

Leading Your rGroup Online (COVID 19 Update) as of 6.18.2020

For More Information regarding what the Rock Church is doing please visit:

<https://www.sdrock.com/ministries/disaster/coronavirus/>

1. Watch:
 - a. You and those in your group should watch the weekly Sunday Service before your group meeting and browse through the discussion questions before you meet. If you are using Right Now Media ensure that you and your group members watch the video you will discuss during the week before meeting so that you can focus more on discussion. If you are using a different study we recommend having everyone prepare before the group meeting so that more discussion can take place.
 - i. Watch the service Sunday at: <https://www.sdrock.com/live>
 - ii. Sunday Discussion Questions: <https://www.sdrock.com/rgroups/>
 - iii. Right Now Media Access:
<https://www.rightnowmedia.org/Account/Invite/SDROCKCHURCH>
2. Process for moving from an online group to a face to face group after we are able to meet face to face again:
 - a. Start with a group text.
 - b. Next connect through audio.
 - c. Begin video group meetings.
 - d. Eventually move to a face to face group meeting.
3. Two ways an online rGroup interacts:
 - a. Continuous Interaction (ex. 24/7) Facebook group <https://www.facebook.com/groups>, text thread or WhatsApp <https://www.whatsapp.com>
 - b. Group Meeting: Zoom <https://zoom.us>, Skype <https://skype.com>, or Google Hangout <https://hangouts.google.com>.
4. Itinerary for your Group Meeting: (Half an hour to an hour and a half.)
 - a. Welcome everyone.
 - b. Warm up the group. (ex. Icebreaker, Tell me about your week?)
 - c. Optional: Watch study or utilize the "Hangout Concept". A hangout is a good strategy for your first meeting when people are first getting to know each other. You could discuss an area of interest like sports, movies, books, cooking recipes, or another hobby.
 - d. Discuss the questions. (Weekly Sunday Sermon Discussion Questions, Questions through the Right Now Media video you are watching, or your own materials.)
 - e. Share Prayer Requests.
 - f. Pray.
 - g. Encourage a next step like taking online LIFE Class, attending service, join us in prayer at <https://www.wepray247.com>.
5. How to have the best video call?
 - a. Lighting is important. Make sure that your lighting is good.
 - b. Select the quietest place in your home.
 - c. Level your video camera so that people can see you.
 - d. Login to your computer to find out how to change default mic, speaker, & camera (Preferences/Settings).
 - e. Use mute & unmute during group time.
 - f. Recommend group members download meeting software prior to meeting.
6. Safety
 - a. Keep links private (invite only).
 - b. Pick most secure meeting platform. (ex. Zoom <https://zoom.us>, Skype <https://skype.com>, or Google Hangout <https://hangouts.google.com>)

Questions? Email - rgroups@sdrock.com