

CORE GROUPS

Core Group Meeting Outline

Each meeting will be a chance to connect about 2 main things:

- Sharing and Listening (choose one exercise per meeting)
- How can we pray for each other this week?

Core Group Sharing and Listening Exercises

Choose one exercise per meeting

Core Group Check-In

- What has God been showing you this month (practice of noticing)?
- What do you need to bring into the light (practice of vulnerability)?
- How can we best support you this month (practice of presence)?

Inputs/Outputs/Confessions

- Inputs: How are you feeding your soul right now?
- Outputs: How are you feeding others right now (discipling others/evangelism)?
- Confession: How are you feeding your flesh right now?
- Pray for the person who just shared.

Rhythms Discussion

- What rhythms do you have in place right now that you want to share/discuss (i.e. Time with God, Community/Relationships, Rest, Service and Hospitality, Generosity)? Could also be rhythms connected to your health, career, purpose or family/friendships.
- What about this is life-giving? What about this causes stress or irritation?
- What are barriers to my next step, and how will I navigate those?
- Pray for the person who just shared.

State of the Soul Sharing

- Start your core group by giving each person a chance to share the state of their soul (our soul really encompasses all that we are—our heart, body, mind, our thoughts, feelings and intentions). Notice what is going on in your soul—Is your soul longing, content, waiting, seeking, nourished, depleted, free, heavy, neglected, hopeless, anxious, fragile, strong, happy, loved, held, abandoned, ashamed, peaceful, trusting, numb, frayed, helpless, rested, known, resilient, vulnerable? What are you noticing about your soul and/or your relationship with God?
- Give each person a few minutes to share what word best describes the state of their soul, and why. In addition to sharing, this is a great chance to focus on your role as a listener (both listening to the person as well as to the Spirit in your time)--to be fully engaged, working against any distractions, to value listening over speaking and asking questions over giving advice.
- Pray for the person who just shared.