

# General Small Group Gathering Outline

(Inspired by Live Jesus Ministries, Bobby Moren, Ordinary Time, and Spiritual Mentorship Based Discipleship)

## PRAY (Start with God) – 10-20 min

This time is not about checking a box, but about creating a sacred space to encounter the Most Holy Trinity. **Real, honest, and meaningful prayer** should be encouraged, placing ourselves intentionally in God's presence. The mentor should model their regular prayer practices. Invite your mentees into those moments with you. Examples:

- **Eucharistic Adoration:** A powerful opportunity to simply be with Jesus.
- **Daily Prayer Formula:** Praise God, Thank God, Tell God You're Sorry, Ask God (Meditation)
- **The Sacrament of Reconciliation:** A grace-filled way to encounter healing through God's mercy.
- **Reflecting on Scripture:** Lectio Divina or Visio Divina
- **The Rosary or Divine Mercy Chaplet:** A great way to meditate on what God has done for us.

**Focus on Building Habits, Not Perfection:** The goal is to foster a consistent and personal prayer life, not to pray "perfectly."

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## CONNECT (Check In) – 25-50 min

This time is dedicated to fostering authentic relationships, building trust, and showing genuine care for one another. It's a chance to see and be seen, to listen and be heard. Ways to connect:

- **Meaningful Check-In Questions or Activities**
    - **Peaks & Pits:** "What have been the Peaks (highs/graces) and Pits (lows/thorns) in your life since our last small group?" (or other similar question)
  - Use one or two **LJM Starter/Going Deeper Questions** or the **YDisciple Connect Cards**.
  - Spend one small group together creating the best 15 connect questions they can think of. Then when you meet, pull two or three from a hat to use for your check in.
  - **Casual Hangouts:** Occasionally, mix things up with pizza, a game, or fun activity during the connect.
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## DISCUSS (Discipleship) – 20-40 min

This is where the mentor helps guide the group in reflecting on their relationship with God, identifying areas of growth, and offers encouragement and direction. The mentor during this step is to help mentees take an honest inventory of their spiritual lives and accompany them as they grow in faith and holiness. The mentor is also meant to help address everyday life questions that come up spontaneously at each gathering.

- *What word would you use to describe your relationship with God today and why did you choose that word?*
  - *In what ways have you encountered God since our last small group or lack thereof?*
  - *How are the active, committed, and intimate elements of your relationship with God?*
  - **5 Marks of a Disciple:** someone who **Prays, Follows, Studies, Evangelizes, Serves**
    - *Are you seeing growth or setbacks in any of these areas? (Occasionally, just focus on one)*
  - *Is there anything else going on in your life that you'd like to talk about with the group today?*
    - (Occasionally, utilize a one page discussion based curricula from the LJM website/mentor portal)
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## COMMIT (Next Steps) – 5-10 min

This time is for fostering accountability, and supporting one another through prayer and encouragement.

- *"What's one thing you can do to grow in faith / your relationship with God before our next small group?"*
  - Keep it **realistic and focused**. It should stretch, not stress.
- Invite mentees to pick a **book of the bible, memory verse from SCR's list** or a **virtue** to read/work on before the next small group. Offer discipleship challenges / work on the six areas for accountability over time. Encourage small, practical steps like praying daily, attending a daily Mass, or reaching out to someone in need. Follow up. Celebrate wins. Offer support and encouragement through struggles.

**End in Prayer:** Have each person share one prayer request. After someone shares, the next person prays for them. Continue around the circle until everyone has been prayed for.

**Less is more.** Your job is to hold the space, not fill it. Active listening is 80/20

**God converts.** You accompany.

**Remain consistent, patient, and joyful.** Teens grow when they feel safe and seen.