

Facilitating An Activity-Based Life Group

Activity-based groups are an exciting new addition to our life group line-up at Epic! The goals of our activity-based groups remain consistent with our other groups -- they are a place where people are connected relationally with God and others, challenged to grow, and genuinely cared for.

The primary difference between Activity & Content-based groups is the CONTEXT in which our goals are achieved. This will take intentionality and creativity on the part of the leaders.

Activity-based groups at Epic should have these 3 components:

1. Ice breaker / Get-to-know-you time
2. Activity
3. Small Group Prayer

The following suggestions should help to establish a healthy group environment:

1. **Gather your group at the designated meeting place.** Leaders should:
 - Strongly encourage participants to arrive on time.
 - Clearly communicate *when* the group will begin the activity.
 - If your group is mobile, share the general course of activity. This will help members jump in smoothly if they are running late.
2. **Welcome group members and share any announcements.**
 - Clearly communicate the goal of the group: to foster relationships while engaging in healthy activity.
 - Members will be coming from a variety of backgrounds and skill-levels. It's important for leaders to regularly articulate and model that the primary goal is to **connect**, not **compete**.
 - Reiterate that this is not a platform for divisive competition or a forum to showcase individual skill.
3. **Begin with 15 minutes of hang-out time.**
 - Engage in a get-to-know-you game or ice-breaker.
 - Mobile groups are encouraged to facilitate this portion of the meeting at/near the designated meeting place.
4. **Engage in healthy activity together**
 - The leader's goal is to serve and set the pace for the group.
 - Encourage members to talk and interact as they go.
 - Set an example of positive self-talk and encouragement of group members.
5. **End your time together with prayer**

- Small group prayer is an important component of ALL of our life groups at Epic
- Allow ~15 minutes for group members to share prayer requests and pray for one another in groups of 3-4.

6. Communicate with groups members between gatherings

- Weekly emails will provide a recap of your previous meeting and any announcements for to the upcoming week

7. Plan for a group social and service-project

- Activity groups should set aside 1 week for a social-type activity (related or unrelated) to your weekly group activity
- Another week should be set aside for group members to serve together in some way