
NEWSLETTER

Ways To Energize Your Life Group

1. **Add a new person or couple**

If your group is beginning to feel very predictable and stale add a new couple. Or better yet, add an unbeliever. You might be surprised at the way they might benefit your group.



2. **Incorporate ice breakers/get acquainted games**

There are endless resources on the web offering different questions and games that facilitate adults getting to know each other better.

3. **Invite a special guest speaker**

There are numerous individuals in the church who are very knowledgeable on specific topics. Themes you might address are finances, prayer, evangelism, raising children, legal issues, decorating, etc..

4. **Change the format of meeting such as sub-groups for prayer time-women with women, men with men**

Often people are more comfortable sharing when the group is smaller and there are only men or women present.

5. **Consider having worship and communion together**

Great groups will normally combine a good balance of fun activities and structure. Worship times and/or communion can bring an important element to your group.

6. Share leadership duties

Consider asking someone else to open with an icebreaker or ask someone else to facilitate the group discussion.

7. Remember *Head-Heart-Hands*

Your lesson should have three goals; to impart new knowledge (Head), to inspire their faith and to motivate them (Heart), and to give them a practical way to apply the lesson (Hands)

8. Share an ethnic meal together

When groups meet for meals the atmosphere carries over into the discussion and provides a safe way to deepen the relationships. Going out to eat once or twice a year will also enlarge your experiences together.

9. Plan for one person or couple to share their story

The deeper the level of trust in a relationship the greater potential there is for personal transparency and receptiveness to the influence of others. The leader must model and determine the level of trust within the group.

Share who you are, how God has led and shaped your life.

What are your deepest pains, your greatest failures, or your highest hopes?

**10. Change the starting time, day, or length of the meeting**

Sometimes the group needs to reevaluate the day, time frame, or the topics they discuss. Seasons of life and schedules change so if people are struggling with attending your group, determine if another day or a time to meet would benefit everyone.