray.
2. Review the one-page *Journey Group Meeting Guide* and the introduction video.
3. Recruit at least one other friend to help you organize your group.
4. Let the church office know. This way we can pray for your group, share resources, and track progress.
5. Choose a consistent time and place to meet.
6. Participate in the monthly Journey Group leaders meeting. At these meetings* we share progress, testimonies, frustrations, new resources, and ways to make our groups more effective.

*Meetings usually take place the first Wednesday of each month at 8pm in the HCC conference room.

All Journey Group resources can be accessed & downloaded at <https://heathchurchofchrist.com/journey/>

Journey Group Meeting Guide

Before the group arrives take a moment to pray. Pray that God will remove anything that hinders people from attending. Pray that God will speak through the Bible to the group. Pray for transformed lives.

LOOK BACK (1/3 of your time)

What are you thankful for? What is stressing you out lately? Do you have a need or does someone you know have a need that this group could meet? (A brief prayer for 'stresses' may be offered but deal with 'heavier issues' after meeting.)

Check-up - How did you do on your 'I will' statement & with whom did you 'share'? (what you're reading, learning, obeying about God or what He's doing in your life?)

Vision – Continually 'fan' the vision of multiplying disciples and new groups. How could God multiply what is happening in our group?

LOOK UP (1/3 of your time) What does God have to say today?

Pray for God to teach you from whatever passage you're reading. Read the passage & answer the following questions.

1. What did you like about this passage?

2. What did you find difficult?

Pray again, then read the same passage again*, then ask the following questions. *The second reading is important to the process.

3. What does this passage teach about God?

4. What does this passage teach about mankind?

5. What does this passage teach about evil or the Evil One?

LOOK FORWARD (1/3 of your time)

What are you going to do about it? What is God "telling" you to do in this particular passage?

6. How will you **obey** this? (Use 'I will' statements.)

7. With whom will you **share** this week what God is doing in your life?

8. With whom might you **start** a new group?

Practice - In groups of two or three, practice what you have committed to do in questions 6-8. Example, role-play a difficult conversation or facing a temptation; practice telling today's story, yours or the Gospel (God's story).

Talk With God - In groups of two or three, pray for every member individually. Ask God to prepare the hearts of the people who will be hearing about Jesus this week. Ask Him to give you the strength to be obedient to your commitments.