

Life Groups – Resource Sheet 5

How do I facilitate a Life Group?

Bible

“After Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in the towns of Galilee.”

- *Matthew 11:1*

Details

As a leader, Jesus spent time doing life with his disciples, but he also took time to help them understand both the scriptures and his teaching in a small group setting. As Life Group leaders our role is to facilitate the group when it is gathered or delegate and coach another member to do this. To facilitate a group does not mean that you need to be a teacher nor that you have all the answers. The key to good group facilitation is being able to get the group discussing a topic naturally, as well as keeping the discussion on track.

A few basic starters:

Be prepared – Know which topic you are going to consider at the gathering and some basic thoughts or scriptures to go with it.

Ask open-ended questions, such as, “What do you think about ...?” and “How might the disciples have felt about ...?” Be careful not to ask questions that can be answered with yes, no or a single-word answer.

Bring the question back to the group rather than just giving answers – “What do others think about that?”

Don't be afraid of silence. It is ok for the group to pause on a question to think it through. Don't feel like you need to fill in the silence gap.

Be encouraging – ensure that people are still valued even if you disagree with their opinion or what they say is wrong.

An effective Life Group leader enables total participation in the group. This means that you will need to facilitate the extravert personalities so that they don't dominate and draw opinions out of the quieter group members too. Find ways to enable discussion on the topic that maintains focus. Ensure that the group has a takeaway application, such as a practical way to live out or share their faith with others.

Next Steps

Consider which area you can grow in when facilitating a group and intentionally seek to grow in this area. Chat with your Life Group pastor or seek out a Life Group coach to assist you in this. There are many YouTube videos on this topic too. Here is one to start you off:

3 ways to be more effective in Facilitating a Life Group

www.youtube.com/watch?v=Jl1YTBnwKqw