

rGroup Host Quick Start Guide

Congratulations on hosting an rGroup!

You've just taken a huge step toward spiritual growth – not only for yourself, but for those who will be in your group, as well! As you read through this you may have a moment when you think. “What did I get myself into?” That's OK! The wonderful thing about this process is that God uses ordinary people to do extraordinary things. You don't have to be a Bible expert or teacher to Host a thriving group. All you have to do is have a heart for people, open a space for the group to meet in person or online, and be willing to serve. Make sure to register your rGroup at <https://sdrock.typeform.com/to/XpfE8K>

This quick start guide will help you get going!

New rGroup Host Next Steps:

1. Refer to this quick start guide.
2. Activate your group and unlock curriculum at be registering at sdrock.com/rGroup/host and access weekly discussion questions and an online group video library called Right Now Media.
3. Host your first group.
4. Follow up with your rGroups Campus Team.
5. Watch our orientation training online at <https://vimeo.com/228905604/00208ab4f1>
6. Become an rGroup Leader within 6 to 12 months. <https://sdrock.typeform.com/to/SX6Pmx>

Hosting an Online rGroup:

1. Watch:
 - a. You and those in your group should watch the weekly Sunday Service before your groups 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.
2. Process for moving from an online group to a face to face group:
 - 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, text thread or WhatsApp, iChat, facetime.
 - b. Group Meeting: Zoom.us, skype, or google hangout.
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, or Questions through the Right Now Media video you are watching.)
 - e. Share Prayer Requests.
 - f. Pray.
 - g. Encourage a next step like taking LIFE Class, attending service at the same time online.
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. Screen people with questions. (How did you hear about us? get an idea about people from looking at their social media profile online.)
 - b. Keep links private (invite only).
 - c. Pick most secure meeting platform. (ex. Zoom, Google Hangout)

Staying Connected:

- Your Groups Campus Team – Once your group is activated, we’ll connect you with your rGroups campus team, an experienced team member will serve as your encourager and coach during your host journey. Your groups team is available to give you advice, support, and prayer, and will regularly check in with you and remind you about upcoming training dates. Remember – you are not alone.
- Keep us Posted – We’d love to see and hear about what God is doing in and through your group. Post your pictures (especially of your first meeting) and share your stories with us on Facebook at [facebook.com/sdrockgroups](https://www.facebook.com/sdrockgroups).

Sharpening Your Skills

- Orientation Training – Watch online or in person. The groups orientation training is our initial leader training that will give you the tools to be great host! Watch the training here at <https://vimeo.com/228905604/00208ab4f1>.
- Leadership Training – In addition to the orientation we have leadership trainings for our current rGroup leaders to help you grow and share ideas and experiences. We’re dedicated to your growth and development as rGroup Host! For upcoming training dates and information, keep your eyes open for an email from the rGroups team.

Tips for Building a Great Group:

1. Be friendly and be yourself: God wired you uniquely with unique gifts and experiences. So, relax and be the real you!
2. Share responsibility for the group: Let others take ownership of the group to grow their investment in the group and keep things manageable for you.
3. Ask great questions: Ask compelling, open-ended questions and get comfortable with the famous awkward silence.
4. Pray for group members through the week. There's nothing more unifying than praying for your group regularly.
5. Create opportunities for the group to get to know each other outside regular meetings. There is something about spending time together beyond the regularly scheduled group time.
6. Don't cancel meetings: At first, it's common to just have one or two people join you. But smaller gatherings offer a great opportunity to get to know people on a deeper level.

How do I run a healthy group?

- **Prioritize Group Attendance:** Life happens. We know life is crazy and surprises like to pop up in our schedules often, but the relationships we develop in this circle will help sustain us through the ins and outs of the daily grind. Do your best to prioritize the group so that you can have the kind of community God desires.
- **Have a start and end time:** In valuing everyone's time make sure that you do your best to honor it. Everyone is more than welcome to meet for longer but make sure to be sensitive to those who need to leave. What day will you meet? What will be your start time? What will be your end time?
- **Maintain Safety and Confidentiality:** What happens in group stays in group! Creating a safe place (no quick answers, snap judgments, or simple fixes) for people to be heard and feel loved is a cornerstone of the rGroup.
- **Share roles in the group:** Use the language that this is our group! Whether it's bringing snacks, hosting, facilitating discussions, collecting prayer requests, or something else everyone can play a role.
- **Resolve Conflict Biblically:** We're all human and we've all got issues. Conflict is bound to happen, but when it does, it's OK! That makes community normal. Instead of panicking, gossiping, or letting the issue grow larger, resolve concerns quickly by consulting Jesus's advice in Matthew 18:15-17.

Frequently asked questions:

- What is my role as a host?
 - Have a heart for people, open a space for the group to meet in person or online.
- What are a couple of tips for my 1st group meeting?

- Invite people you know like friends, family, or coworkers.
- Have everyone share what brought them to the church or where they are from.
- Use the weekly discussion questions from the Sunday sermon or the Right Now Media library.
- How do I help my group go deeper with each other?
 - Consider going deeper in discipleship and accountability by starting a dGroup for more information see sdrock.com/dgroups.
- What should we study, and how can I go about making our conversations engaging?
 - Discuss the weekly discussion questions or use right now media for engaging content.
- Are there ways I can help my group discover their gifts and use them in the group?
 - Encourage everyone to attend the LIFE Class or visit our LIFE Class link at sdrock.com/lifeClass. In LIFE Class they will discover their gifts!
- Where can we go to make a difference and be a group of significance in our community?
 - Consider serving with an outreach ministry. For more info visit <https://www.sdrock.com/ministries/outreach/>
- How should we approach prayer time in our group?
 - Use the AWCIPA Model for prayer.
 - A - Admire – give thanks to God.
 - W- Wait – Holy Spirit, what am I being accused of?
 - C – Confess – What sins have been weighing you down?
 - I – Intercede – pray for others
 - P – Petition – Pray for yourself
 - A – Admire – give thanks to God.
- I've got a conflict situation in my group – any tips on how to handle it?
 - Resolve Conflict Biblically: We're all human. An we've all got issues. Conflict is bound to happen, but when it does, it's OK! That makes community normal. Instead of panicking, gossiping, or letting the issue grow larger, we'll resolve concerns quickly by consulting Jesus's advice in Matthew 18:15-17. Connect with your Groups campus team if you need additional help.
- How do I eventually become an rGroup leader?
 - Connect with our groups campus team and register to become an rGroup leader at sdrock.com/rgroups