



## rGroups – Quick Reference Guide

### **rGroup Definition:**

A Rock Church rGroup is a gathering of at least three people led by an approved leader and meets at least once a month for thirty minutes, for Encouragement, Scripture, Prayer, and Next Steps (ESPN).

---

### **Sessions:**

Sessions occur 3 times a year for 10 weeks in the Fall (September –November) Winter (January – March) Spring (April- June) although you can meet continuously throughout the year we encourage you to utilize the Sessions schedule to have a natural rhythm of encouraging people to connect in your rGroups during sessions and take a break during session breaks.

---

## **BASIC LEADER TRAINING**

Training 101: What do I do during every rGroup meeting? ESPN

- Encouragement – Encourage the people in your rGroup through whatever they are going through.
- Scripture – Share scripture. The reason we share scripture in our rGroups is because God’s Word is powerful.
- Prayer – We pray because prayer is powerful and changes our lives.
- Next Steps – We always want to give people next steps to help them move one step closer to Christ. (Examples – accept Jesus, Attend Sunday Services, Get Baptized, or complete LIFE Class.)

Training 201: How do I know if someone is ready to co-lead? They must be FIT

- Faithful – Is the person faithful to the Rock Church? Is this person faithful to the rGroup?
- Impactful – Does this person positively impact the people around them?
- Teachable – Do they listen and accept suggestions or Godly instructions?

How do I empower my co-leaders? Believe the BEST in them

- Believe in them – Motivate those around you by telling them that you believe in their abilities and by showing your belief in them by giving them opportunities to contribute.
- Encourage them verbally – Encourage them to step out and use their strengths and gifts to make a difference.

- Share with them – Share your experiences in ministry and opportunities for them to lead and minister with you.
- Trust in them – Actively involve them in the leadership of your rGroup by providing opportunities to operate in their strengths and giftings.

Training 301: Gathering for rGroup Leaders who have multiplied their groups

### **Community Outreach:**

Three times a year your rGroup should be serving in some type of community outreach you could partner with your local campus. For more information visit

<http://www.sdrock.com/ministries/communityevents/>

Or your rGroup could develop its own outreach by using our Count Walk Ask Love model.

1. Count and assess your community's need. (ex. Homelessness)
2. Walk to the locations of your community's need. (ex. Public Parks)
3. Ask how you can help your community's need. (ex. Local government.)
4. Respond to your community's need with love. (ex. Provide blankets.)

### **Planning Center Groups**

Introduction to Groups for Leaders - visit this link

<https://pcogroups.zendesk.com/hc/en-us/articles/360006319853-Introduction-to-Groups-for-Leaders>

- Log in to Groups, Manage Members, Events (weekly meetings), Resources, Settings, Reports

### **rGroup Leader Website:**

<https://www.sdrock.com/ministries/rgroupsleaders/>

- Download Weekly Discussion Questions
- Leader Resources: Discipleship Resources, Rock Church Curriculum
- Leader Training Videos
- rGroups and dGroups Differences
- Manage Your rGroup: Planning Center
- Register Your rGroup: Add your rGroup to our website
- Outreach Opportunities: Get involved with local community events

### **Right Now Media: <https://www.rightnowmedia.org>**

- RightNow Media equips you with the best studies, training, and facilitator guides available. (Examples – Miles McPherson, Tony Evans, Matt Chandler, Chip Ingram, Francis Chan, Bianca Juarez Olthoff, Louie Giglio, and many more!!!)