

Small Group Development Plan

Self-Care Plan

Instructions: As you do the Psalm 23 activity and reflect on spiritual practices to try, write some ideas in the blanks below. Then, put a checkmark next to the ones you want to focus on first!

Ways to...	Ideas
Manage stress	play volleyball with friends <input checked="" type="checkbox"/>
	grab dinner with my roommate <input type="checkbox"/>
	journal <input type="checkbox"/>
Connect with God	sing worship songs <input type="checkbox"/>
	reflect on familiar Bible verses <input checked="" type="checkbox"/>
	pray at my favorite hiking spot <input checked="" type="checkbox"/>
Care for physical health	exercise at the gym <input type="checkbox"/>
	get 7 hours of sleep <input type="checkbox"/>
	eat healthier snacks <input checked="" type="checkbox"/>

Topic	Ideas
People I can rely on for support	Corey (roommate) <input checked="" type="checkbox"/>
	Jesse (high school friend) <input type="checkbox"/>
	Dad <input checked="" type="checkbox"/>
People I look up to for leadership guidance	Paula (campus staff) <input checked="" type="checkbox"/>
	Daniel (pastor) <input type="checkbox"/>
	Alina (older sister) <input type="checkbox"/>
Spiritual practices I'd like to try	silence <input checked="" type="checkbox"/>
	confession <input type="checkbox"/>
	service <input type="checkbox"/>

Leadership Plan

HOST
Set up location, bring food, lead icebreaker



Instructions: Identify the role that feels the most natural to you. Then, put a checkmark by the role that you want to develop. Add notes to keep in mind as you wear multiple leadership hats!

- Make a snack sign-up sheet (and find out about allergies)
- Come up with a list of ice breakers to help people feel comfortable
- Reflect on what I can share more vulnerably in advance and share first
- Don't just settle for surface-level answers
- Pray throughout small group and be willing to adjust my plans
- Get feedback from Corey after small group ends

FACILITATOR
Keep the group moving along toward its goals, manage toward healthy discussions

SHEPHERD
Gather people to encounter Jesus, foster vulnerability, be sensitive to the Holy Spirit

My Small Group Plan: The 4 Essentials

Instructions: Write additional ideas as you go through other courses put a checkmark by ones you want to do with your group.

ENCOUNTER

Encounter God

- Study Scripture together
- Practice listening prayer
- Sing worship songs
- Sticky note prayer activity
- Intercessory prayer
- _____

EMPOWER

Empower people

- Affirm the good in others
- Invite potential leaders to "try on" one of the 3 leadership hats
- Debrief after and offer encouragement
- Write an encouragement note
- _____

EXPLORE

Explore what God is doing

- Do a network map activity
- Give a call to faith
- Serve the local community
- Prayer walk
- Regularly invite non-Christians
- _____

ESTABLISH

Establish rhythms of community

- Set a consistent meeting time
- Plan fun hangouts
- Plant a new small group
- Encourage group to be in contact
- _____
- _____

Small Group Development Plan



My Small Group Plan: The Schedule

Instructions: Now, take your ideas from the 4 Essentials and map it out to see what it could look like over the course of your time with your small group.

Date	Main Activity	Response Activity	Other Notes
9/1	share testimonies/stories	exchange contact info/ social media	remind group to invite others, esp non Christians
9/8	Mark 1:40-42	network map activity	special hangout on Saturday
9/15	Mark 6:31-43	listening prayer	keep reminding about inviting new people
9/22	Luke 19:1-10	call-to-faith	follow up with decisions, look for potential leaders
9/29	make care packages for the unhoused	debrief	announce this 2 weeks ahead
10/6	Matthew 14:22-33	sticky note prayer activity	invite others to lead parts of this
10/13	encouragement activity	read Psalm 121	let others lead parts of this
10/20	prayer and worship night	testimonies	start a new group?