



## 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).

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### **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.

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## **BASIC LEADER TRAINING**

Training Video Link Here: <https://vimeo.com/228905604/00208ab4f1>

ESPN (What to do during every rGroup meeting?)

- 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.)

FIT (How to Identify potential co-leaders?)

- 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?

BEST (How do I empower my co-leaders?)

- 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.

### **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.)

### **InFellowship: (Manage and communicate with members of your rGroup.)**

1. Login at: <https://sdrsanca.infellowship.com/UserLogin/>
2. Enter your username and password.
3. Click on "Your Groups"
4. Click on the rGroup "You lead" (ex. SM - Mark Richardson – Married)
5. Click on the following tabs to administrate:
  - a. Dashboard – Edit your Location, Information.
  - b. Roster – View rGroup member information, view prospects, add or invite someone to your group, send an email to the rGroup.
  - c. Attendance – Check or Enter your attendance.
  - d. Prospects – See if you have anyone interested in joining your rGroup or invite someone to your rGroup.

### **rGroup Leader Website: <https://www.sdrock.com/ministries/rgroupsleaders/>**

- Home Page: (rGroups Facebook Updates)
- Current Study: Weekly Discussion Questions based on Sunday Sermon.
- Leader Resources: Discipleship Resources and more.
- Leader Training Video
- New Believers Curriculum (10 Week Study for New Believers)
- Manage Your rGroup: InFellowship Login
- Register Your rGroup: Add your rGroup to infellowship and 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 much more!!!)

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*QUICK TIP: Add the InFellowship app to your phone! It's real easy - just open the sign in page on your phone and then add to your home screen!*

*<https://sdrsanca.infellowship.com/UserLogin/Index?ReturnUrl=%2f>*

*It will create an app on your phone that is simple to use and you will have full access to your rGroups!*