

General Small Group Gathering Outline

Spiritual Mentorship Based Discipleship

PRAY (Start with God) – 20 min

Create a sacred space to encounter the Most Holy Trinity. **Real, honest, and meaningful prayer** should be encouraged, placing ourselves intentionally in God's presence. Pray the way you love to pray with them, inviting your mentees into those moments with you.

- **Examples:** Eucharistic Adoration, The Rosary, The Divine Mercy Chaplet, The Sacraments, Reading Scripture (Lectio Divina), Visio Divina, Journaling, Litanies, The Our Father, The Creed, etc

Focus on genuine encounters with Our Lord. The goal is to foster a consistent and personal prayer life, not to pray "perfectly."

CONNECT (Check In) – 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) – 40 min

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. This is where the mentor leads the group in reflecting on their relationship with God, identifying areas of growth, and offers encouragement and direction. The mentor is also meant to help address everyday life and faith questions that come up, ready to customize content based on their current needs.

- *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)*
 - *Since we last met, have you had the chance to share about Jesus or the faith with anyone? If you did, did you take the opportunity, and if not, why not?*
 - *Are you currently struggling in areas of your life or faith right now that you want to give more attention too?*
 - *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) – 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 your faith / relationship with God before our next small group?"*
 - Keep it **realistic and focused**. It should stretch them, not stress them out.
- Offer discipleship challenges / work on the six discipleship areas for accountability over time. Encourage small, practical steps like praying daily, reading a particular book of the bible, practicing a virtue, etc.
- 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. Don't forget that God loves them way more than you will ever be able too.