

Sit Down Group

Share the Journey

THE GROUPS EXPLAINED

Purpose

The Sit Down with Jesus course is used by individuals, day by day. However, there is an optional extra. You may also form a Sit Down Group, and each week, share your experiences.

Members

Groups will have between three and 12 people. They meet online or face to face.

Begin

We recommend that you meet for the introductory pre-session *before* members commence the course.

Format

If your group meets via Zoom, we suggest this format:

1. 5-10 minutes with *Talk about Me*
2. 30-35 minutes with *Talk about the course*
3. 10 minutes for *Prayer*.

How to run

The idea is that members take turns asking the questions. But nobody should be pressured to ask.

Do the first session before individuals commence the course

I N T R O D U C T O R Y S E S S I O N

Talk about me

1. Let's share our names and say hi.
2. Where do you live now? Where have you lived most of your life?

Contract

Good groups have a contract. Every member commits to an agreement. Here are some principles for our group.

I will do my best to do *Sit Down with Jesus* every day.

I will do my best to join this group every week.

I will arrive on time.

I will not repeat outside the group anything said inside the group.

I will listen to others, and, unless asked, will not offer advice or help.

I will share honestly.

Will you commit to those principles?

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Talk about the course

1. Can you describe a memorable time when you prayed?
2. How would you describe the purpose of prayer?
3. What do you hope to receive from this course?
4. Over the next six weeks we will spend time with Jesus every day. What is your plan? When will you sit with him?

Pray

1. First let's all talk to God. Simply finish this sentence: I thank you Jesus for (You can pray more than once.)
2. Now let's ask him to help us in the coming weeks.