



THOMAS ROAD LIFE GROUP LEADER TRAINING



OUR MISSION:

TO CHANGE OUR WORLD
BY DEVELOPING
CHRIST-FOLLOWERS
WHO LOVE GOD AND
LOVE PEOPLE.



Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all things I have commanded you, and behold, I am with you always to the end of the age.

MATTHEW 28:19-20

WELCOME TO **LIFE GROUPS**

At TRBC, Life Groups are the place where healthy biblical communities are lived out on a weekly basis. Life Groups are the way our big church becomes small, by building friendships with other believers that help us grow in our faith and put into practice the core values of our church.

As you begin to lead a Life Group, you will be shepherding those in your group by representing Jesus Christ, as well as Thomas Road, to them. The purpose of every Life Group is to practice the six core values of Thomas Road so that every member will experience a greater knowledge of, and love for, God's Word; a greater dependence on prayer; a love for biblical community, a life of worship, spent joyfully

serving each other and their neighbors; and growth in their burden for sharing their faith with the lost around them who are in desperate need of a Savior.

There are a variety of Life Groups at Thomas Road: groups that meet in classrooms, homes, online groups, women's groups, men's groups, married groups, college and young adult groups. Regardless of when or where they meet, all groups are focused on Loving God, Loving People, and Changing Our World!

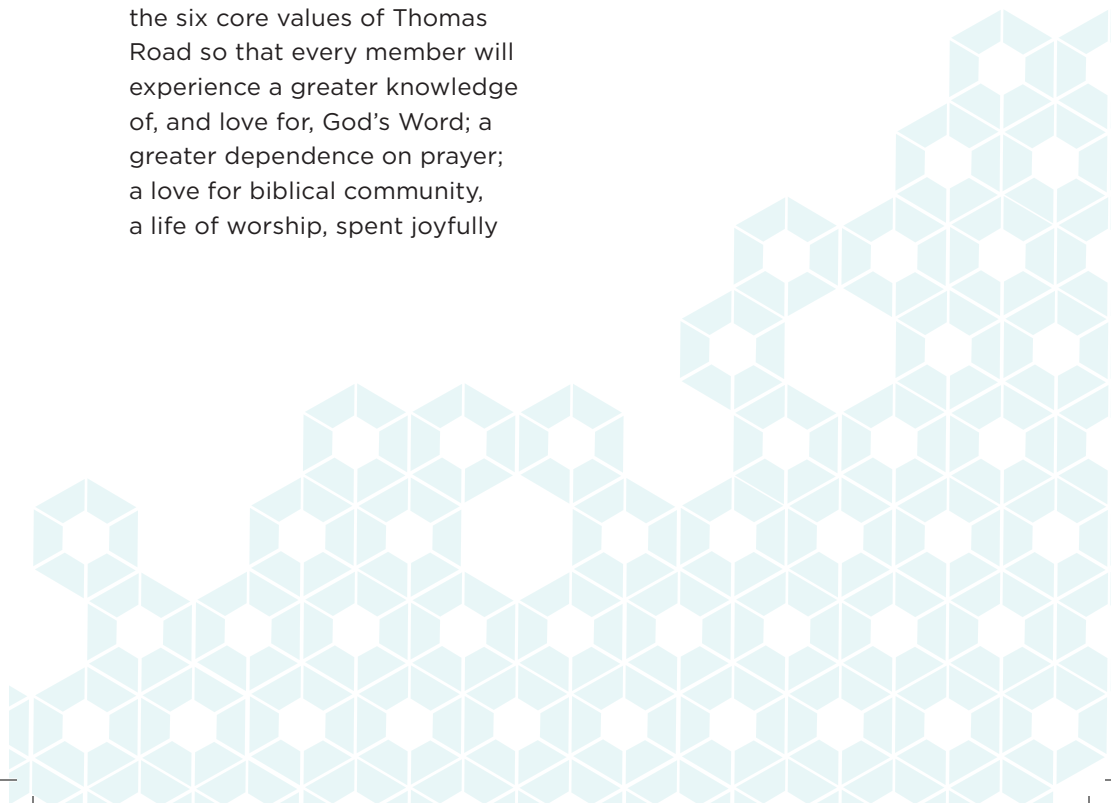


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FOUNDATIONS

WHAT IS A LIFE GROUP?

DEFINITION:

A community of people who are committed to regularly gathering and living out the six core values of our church.

PURPOSE:

Groups exist to make new disciples,
new leaders and new groups!

THE SIX CORE VALUES

OF THOMAS ROAD BAPTIST CHURCH



COMMITMENT TO SCRIPTURE

Life Groups are committed to accurately teaching Scripture and incorporating the truths of God's Word.



CULTURE OF PRAYER

Life groups are committed to integrating and modeling prayer in every group meeting by sharing and praying for each other's prayer needs and offering prayer for friends, relatives, co-workers, neighbors, and the lost.



LIFESTYLE OF WORSHIP

Life Groups are a place where a true lifestyle of worship—one that reflects and honors God in every moment, every decision, and every relationship – is encouraged and celebrated.



CONNECTION TO COMMUNITY

Life Groups are a place where deep, authentic relationships grow, where we are encouraged and where we encourage others, and a place where we practice the one-anothers of Scripture together.



HEART FOR SERVING

Life Groups are committed to serving one another in the body of Christ. The best way to do this is to discover and use your spiritual gifts to serve your group, each other, and the church.



PASSION FOR SHARING

Life Groups are committed to taking the gospel outside the walls of the church by compassionately serving our local communities and actively participating in missions around the world.

TRBC CORE TEACHINGS

WE BELIEVE, PRACTICE, AND TEACH THESE THINGS:

THE TRINITY

There is one God, infinite spirit, creator, and sustainer of all things, who exists eternally in three persons, God the Father, God the Son, and God the Holy Spirit. These three are one in essence but distinct in person and function.

GOD THE FATHER

The Father is the first person of the Trinity and the source of all that God is and does. From Him the Son is eternally generated and from Them the Spirit eternally proceeds. He is the designer of creation, the speaker of revelation, the author of redemption, and the sovereign of history.

GOD THE SON

The Lord Jesus Christ is the second person of the Trinity. Eternally begotten from the Father, He is God. He was conceived by the virgin Mary through a miracle of the Holy Spirit. He lives forever as perfect God and perfect man: two distinct natures inseparably united in one person.

GOD THE HOLY SPIRIT

The Holy Spirit is the third person of the Trinity, proceeding from the Father and Son and equal in deity. He is the giver of all life, active in the creating and ordering of the universe: He is the agent of inspiration and the new birth; He restrains sin and Satan; and He indwells and sanctifies all believers.

CREATION

All things were created by God. Angels were created as ministering agents, though some, under the leadership of Satan, fell from their sinless state to become agents of evil. The universe was created in six historical days and is continuously sustained by God; thus it both reflects His glory and reveals His truth. Human beings were directly created, not evolved, in the very image of God. As reasoning moral agents, they are responsible under God for understanding and governing themselves and the world.

INERRANCY OF SCRIPTURE

The Bible, both Old and New Testaments, though written by men, was supernaturally inspired by God so that all its words are the written true revelation of God, it is therefore inerrant in the originals and authoritative in all matters. It is to be understood by all through the illumination of the Holy Spirit, its meaning determined by the historical, grammatical, and literary use of the author's language, comparing Scripture with Scripture.

SIN

Adam, the first man, willfully disobeyed God, bringing sin and death into the world. As a result, all persons are sinners from conception, which is evidenced in their willful acts of sin. They are therefore subject to eternal punishment, under the just condemnation of a holy God.

HUMANITY

We affirm that God created humans as male and female in His image, and that life is to be respected and guarded from conception until natural death. As image bearers, they are responsible under God for understanding and governing themselves and the world. Adam, the first man, willfully disobeyed God having been tempted by Satan, bringing sin and death into the world. As a result, all persons are sinners separated from God due to their sin nature, which is evidenced in their willful acts of sin; and they are therefore subject to eternal punishment, under the just condemnation of a holy God.

MARRIAGE AND FAMILY

We affirm that marriage is designed and instituted by God to unite one natural-born man and one natural-born woman in a lifetime covenant with Him and each other. It exists to foster holy, intimate companionship; to serve as an illustration of the relationship between Jesus and His church; and to have and raise children in the faith.

SALVATION

Each person can be saved only through the work of Jesus Christ, through repentance of sin and by faith alone in Him as Savior. The believer is declared righteous, born again by the Holy Spirit, turned from sin, and assured of heaven.

THE CHURCH

We affirm that there is one church, the body and bride of Christ, and that it is expressed in local assemblies of baptized believers under the discipline of the Word of God and the lordship of Christ. Its mission is to glorify God by making disciples who love God and love people. It administers the ordinances of believer's baptism and the Lord's Supper. The church is led by pastors and deacons. It is self-governing and functions through the ministry of gifts given by the Holy Spirit to each member

SECOND COMING OF CHRIST

The return of Christ for all believers is imminent. It will be followed by seven years of great tribulation, and then the coming of Christ to establish His earthly kingdom for a thousand years. The unsaved will then be raised and judged according to their works and separated forever from God in hell along with Satan and his demons. The saved, having been raised, will live forever in heaven in fellowship with God and his holy angels.

TRBC MISSION

CHANGE OUR WORLD BY DEVELOPING CHRIST FOLLOWERS WHO LOVE GOD AND LOVE PEOPLE

WHAT IS A CHRIST FOLLOWER?

A Christ follower has received the **Gospel** and has been **baptized**. They have been **discipled** in the basic knowledge and practices of following Jesus and have become a **member** of a church family.

A Christ follower daily reads, studies, and meditates on **Scripture** personally, and weekly with a group. They **pray** daily personally and weekly with a group. They regularly participate in **Sunday** services and **give** financially.

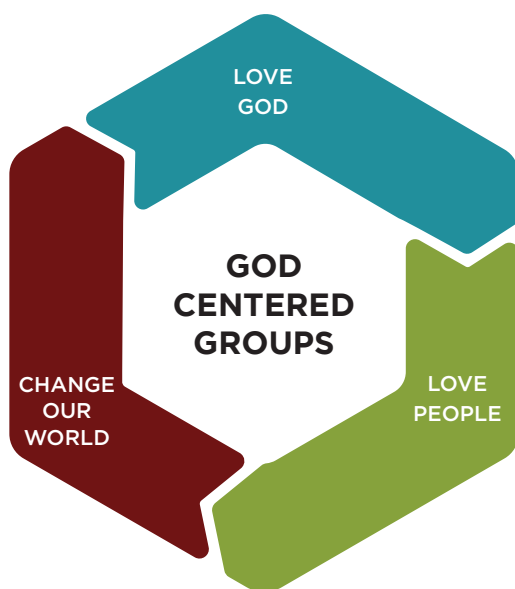
A Christ follower participates regularly in a **group**. They regularly use their gifts to **serve** their church family and community. They are praying for, inviting, and **sharing** the gospel to lost people regularly.

HOW DO I FOLLOW?

“JESUS PATH”

Steps	Objective	Activity
START		
1. Salvation	I've heard, understood, and accepted the gospel	
2. Baptism	I've been instructed, interviewed, and baptized	
3. Discipleship	I've been taught the knowledge and practices of following Jesus	START 1:1 / Class
4. Membership	I've become a member of the TRBC family	CONNECT Class
FOLLOW		
5. Scripture	I read, study, meditate Scripture daily personally and weekly with group	GROW Class (Study, Story, Believe) / Life Group
6. Prayer	I pray daily personally and weekly with a group	Life Group
7. Worship	I regularly participate in Sunday services and give financially	Sunday Service / Giving
8. Community	I'm connected to and participate regularly in a group	Life Group
9. Serving	I know and am using my gifts monthly on a TRBC team	GROW Class / Serve Team
10. Sharing	I'm regularly praying for, inviting, and telling the gospel to lost people	GROW Class

THREE RHYTHMS OF A GROUP





LOVE GOD

God desires “oneness” with Him. As we submit our hearts daily to God through worship, prayer, and meditation on His Word , we become transformed into His image. Can others see the fruit in our lives that is produced by abiding in Him?

DISCUSS WITH ONE ANOTHER:

- What is God teaching you from His Word?
- What spiritual wins can you or your family celebrate?
- What challenges are you facing?
- Let their responses, along with the Holy Spirit, be your guide as you encourage one another to abide in Christ.



LOVE PEOPLE

The call to share our lives together, and to live out the “one-anothers” in authentic, biblical community is not only essential for spiritual growth, but is also the means by which outsiders witness God’s love. (John 13:35).

IN ADDITION TO YOUR WEEKLY GATHERING:

- Commit to a monthly rhythm of food and fellowship for outsiders to witness God’s love in action.
- As a group, who are you praying for and befriending that may come for dinner or might like to serve with you?



CHANGE OUR WORLD

We have been entrusted with the ministry of reconciliation. That means we are called to be a blessing to others and to live out God's mission to seek and to save the lost.

ASK WEEKLY:

- What need has God placed in your path that the group is able to meet? Act on it!
- How can you develop a rhythm of serving monthly to show Christ's love in a tangible way?

G

GUIDED BY A LEADER

A group leader is someone who leads the lesson/discussion and sees to it that the goals of the group are being met. The leader also trains Apprentices and helps launch new groups. The leader meets with his/her coach on a regular basis.

R

REGULAR MEETING TIMES

Preferably weekly or twice a month. The goal is to meet often enough to get to know one another and recognize when someone is not connected or struggling.

O

OPEN GOD'S WORD

When the group meets, time is set aside to examine, read, and discuss God's Word either directly or through an approved curriculum.

U

UNITED IN SERVING

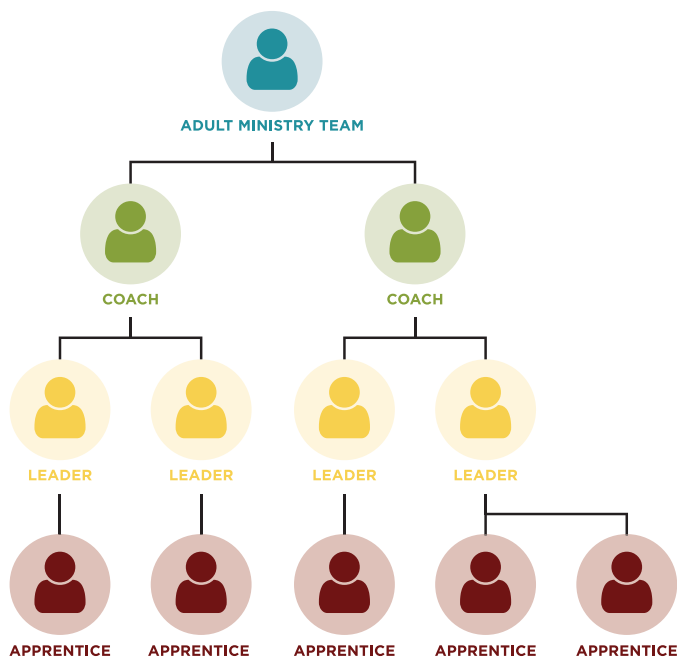
Jesus said that He did not come to be served but to serve. Groups need to focus on serving each other and the community. Select serving opportunities that embrace the group's giftings. Match gifts with serving opportunities.

P

PRAY FOR ONE ANOTHER

Set time aside for taking prayer requests. Also, pray for new people to come to the church or your group.

LIFE GROUP LEADERSHIP STRUCTURE



At Thomas Road, we have adopted a leadership structure to ensure the success of our leaders and teach them how to multiply.

As a leader, you will be matched with a coach who will encourage you, pray for you, and support you in your leadership role. Your coach will reach out to you on a monthly basis and meet with you in person quarterly.

An important part of leading your group is identifying leadership abilities in other people and cultivating those gifts.

Each leader is encouraged to select an Apprentice who can assist with the shepherding of the group and grow in their leadership abilities. Your Apprentice, in turn, will ideally start their own group within 12-18 months.

WHY LEAD A

Life Group?

Because you love God, love people, value community, have a desire to see others grow in their relationship with Christ, and feel called by God to serve in this way.

SCRIPTURE (ESV)

Acts 2:42-47

*“And they **devoted themselves** to the apostles’ **teaching** and the **fellowship**, to the **breaking of bread** and the **prayers**. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And **day by day**, attending the temple together and breaking bread **in their homes**, they received their food with glad and generous hearts, **praising God** and having favor with all the people. **And the Lord added to their number day by day those who were being saved.**”*

Matthew 28:19-20

*“**Go** therefore and **make disciples** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **teaching them** to observe all things I have commanded you. And behold, I am with you always to the end of the age.”*

Matthew 22:36-40

*“Teacher, which is the great commandment in the Law?” And he said to him, “**You shall love the Lord your God with all your heart and with all your soul and with all your mind.** This is the great and first commandment. And a second is like it: **You shall love your neighbor as yourself.** On these two commandments depend all the Law and the Prophets.”*

PRIMARY ROLES IN A LIFE GROUP

LIFE GROUP LEADER

SHEPHERDS THE GROUP

- Prays for group members daily
- Remains connected to God and His Word
- Contacts group members (as a group) on a weekly basis
- Contacts individual group members regularly
- Encourages group members to serve in church regularly and plans opportunities to get involved in the community
- Chooses curriculum and updates their coach
- Plans social activities for the group

PREPARES FOR GROWTH OF THE GROUP

- Selects at least one Apprentice (possibly two)
Who might be your Apprentice(s)?

- Trains the Apprentice and gives him/her opportunities to lead
- Leads the Life Group in growth planning and evangelistic efforts
- Guides the Life Group toward multiplication
- Invites new members regularly

PERFORMS OTHER TASKS

- Meets with his/her coach in person, quarterly
- Attends all training/equipping events
- Takes attendance weekly using Planning Center Online (PCO)

GROUP APPRENTICES

Group Apprentices are new leaders who are being prepared to lead a new group.

HOW TO SELECT & TRAIN AN APPRENTICE:

1. Pray that God would send and reveal your Apprentice.
2. Look for someone who is already in your group.
3. Look for someone who has a teachable spirit, servant's heart, and leadership abilities.
4. Share some responsibilities with him/her every week.
[ICE BREAKER](#) | [INTRODUCTION TO THE LESSON](#)
[PRAYER TIME](#) | [OUTREACH PROJECTS](#) | [LEADING THE LESSON](#)
5. Meet with your Apprentice before the group time.
6. Allow them to lead one lesson/discussion per month.
7. Encourage them to attend training sessions with you.
8. Help them to launch a new group.
9. Once the new group is launched, support them by checking in periodically.

OTHER GROUP ROLES YOU CAN INCORPORATE

These roles can be assigned to group members to help them utilize their spiritual gifts, feel valued in the group, have a sense of ownership and belonging in the group, and share the work so the leader is not carrying everything alone.

[Please note: These roles are not required to be filled and some will not apply to your group.]

ASK SOMEONE TO:

- Take attendance in PCO each week (they will need to be classified as a leader in PCO so that they have access)
- Lead the icebreaker portion of the group
- Lead the group's prayer time
- Coordinate childcare if needed
- Record & track the group's prayer requests and send prayer updates through email or a Life Group Facebook page
- Reach out to those who missed group
- Plan the group snack schedule
- Plan the group social events
- Plan the group outreach activities
- Host the group periodically (rotate homes)
- Lead the praise and worship time
- Facilitate the group discussion
- Pray about starting a new group in the future

THINK IT THROUGH



Who are two people that come to mind right now that you could approach about becoming an Apprentice?

What are two ways your new Life Group could serve the community and/or TRBC?

Who is someone who could plan the group's events and activities?

Who is someone who could lead the prayer time each week?

Who is someone who could record and share the group's prayer requests each week?

Who is someone who could take attendance for the group each week?

Who is someone who could lead the ice breaker portion of the gathering?

LIFE GROUP DNA

22

LIFE GROUP DNA

DNA acts as the building blocks of our genetic structure and determines who we will be and what we will look like. In the same way, Life Groups have their own unique building blocks, or “DNA,” that determines what they will look like and what their core values will be.



WHAT A LIFE GROUP MEETING LOOKS LIKE



HANG OUT (15 MINUTES)

- Welcome people as they arrive to your Life Group.
- Spend a few minutes making small talk. Get to know your Life Group members. Where are they from? What brought them to TRBC?



ICEBREAKER (15 MINUTES)

- Pick one of the ice breakers on page 35 and engage your Life Group in conversation.



DISCUSSION (30-50 MINUTES)

CHOOSE ONE OF THE FOLLOWING:

- Follow the Scripture-based format on the next page.
- Choose a teaching video series off of Right Now Media.
- Use the “**GroupTime**” sermon-based questions on the TRBC app.



CLOSING & PRAYER (5-15 MINUTES)

- Allow your conversation to reach a good landing point.
- Bring up logistics, i.e. any service projects, who's preparing next week's snack, etc.
- Discuss Mission/Outreach opportunities. Pray for lost friends and family to come to Christ.
- Take prayer requests from your Life Group members.

How to Study a Passage of Scripture with your Life Group

The Word of God is living and active, sharper than a two-edged sword, and profitable for teaching, reproof, correction, and training in righteousness.

HEBREWS 4:12 | 2 TIMOTHY 3:16

A key practice of growing believers is reading, studying, and applying Scripture together. Here is a sample format of what the discussion and prayer time can look like for your group.

Select a passage of Scripture, read the passage aloud, pray to ask the Holy Spirit to guide discussion, then follow these three steps:



1 | DISCOVER

What is the passage saying?

In other words, summarize the passage.



2 | LEARN

What is the passage teaching?

In other words, what does this teach about God and His character? About Christ and salvation? About human nature and behavior?



3 | APPLY

What is our response?

In other words, what is the Holy Spirit convicting us to do or change?

Consider incorporating the following questions based on our church mission statement. This could be done by breaking into smaller groups or allowing a few people to share. Remember, leaders who share with vulnerability and authenticity encourage group members to do the same.

LOVE GOD

How have I been responding to what God has been teaching me lately?

LOVE PEOPLE

How am I reflecting Jesus in my circles of influence – family, friends, co-workers – both to believers and non-believers?

How to Share Prayer Requests in a Group Setting

It can be very challenging to share prayer requests in a group setting. Some members feel the need to offer a lengthy back story before they get to their request. Some members share requests that border on gossip. Some members view prayer request time as a personal therapy session every week. Some members share multiple requests that may be better suited for their personal prayer time and not ideal for sharing in a group setting. While we don't want to dictate what prayer requests can or cannot be shared, it is ok to lead a prayer time with suggested guidelines in a Life Group setting. Always remember, in leadership, we can never underestimate the importance of modeling. The way you share your prayer requests can set the stage for how the group shares theirs.

Here are some suggestions for how you can structure a prayer time in a Life Group:

- Have members pray out their prayer requests aloud in popcorn prayer fashion.
- Ask members to find a partner (same gender), share requests, and pray for 5-7 minutes together.
- Share prayer requests aloud in a group setting, asking someone to record the requests and email them out to the group within 24 hours.

THIS TYPE OF SHARING CAN HAVE GUIDELINES:

- Please share brief requests that apply to people in your circle of influence (family, friends, coworkers, the non-believers). It's ok to put a time limit on it.
- Have members write prayer requests on 3x5 inch cards and trade with another group member to pray for those requests throughout the week until the next meeting.

HOW TO GROW YOUR LIFE GROUP



PRAY for new people on a weekly basis

- Use an empty chair every week to remind people that the group is open to growth.
- Use a marker board to write the names of the people you are praying for to invite to church or your group.
- Take time out of your group every week to pray for new members.



Use Sunday morning to **BE INTENTIONAL** about finding new people.



PAY ATTENTION to the start of a new sermon series and invite people at the start of every new series.



USE GROUP SUNDAYS to invite new people to your group.



SET MONTHLY/QUARTERLY GROWTH GOALS and prayerfully work to accomplish them.



CAST THE VISION on a regular basis to start a new group within the next 12-18 months.

Multiplying Your Group

Take Community Further

The Great Commission tells us to multiply. As your group grows together, you'll see people's gifts come to life. Recognize those with leadership potential and develop them as your Apprentice.

4 WAYS TO MULTIPLY WELL

1. **Begin with growth in mind:** Groups successfully multiply when they talk about it from the beginning. Take time early on to determine when your group will grow.
2. **Cast a Vision:** Talk about multiplication regularly throughout the life of your group.
3. **Identify & Develop Apprentices:** An apprentice communicates that you value multiplication.
4. **Anticipate Pushback:** Group members may resist multiplication because they love their group. Remind them that multiplication gives others the opportunity for community.

3 WAYS TO MULTIPLY YOUR LEADERSHIP

1. **Ask for Help:** Delegate tasks and get others participating to increase the ownership of the group. Some of your group members may love organizing meals, leading discussion, or planning outreach events.
2. **Allow others to lead:** Take a step back and allow someone in your group to lead the discussion from time to time. Their confidence will grow, and it prepares them to be a future leader.
3. **Set goals:** Identify an Apprentice, give them opportunities to lead and grow, then set a goal for them to start a Life Group of their own. New leaders are the best way to connect our congregation with the community.

GROUP GROUND RULES

A good family has spoken and unspoken expectations, and a healthy small group is no different. We all have different ideas, however, of what some call “common sense.” Lay out the ground rules in the first meeting. It’s good to establish a covenant later on to make the ground rules official, but in the very first meeting, it’s enough to cover the following:

1. **Be Here Physically.** Make attending the group a high priority and make every effort to be present.
2. **Be Here Emotionally and Spiritually.** Fully participate in the conversation and share what you really believe.
3. **Practice Respect and Mutual Consideration.** People don’t care how much you know until they know how much you care. Let’s demonstrate an appreciation for one another in the way we discuss different topics.
4. **Share Opinions and Convictions with Grace.** Some of us have very strong convictions. We can and should be true to those convictions, but let’s not mimic the cable news opinionators in the way we approach one another. Let’s season our conversations with grace.
5. **Leave Politics and Business Out.** Until you more fully know each other, avoid hot potatoes.
6. **The Bible Is the Ultimate Authority.** Experience, opinions, and popular culture have something to teach us, but the Word of God is the foundation of a healthy group.

Creating A Group Covenant

Every group needs a set of operating rules. The business term SOP (standard operating procedure) refers to agreed-upon principles by which an organization hits maximum potential. Marriages have them, too: on their wedding day, a couple enters into a legally (and spiritually) binding covenant with one another. Whatever you call it – SOP, covenant, agreement, ground rules – every small group needs a set of agreed-upon principles to be healthy. Without this, the group won't live up to its potential. After your group has met a few times, create a document with these ground rules. Some groups print out a copy for each member, some have the group members sign the covenant at their first meeting, and others just read the covenant from time to time.

Here are the big four covenant categories you'll need to cover:

1. **Commitment.** Establish clear expectations for how often the group meets, the length of the meetings, and the general “life expectancy” of the group.
2. **Confidentiality.** Make it clear to the group members that they can trust one another with sensitive information. Group members want to know that what is said in the group will stay within the group. This allows them to speak truthfully.
3. **Respect.** Communicate how important it is to treat one another with honor and dignity. Remind group members to treat each other as they want to be treated.
4. **Purpose.** Clarify what the group is trying to accomplish. Decide why the group is meeting and what outcomes are expected.



TEACHING & DISCIPLESHIP



MAP YOUR MISSION

We recommend new groups go through the Map Your Mission survey as individuals and discuss your results together as a group. Use it to identify some areas you can study together as a group.



Ask your group to visit **trbc.org/NEXT**
or **mym.trbc.org** to take the
Map Your Mission Survey.

- This assessment is anonymous. However, please ask your group to enter an email address when given the option at the beginning of the survey because they will receive an email with resources based on their responses to the survey.
- Please assure your group members that TRBC only uses the statistical data and does not track the individual.
- Ask your group members to bring their results with them to group times focused on Map Your Mission.
- Your group can most likely work through the sections in 3-4 meetings. Feel free to use the questions provided as your guide.
- Leaders have the ability to set the tone for their groups. Model a healthy discussion time by sharing your own areas of strengths and weaknesses with authenticity and vulnerability.
- As you work your way through each section, pay close attention to which areas they feel knowledgeable in and which areas they admit they need improvement in. This will help you select study topics and curriculum for your group in the future.

IN THE LOVE GOD SECTION, we assess how well we are **LOVING GOD** with all of our heart, soul, mind and strength.

STATEMENTS TO PERSONALLY CONSIDER:

1. I am walking daily in the power and under the control of the Holy Spirit
2. I am daily practicing personal holiness
3. I am regularly giving financially to God through the church
4. I am worshipping God by weekly participating in Sunday services
5. I am daily talking to and listening to God in prayer
6. I am daily reading, studying, and meditating on Scripture
7. I am daily obeying and practicing Scripture

DISCUSSION QUESTIONS

- How did you score in these areas?
- Are there any you don't understand?
- What does it mean to walk in the power and under the control of the Holy Spirit?
- Who can describe what it means to practice personal holiness?
- Would anyone like to share what their daily quiet time looks like? How do you choose what Scripture to read? Do you have a room or chair you always go to meet with God?
- Of these 7 areas we considered, what areas would you say you need to be more faithful?
- If several areas need improvement, that's ok. The Christian walk is a growing process. What are 2 areas that you can choose to focus on now?
- Who will hold you accountable as you begin or re-engage these spiritual habits?

IN THE LOVE PEOPLE SECTION,
we evaluated ourselves in how well we are
LOVING PEOPLE as Jesus has loved us.

THE STATEMENTS WE CONSIDERED WERE:

1. I am following Jesus with a specific group of people
2. I know my gifts and am using them to serve people in church and community
3. I am actively loving my family and working to help them follow Jesus
4. I am praying for and building relationships with non-believers
5. I am inviting people to hear the Gospel through church ministries
6. I am sharing my faith story verbally with non-believers
7. I am actively working to make new disciples

- How did you score in these areas?
- What area(s) needs the most improvement?
- Did any of the questions open your eyes to some areas of personal weakness?
- Have you met your neighbors? Do you have a relationship with them beyond friendly waves and hellos?
- Have you asked God to place you in the path of someone who needs to hear about Him?
- When was the last time you shared the Gospel with someone?
- Would you know how to share the Gospel?

SHARE YOUR TESTIMONY

Assign this simple homework project for the next group meeting. Have the members of your group prepare a brief testimony they can share with others.

AN EASY WAY TO THINK THROUGH THIS IS TO ASK THEM TO BRIEFLY DESCRIBE:

1. *Who I was before I gave my life to Jesus*
2. *How I gave my life to Jesus and what that looked like*
3. *What my life looks like now that I know Jesus*

Stress the simplicity of a testimony that can be shared in 2-3 minutes. Some people can get bogged down with an assignment like this and end up sharing their life story. It should be the kind of thing they're able to share with a stranger who comes across their path, or a co-worker they have brief interactions with each day. It's a starter conversation that can lead to a lengthier conversation if the door is open.

THEN WHAT?

Ask them to think through what they would say after they had the opportunity to share their salvation story with someone. It's one thing to simply share our story and another to be ready to lead someone to Christ, so they can craft their own testimony!

AT THE NEXT GATHERING,

Break into smaller groups and ask each person to share their testimony with their group.

Ask them to practice transitioning from sharing their own testimony to sharing the scriptures of the Romans Road or whatever Scriptures they might use to tell someone what the Bible says about salvation.

HERE'S WHAT THIS MOCK CONVERSATION

MIGHT LOOK LIKE:

Share my testimony

Ask, "Have you ever made a decision to give your life to Jesus?"

Ask, "Have you ever placed your faith in Jesus for salvation?" (There are so many different ways of making this transition.)

Ask, "Can I share with you what the Bible says about following Jesus?"

1

ROMANS 3:23 tells us, **"For all have sinned and fall short of the glory of God."** We have all sinned. We have all done things that are displeasing to God. There is no one who is innocent.

2

ROMANS 6:23 teaches us about the consequences of sin - **"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."** The punishment that we have earned for our sins is death. Not just physical death, but eternal death!

3

ROMANS 5:8 says, **"But God shows his love for us in that while we were still sinners, Christ died for us."** Jesus Christ died for us! Jesus' death paid for the price of our sins. Jesus' resurrection proves that God accepted Jesus' death as the payment for our sins.

4

ROMANS 10:9 “If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Because of Jesus’ death on our behalf, all we have to do is believe in Him, trusting His death as the payment for our sins - and we will be saved!

5

ROMANS 10:13 “For everyone who calls on the name of the Lord will be saved.” Jesus died to pay the penalty for our sins and rescue us from eternal death. Salvation, the forgiveness of sins, is available to anyone who will trust in Jesus Christ as their Lord and Savior.

?

Would you like to pray right now and believe in Jesus for your salvation?

HERE’S AN EXAMPLE OF THE KIND OF PRAYER YOU CAN PRAY

(or just let the person pray their prayer based on what they know/what they’ve learned. The prayer doesn’t save, our faith saves.)

“God, I know that I have sinned against you and am deserving of punishment. But Jesus Christ took the punishment that I deserve so that through faith in Him I could be forgiven. With your help, I place my trust in You for salvation. Thank You for Your wonderful grace and forgiveness - the gift of eternal life! Amen!”



How to Use the **START Book** with your group



5 WEEKS OF INSTRUCTION

Videos and digital copy of the book available at **trbc.org/START**

WEEK 1: NEW LIFE

Day 1: Read pages 6-13 (Starting a New Life with Christ at the Center)

Day 2: Read pages 14-23 (Being Confident in Christ through Baptism)

Day 3: Read pages 24-31 (Being a Part of God's Church)

Day 4: Read pages 32-43 (Understanding the Importance of Spiritual Disciplines)

Day 5: Read pages 44-55 (The Importance of Being in the Community of the Local Church)

Day 6: Read pages 56-58 (How to Better Understand Scripture)

AT LIFE GROUP: Discuss Salvation and discuss how the six core values fit into your Life Group.

WEEK 2: THE STORY OF SCRIPTURE

Day 1: Read pages 59-61 (Understanding the Creation Story in Scripture)

Day 2: Read pages 63-65 (Understanding the Patriarchal and Exodus Story in Scripture)

Day 3: Read pages 66-68 (Understanding the Conquest and Judges Story in Scripture)

Day 4: Read pages 69-71 (Understanding the United and Divided Kingdom Story in Scripture)

Day 5: Read pages 72-74 (Captivity Story of Scripture)

Day 6: Read pages 75-79 (New Testament Story of Scripture)

AT LIFE GROUP: Discuss how we can see God's redemptive story through the history of the Bible

WEEK 3: THE DOCTRINE OF CHRISTIANITY

Day 1: Read pages 80-86 (The Trinity)

Day 2: Read pages 87-94 (Jesus Christ and the Holy Spirit)

Day 3: Read pages 95-102 (The Bible and Salvation)

Day 4: Read pages 103-108 (The Church and Humanity)

Day 5: Read pages 109-118 (The Spirit
World and Heaven & Hell)

Day 6: Read pages 119-123 (End Times)

AT LIFE GROUP: Discuss questions that you have
about the doctrines discussed in the past weeks.

WEEK 4: PUTTING SPIRITUAL DISCIPLES INTO PRACTICE

Day 1: Read pages 126-129 (Living by Faith)

Day 2: Read pages 130-133 (How to Pray with Power)

Day 3: Read pages 134-137 (How to Overcome Failure)

Day 4: Read pages 138-144 (How to Forgive those Who
Hurt You)

Day 5: Review Book

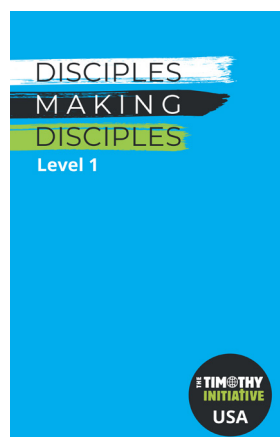
Day 6: Take time to pray, think about the things you have
learned, and write down your thoughts on everything you have
learned.

AT LIFE GROUP: Discuss the power that comes through
“walking the walk” as detailed in Part 3.

WEEK 5: Take time to pray and read your Bible every
day. Then, write down your thoughts, lessons you’ve
learned, or anything else you’ve experienced during
your week of creating or continuing this habit.

AT LIFE GROUP: Review the topics from the book that taught
you the most. Let the conversation guide you.

How to Use Disciples Making Disciples with your group



Disciples Making Disciples (DMD) is a discipleship manual designed to train, mobilize, and multiply disciples makers, so the Gospel will spread at a fast pace! The manual operates on the belief that *“every believer is a disciple and every disciple is called to be a disciple maker.”* A simple definition of a disciple maker is: “One who lives like Jesus and leads others to do the same” (DMD, 4).

Every member of your group will need their own copy of the Disciples Making Disciples book. There will be homework each week, including personal study, prayer, and interactions with people your group members can share the Gospel with.

The DMD book is divided up into 10 chapters.

It is best to plan at least 12 weeks to work through the book together with your group, allowing an introductory week, 10 weeks to go through the chapters together, and a final week of celebration and sharing “What’s next.”

Each chapter has a ‘Trainer’s Guide’ located immediately before the chapter begins. This guide will help you structure your group time, so you are able to briefly review the topics studied in the previous lesson, study today’s lesson, and look ahead.

During the group time, you will work through the chapter for that week. Each chapter includes group activities, group discussion questions, action steps and chapter journals.

WEEK 1

Encourage your group to read through pages 1-10 of Disciples Making Disciples (DMD) on their own. Take some time before you get into Chapter 1 to summarize these foundational pages with your group before you begin.

Chapter 1: The Spirit- Filled Christian Life | Pages 11-22

ACTION STEPS:

- Write “I will” statements in the chapter journal on page 21. Make sure to share your statement with the group/trainer each week so they can hold you accountable.
- Begin each day asking the Holy Spirit to fill you—to take control of your life.
- Memorize Acts 1:8.
- Read a chapter of Acts every day for the next 28 days.
- Ask the Holy Spirit to connect you with a pre-Christian this week. Actively try to identify who this person is. When you find this person, share with them how God’s love has changed your life. Be ready to report back to your trainer with whom you shared and what happened.
- Under the guidance of the Holy Spirit, begin to make a list of potential pre-Christians.

WEEK 2

Chapter 2: My Story | Pages 23-42

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- After you have prepared your story, pray, go, listen, and share! Take bold steps of faith! Ask for God’s passion to reach the lost. Ask the Holy Spirit to also lead you to pre-Christians.
- During the week: Intentionally share your story with at least one person from the list of names you made (and any other pre-Christians you encounter). Be ready to report back to your group/trainer with whom you shared your story and what happened.
- Communicate with your accountability partner your plans, including with whom, when, where, and how you will share your story this week.

WEEK 3

Chapter 3: God's Story | Pages 43-62

ACTION STEPS:

- Write new "I will" statements in your chapter journal. What will you do today and this week in response to God's voice?
- Continue praying daily for the people on your list.
- Begin memorizing the five verses in the Bridge Illustration from Romans.
- Share God's story with two to three people from your list this week. Try to use the 3 Circles or the Bridge Illustration when possible.

WEEK 4

Chapter 4: New Identity and Assurance of Salvation | Pages 63-78

ACTION STEPS:

- Write new "I will" statements in your chapter journal. What will you do today and this week in response to God's voice?
- Memorize two verses from this chapter that speak about your new identity in Christ.
- Review the passages in this chapter. Write out key statements of who you are and reflect on how they should affect your daily living.
- Begin living out your new identity:
 - Learn to hear God speaking to your heart and obey His voice.
 - Ask yourself: *"How can I honor God most in this moment? What is He calling me to do?"*



WEEK 5

Chapter 5: Living a Life of Prayer | Pages 79-90

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- Commit daily to a time of prayer and identify who will hold you accountable. Make sure to choose a specific time and place.
- Every day this week, follow the model of Jesus by making prayer a priority. Pray 7 minutes a day, 7 days a week, for 7 people on your list. Specifically pray for their salvation and continue to share your story and God’s story.
- Remember to take anything and everything to God in prayer at any time. There is no concern too small or need too large.
- Continue praying that God would connect you with pre-Christians and persons of peace (Luke 10) whom the Holy Spirit is drawing to Jesus. As He does, share your story and God’s story.

WEEK 6

Chapter 6: Learning to Feed Yourself | Pages 91-102

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- Study the Bible using the SOAPS Bible study method at least one time this week in your devotional time. Be prepared to share what you have learned and whom you shared it with next training. Make sure to follow through on your “I will” statements.
- Follow up with those you have been sharing with. Encourage anyone you lead to Christ to study Scripture with the SOAPS study method you learned in this chapter.
- Continue sharing your story and God’s story with at least two to three people this week. Be ready to report back on what happens.

WEEK 7

Chapter 7: A Daily Relationship with God | Pages 103-112

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- Are you willing to commit to a daily devotion? Identify who will encourage you and hold you accountable to your commitment. Encourage and challenge those you disciple to set a specific time and place when they will have a daily devotion. Show them how and hold them accountable to it!
- Remember to pray daily for God to lead you to pre-Christians. Also, continue sharing your story and God’s story with more people this week. Be prepared to report the results of your sharing with your trainer!

WEEK 8

Chapter 8: Discovery Bible Study | Pages 112-126

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- Prayerfully consider starting a Discovery Bible Study with those you are already discipling. Or, consider starting a study that will reach your friends, family, coworkers, and/or those with whom you have been praying to share your story and God’s story.
- If you start a Discovery Bible Study, invite anyone with whom you share your story or God’s story (even if you just met them) to join your group or someone else’s group from your Training Center to which they might be willing to go.
- Consider talking with someone else in your Training Center about starting a group together for synergy and mutual support and then multiplying later as the group grows.



WEEK 9

Week 9 | Chapter 9: God Our Heavenly Father | Pages 127-142

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- Complete the additional study for this chapter on God and His attributes.
- Share the truths you learn about God and His love in the additional study with someone who needs to hear them.
- Memorize John 3:16 or Titus 3:4-5.
- Continue sharing your story and God’s story with those on your list. Be ready to report back on what happened.

WEEK 10

Chapter 10: Life in the Church | Pages 143-154

ACTION STEPS:

- Write new “I will” statements in your chapter journal. What will you do today and this week in response to God’s voice?
- Follow the command of Jesus in baptism if you have not done so already.
- Begin or continue sacrificially giving.
- Begin or continue meeting together with those you have led to Christ. Encourage them to join your micro-church. Encourage them to obey the command of Christ and be baptized. For those willing and able, begin training them through this manual.
- Continue sharing your story and God’s story with at least two to three people each week. By now it is becoming part of your lifestyle and is something you can continue without even needing to be reminded. The goal is to get to that point!



LIFE GROUP ESSENTIALS

CREATING ATMOSPHERE

Make People Feel Welcome

As leaders, the small touches can make the difference between someone committing to a Life Group over the long haul and someone dropping out of a Life Group after one meeting. An inviting atmosphere is an important way to welcome group members.

Adjusting your living room's lighting or arranging the chairs in a circle in your classroom may not seem to have a direct effect on what your Life Group will be doing; however, it can be the tipping point that allows people to feel welcome, invited, and cared for in your group.



01 | SUGGESTION

Brew coffee or have cookies. Filling your house or class with a pleasant smell can make people feel at home. This is an unfamiliar setting for people, so anything you can do to welcome them is a bonus.



02 | SUGGESTION

Clean up your meeting space. Spending a few minutes picking up any loose items or trash will go a long way. Need help? Delegate to someone who can assist you.



03 | SUGGESTION

Provide enough seating for your group. It shows that you've prepared and makes people feel valued.



04 | SUGGESTION

Eliminate distractions like cell phones or noisy pets to help people engage. Schedule babysitting ahead of time. Your group hinges on discussion time, so do as much as you can to control the environment.



BREAKING THE ICE

Let's All Be Friends

Q What do you call it when Batman skips church?

A Christian Bale

If you've ever used that joke as an ice breaker, you probably owe someone an apology. But when it comes to your Life Group, icebreakers go a long way towards making people feel comfortable enough to open up in a meaningful conversation later during discussion.

1) TWO TRUTHS AND A LIE

Have everyone in the room take turns sharing three interesting facts about themselves: two that are true and one that is false. Let the group members take turns guessing, then let the group decide which one is a lie.

2) M&M'S

Place a bowl of M&M's around the group. Tell everyone to take at least one, but they can take as many as they want. Once everyone has their M&M's, everyone shares one interesting fact about themselves for each M&M they grabbed.

3) THIS PICTURE IS NOT TO SCALE

Ask everyone to draw a caricature of themselves that will help describe who they are. They might add a golf club if they love to golf or a convertible if they drive a convertible. However, they are to make the sizes of the different things in the picture reflect their importance with largest being the most important and the smallest being the least. After several minutes, share the masterpieces.

4) THIS WEEK IN SOCIAL MEDIA

Ask everyone to pull out their smartphone and find their latest, favorite post on their social media of choice. It could be theirs, a friend's, or a family member's. Have everyone share why it piques their interest.

LEADING A GREAT DISCUSSION

Time to Get Real

FACILITATE, NOT TEACH

The goal is to foster discussion, not to teach or lecture. Prioritize engagement over information.

ASK OPEN ENDED QUESTIONS

Open-ended questions require a thoughtful response. Ask questions like, “What do you think about...?” or “How do you feel about...?”

MINE FOR SUCCESS STORIES

God’s work in others’ lives encourages people, creates a positive atmosphere, and glorifies God in the process. Try asking, “Where have you seen God move in your life recently?”

ENCOURAGE PARTICIPATION

Be comfortable with silence, but it’s also okay to call on people. Ask an open-ended question and start with the person on your left. Go around the room so everyone answers.

MANAGE DIFFERENT PERSONALITIES

Every leader needs to steer, guide, and shepherd a mixture of personalities. The goal is to ensure that everyone feels valued and free to be themselves.

DEALING WITH DIFFICULT PEOPLE

01 | THE CONVERSATION DOMINATOR

Monopolizes the discussion and prayer requests; removes the chance for others to share, which forces everyone else to be quiet.

Give everyone two minutes or less to share. For quiet ones, encourage them after group time saying, “I appreciated what you shared tonight!”

02 | THE KNOW-IT-ALL

This person has good intentions, but this person always wants to fix problems. It can hinder the vulnerability of others who may just want to be heard.

Remind the group it is a safe, inviting place to share and to not overload people with fixes when they’re sharing.

03 | THE NON-VULNERABLE

Refraining from opening up by sharing only life’s “high points” can seem unintentionally “holier than thou” and uncommitted to the group.

Invest face-to-face time before group begins to ease them into opening up. Ask how they’re enjoying the group afterword or over coffee.

04 | THE COMPLAINER

Continually focuses on the negative. This person dampens the mood of a discussion and leaves people feeling discouraged.

It’s good to talk about problems and life’s low-points, but as the leader, remember to bring perspective and finish the night with encouragement.

05 | THE DISCUSSION DERAILER

When discussions are dominated by tangents, the focus is lost and can result in frustration for others in the group.

Get everyone’s attention and go to the next question. Splitting up into smaller groups (by two’s, by gender, etc.) helps move discussions along.



HELPING PEOPLE FIND the RIGHT GROUP

Finding a group can be a little like dating. Participants may come to your group and find that it is not the best fit for their current life stage. Encourage them to visit other groups to foster a better connection.



LIFE GROUPS ARE LISTED AT
trbc.org/groups

OR SUGGEST THEY CONTACT THE

Life Groups Director

shannon.forester@trbc.org

Or visit the Connect Wall on Sunday morning

WHEN PEOPLE FIND A GOOD FIT & TRUE COMMUNITY, WE ALL WIN!



EFFECTIVE USES OF PRAYER & ITS POWER

Prayer is the lifeblood of our relationship with God. It's what turns our cries for help into a supernatural transaction where God hears us and responds to our every need. One of the unique qualities that sets apart a group of Christians is their ability to unite in prayer and witness how it makes a difference in their lives.

1) PRAYER OUT LOUD

Help people establish good prayer habits by praying out loud with your Life Group. It can be uncomfortable for some, but challenging people to pray out loud will give them confidence in their prayer life outside of your Life Group.

2) PRAYER PARTNERS

Encourage your Life Group to pray for each other throughout the week by randomly assigning prayer partners at the end of your Life Group meeting.

3) SURROUND ONE ANOTHER

Every once in a while, have your entire Life Group surround one individual and pray over them at the end of your Life Group meeting.

4) GROUP PRAYER MESSAGES

Use Facebook, email, a group text or Planning Center for your Life Group members to share prayer requests with each other throughout the week.

BUILDING RELATIONSHIPS

The Courage to Trust

Meeting with your Life Group during your regularly scheduled meetings will provide stability as people begin to connect and grow their faith. However, your greatest ministry moments can happen outside of your regular Life Group meeting.

MEET OUTSIDE OF YOUR LIFE GROUP

A simple meeting over coffee or dinner shows your investment in their lives as friends, not just their leaders.

CELEBRATE LIFE EVENTS

Become aware of big events in your members' lives – birthdays, anniversaries, baby announcements, promotions, etc. Celebrate with them!

TEXT AND CALL PEOPLE REGULARLY

Invest in people's lives by consistently including them in yours.

STAY CONNECTED

Use social media, text, or email for members to connect during the week. It's a channel to share wins or struggles and organize meals in real time.

HAVE FUN TOGETHER

Breaking the norms is a way to refresh. Plan frequent fun – group dinners, ice cream, games, cookouts, or serve in the community together.

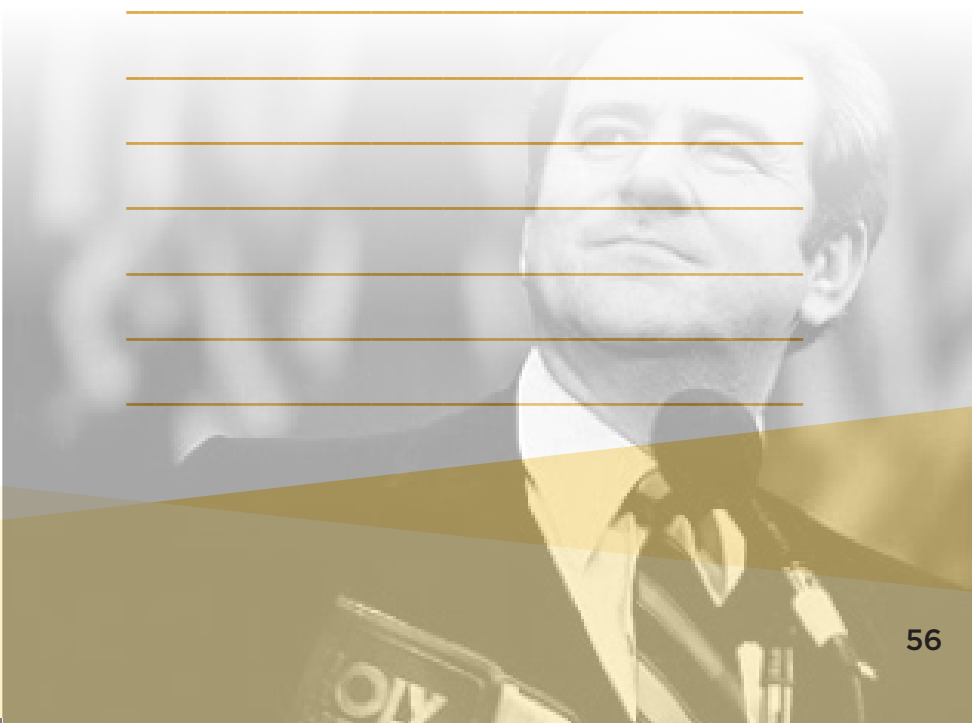
Vision & Commitment

VISION FOR YOUR GROUP

What is your vision for your group? What is your BHAG?

Many people know the term “BHAG”, which came from Dr. Jerry Falwell, founder of Thomas Road Baptist Church. This acronym stands for **B**ig **H**airy **A**udacious **G**oal – it’s the kind of goal or dream that only God can accomplish. Long before Thomas Road and Liberty University were the institutions that they are today, they were nothing more than grass covered hills Dr. Falwell walked and prayed over day after day. He remained focused on the vision God had burned in his heart. He audaciously prayed and believed for God-sized miracles to happen on this mountain.

Take a few moments to consider what BHAG God has in store for your Life Group and write it below:



PRAYER & REFLECTION

1) Pray for a vision God has for your group. What do you see God doing with your group over the next 6-12 months?

2) Pray that God would raise up an Apprentice for your group. Write down any names that come to mind as you pray.

- ---
- ---
- ---
- ---

3) Pray for the people who will attend your group & your ability to lead them. Reflect on how God has called you to lead now.

LIFE GROUP LEADER COVENANT

MORAL EXPECTATIONS

1. I believe in Jesus Christ as my personal Lord and Savior, have been baptized, and I am committed to maintaining an intimate, growing relationship with God through personal Bible study and prayer.
2. I will live a disciple-making lifestyle that supports and reflects the Mission and Six Core Values of Thomas Road Baptist Church.
3. I will be proactive in sharing my faith and encouraging my group members to do the same.
4. I am committed to striving for holiness in all areas of my life, including:
 - Areas of sexual integrity (remaining pure before marriage, honoring my spouse within marriage, abstaining from pornography, etc)
 - Glorifying God in my body (abstaining from alcohol, drugs, or anything that is permissible but not beneficial)
 - Pursuing healthy relationships (marriage, parenting, reputation in the community)
5. I will be above reproach in all social media and online interactions. I will abstain from using vulgar, condescending, argumentative, or un-Christlike language and will not post or share images or videos of the same. I will speak boldly of the name of Christ, but will not voice extreme or controversial views that degrade or devalue another human being.
6. I commit to prepare for Life Group gatherings and will lead by example in group discussions by sharing authentically with the group in order to build up the group's closeness and intimacy.

7. I will be available to members of my group in times of stress or need, to encourage them, to meet their specific needs. I will strive to build authentic relationships with those in my Life Group by showing care, providing encouragement, and praying for their needs. I will endeavor to handle conflict in the group with love and patience, but will contact the Adult Ministry team if needed.
8. I will do my part to keep the spirit of the group positive by silencing gossip with truth and avoiding a negative critical spirit. I will notify my Life Group Director or the Adult Ministries Pastor of situations within the group that require pastoral guidance or intervention.
9. I will prayerfully identify and train an Apprentice so that our group is ready for multiplication in the next 6-12 months.
10. I will attend Adult Ministry leader events and trainings.
11. I will record attendance in Planning Center Online (PCO) after every group gathering.
12. I will do my best to comply with the expectations of the role, seek clarification when necessary, and covenant together with the leadership of Thomas Road Baptist Church to honor this agreement.

LEADER RESPONSIBILITIES:

1. View leader line weekly
2. Take attendance in your class weekly
3. Attend LEAD events throughout the year
4. Go through the Connect Program and become a church member
5. Connect with your coach monthly
6. Participate or have a member represent your group at Group Sundays twice a year

If these commitments are not fulfilled, Adult Ministries has the authority to ask you to step down from your leadership role.

SCAN
this QR code to
acknowledge
that you've read
and understood
the leadership
covenant.



WHAT'S NEXT

WOMEN'S LIFE
LEADER TRAINING

MEN'S LIFE
LEADER TRAINING

TRYA LEADER
TRAINING

RESOURCES

RESOURCES

WHAT'S NEXT

60

WHAT'S NEXT
WHAT'S NEXT
WHAT'S NEXT

1



PCO

PCO is the online tool that will help you manage your groups.

2



Right Now Media Access

trbc.org/studies

Right Now Media is a digital streaming library for Bible study curriculum. Multiple authors, studies, topics, and trainings are available on the site. Many studies offer downloadable Leader Guides.



TRBC gives leaders free access to Right Now Media at the link above. We only ask that you recognize that not all studies are in line with our doctrinal statement, and you do a thorough job of previewing any study before going through it. Contact the Adult Ministries team if you have any questions or concerns about any study you would like to use. We'd love to help you preview it.

3



Leader Line

Leader Line is our weekly 2-3 minute video message sent by email to leaders every Thursday. Please make time to watch your video each week.

4



Get Matched with your Coach

Life Group Leaders are matched with a Coach for support, encouragement, and prayer.

5



MyTRBC App

Open the My TRBC app → Scroll to "Devotionals and Group Resources" → Scroll to "Group Time Devotional"



Group Time is a weekly group companion guide to the Sunday sermon that you can use for sermon-based lessons with your group.

6



LEAD (Leadership Equipping and Development)

Quarterly events to appreciate, encourage, train and equip leaders.

PLANNING CENTER ONLINE (PCO)



groups.planningcenteronline.com

App: Church Center

To help you manage your class roster, communications to your group, meetings & events, and record your weekly attendance, we will create your group in Planning Center and make you the leader of your group.

YOU'LL WANT TO:

Add members to your group.

You can also add visitors to the group if someone attends your group but has not yet attended regularly.

Currently, you are unable to delete members from your group or modify contact information for others. Please contact your Ministry Leader or Life Group Director to request the changes you need.

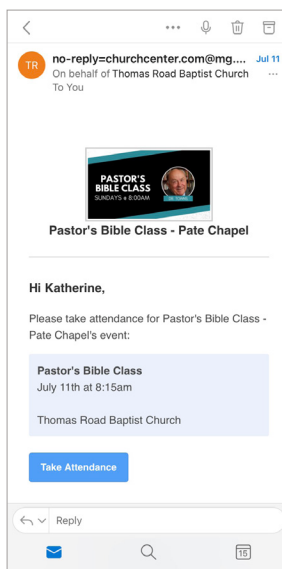
Tell Planning Center when you're meeting by creating a Group Event:

- A Group Event in Planning Center is a gathering of members either virtually or physically. This would include your weekly meeting as well as social events or serving events.
- Creating the Event allows Planning Center to send you the attendance request and automatically send reminders to your group members up to 10 days before the event.
- Events can be created to occur weekly, every other week, monthly, or yearly.
- Leaders can request an RSVP from group members to future events (initiated by leaders while logged in to Planning Center).

HOW TO TAKE ATTENDANCE ON YOUR PHONE:

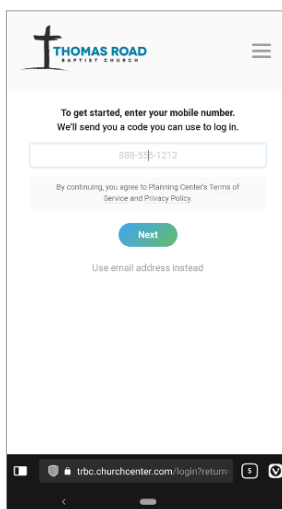
**This is a
screenshot of the
email you will
receive about 10
minutes before
your event begins.**

Click the blue box to
open your group's
attendance record in your
Church Center App.



**Log in to
church center**

(if directed, it may take you
directly to the next screen).



Mark who is in attendance at your group.

When attendance is completed, click Submit in the upper right hand corner.

8:48 AM Outlook

Cancel Take Attendance Submit

JUL 11 Pastor's Bible Class
Sunday - Monday, 8:15am-9:30am

☐	AH	Alycia Hugo Member
☐	BC	Barbara Campbell Member
☐	BG	Barbara Gray Member
☐	BB	Barry Bennett Member
☐	BA	Bill Acors Member
☐	BG	Billy Gray Member
☒	BF	Brenda Ferguson Member
☐	BM	Brenda Meeks Member

Need to add a Visitor?

At the very end of your roster, there is a blue link that says, "Looking to add someone?"

Click it and enter the contact information for your visitor or new group member.

8:48 AM Outlook

Cancel Take Attendance Submit

JUL 11 Pastor's Bible Class
Sunday - Monday, 8:15am-9:30am

☐	TM	Timothy Mayberry Member
☐	TC	Tim Conrad Member
☒		Toni Gryder Leader
☒	VG	Vahe Geukgeuzian Member
☐	VH	Valerie Haldren Member
☐	VE	Vicky Edwards Member
☒	WG	Wallace Grosvenor Member
☐	WS	Wanda Seaman Member
☐		Yvette Simmer Member

[Looking to add someone?](#)

You can also take attendance by logging in to Planning Center at groups.planningcenteronline.com

- In the Events tab, you will see all past, current, and future events.
- For Past Events, you can enter attendance or request past attendance from leaders. We can also use this feature to remind you to record attendance if it is forgotten.
- For future events, you can request RSVP from all members (including leaders).

GROUP SUNDAYS

Group Sundays are church-wide events designed to connect people to Life Groups! We offer these connection opportunities about twice a year as a way for people to find their place in community at Thomas Road.

Leaders will either represent their group during each service or select a representative for their group. Time will be set aside during each service to encourage people to browse the groups, talk with leaders/representatives, and take the first step to join a group.

We will have a training meeting about an hour before the event to be sure all leaders/group representatives hear the same vision, know what to expect, and know how to get people connected.

Then, the day of the event, you'll stand by your table with a big, welcoming smile on your face and briefly interact with people interested in plugging into a group. If they want to visit your group, you'll have them fill out the required form to capture their information.

You'll contact each potential new member before your next group meeting and remind them when and where you meet and help them feel comfortable.

You'll also prepare your existing group to be welcoming, hospitable, and expecting growth.

After the meeting, you'll reach out to the potential new group members and follow-up with their visit. The main goal is to see them get connected, whether to your group or another one. If your group wasn't the best fit for any reason, that's ok! You'll direct them back to the Connect Wall, the groups webpage (trbc.org/groups) or the Life Groups Director for assistance finding the right fit.

WOMEN'S TABLE LEADER TRAINING

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WOMEN'S LIFE GROUPS

Thomas Road Women's Life Groups

Women's Life offers short-term and on-going groups for various stages of life including: married, single, divorced and widowed. We were created for community.

There are a variety of groups offered in Women's life:

WIDOW LIFE

This group is offered to women of all ages that have lost their spouse. They meet once a month to develop relationships to support their emotional, spiritual and physical needs. This is led by a staff member, along with a team of leaders who have experienced being a widow themselves.

HELLO LYNCHBURG

This group is offered to women of all ages that are new to the Lynchburg area and are looking for connection. Led by a leadership team, this group meets every other week from September – March.

FLOURISH

This group is offered to women of all ages that are looking to study the Word of God through various Bible studies. While many groups make up our bible study programs, each group is led by a Women's Life leader trained in the study.

MOM LIFE

This group is offered to expecting moms and moms of any age with children from birth to second grade who are looking for connection and support from other moms on the journey of motherhood. This group meets twice a month and is led by a leadership team of young and seasoned moms.

SINGLE MOM LIFE

This group is offered to any single mom that desires love, support and encouragement in parenting alone. This group meets weekly for a Bible study led by a seasoned Women's Life leader from September – May.

SINGLE WOMEN'S LIFE

This unique group is for single women of all ages, whether you have been single for a while or newly single, you are welcome here. This group meets once a month and is led by a team of Women's Life leaders.

HOW WE EQUIP

Every women's life group Leader is provided with consistent coaching and training.

- Leader training event called "The Gathering"
- On-going leader training
- Training for how to use Planning Center for your groups
- On-going coaching



WOMEN'S LIFE

BIBLE STUDY TABLE
LEADER TRAINING**Mission:**

Build caring and trusting friendships with women, providing acceptance, love and encouragement. Offer emotional support and an avenue for spiritual growth within your group.

"You didn't choose me, I chose you. I appointed you to go and produce fruit that will last, so that the Father will give you whatever you ask for, using my name."

JOHN 15:16

QUALITIES OF A LEADER:

- Spiritually mature and is continually seeking spiritual growth.
- Has a lifestyle of prayer.
- Embodies a servant-leader mindset.
- Communicates enthusiasm and positivity.
- Outreach-focused.
- Has a warm, welcoming personality that seeks friendships with other women.
- Welcoming to all women—not judgmental or have a clique mindset.
- Listens to women and is intuitive regarding emotions and non-verbal cues.
- Delegates responsibilities to others—this leads to group ownership and members investing in the group.

EXPECTATIONS OF A LEADER:

- Be on time
- Be prepared
- Touch base with your ladies
- Specifically pray for your ladies
- Connect the group socially
- Seek guidance from your coach
- Be mindful of rising leaders
- Challenge group members

WOMEN'S LIFE

BIBLE STUDY COACH

Mission: Builds relationships and exercises leadership with women in her coaching sphere.	C CULTIVATES a personal relationship with God and with those in their coaching sphere.	O OVERSEES 2-5 small group leaders as her primary church ministry.
A ADVANCES her church's Life Groups vision and strategy by regular communication and active implementation	C CONSULTS weekly with those under her care—listening, advising, praying, encouraging, training, troubleshooting and supporting.	H HELPS current small group leaders identify and train the next generation of leaders.

EXPECTATIONS OF A COACH:

- Communicates regularly and effectively.
- Be on time.
- Communicate vision, goals, and plans to leaders to ensure their success.
- Assist leaders in recruiting Apprentices.
- Schedules time on your calendar weekly to touch base with your ladies.
- Set aside a specific time to pray for your coaching group.
- Connect outside of Bible study time.
- Actively build relationships with your leaders to gain rapport.
- Visit a new table each week to build relationships with the women in your coaching circle.
- Be willing to challenge group leaders to go deeper in their spiritual growth and to keep their table members accountable.
- Report to leadership any praises, problems, issues, or concerns.

LEADER'S TRAINING

WOMEN'S TABLE

LEADER'S TRAINING

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MEN'S TABLE LEADER TRAINING

MEN'S TABLE

LEADER TRAINING

MEN'S TABLE

LEADER TRAINING

MEN'S LIFE

TRAINING GUIDE

WHAT IS A TABLE GROUP?

It's a small gathering of followers of Christ meeting at a table or in our community. They are facilitated by a leader who is pointing them to Jesus Christ and modeling it for the group. We get this model from the early church.

Luke describes this type of group in Acts 2:42-47, and throughout years of church history, the value of these groups hasn't changed. At our church, you'll find the same healthy, independently functioning, leader-facilitated, small groups of people that Luke wrote about over 2,000 years ago.

HOW WE SELECT LEADERS:

- **Christ** – What is his relationship with Christ?
- **Character** – What is his character?
- **Calling** – What is God's calling on his life?
- **Creed** – How does he align with our core doctrines?
- **Competency** – Does he have the gifts, skills, for this role?
- **Chemistry** – Does he fit our leadership culture?

THREE ELEMENTS OF A HEALTHY TABLE GROUP:

- **Relationships** – Meaningful relationships develop, and the group learns how to support and take care of each other.
- **Growth** – As men become more of who God made them to be, they challenge, inspire, and encourage growth in the lives of the other men in the group.
- **Community Impact** – Groups influence their community by taking it upon themselves to bring about restoration and nurture long-term relationships that develop others.

TABLE LEADERS ARE THE HEARTBEAT OF MEN'S LIFE:

- Shepherding your table of men will have an eternal impact, not only on the lives of the men at your table, but you will help strengthen their families. This will in turn impact our community for the Gospel.
- You are a pacesetter for our church and are responsible to reach out to lost men, build up, train, and send out.
- Your leadership will create lasting life change in men and in our community. A changed life begins on Sunday, but it's only in community with others where the process of lasting change occurs. It is when your table or group engages in long-term relationships that life transformation happens through the Gospel.

EXPECTATIONS OF A TABLE LEADER

- Be on time
- Stay in contact with your men throughout the week
- Specifically pray for your men
- Connect with them outside of your meeting time
- Seek guidance from your coach
- Be looking for an Apprentice in your table or group
- Challenge the men each week

TR MENS LIFE CODE

1. PROMOTE GOD'S WORD AS THE PRIMARY BLUEPRINT.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." **2 TIMOTHY 3:16**

2. PROMOTE WHY EACH MAN SHOULD BE INVESTING IN KINGDOM WORK OVER EVERYTHING ELSE!

"Yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes." **JAMES 4:14**

"Making the best use of the time, because the days are evil." **EPHESIANS 5:16**

3. PROMOTE THAT EVERY MAN HAS A MISSION THEY ARE CALLED TO ACCOMPLISH IN THEIR CITY.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." **MATTHEW 28:19**

"How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, 'Your God reigns'" **ISAIAH 52:7**

4. PROMOTE THAT EVERY HUSBAND AND FATHER SHOULD BE THEIR FAMILY'S PRIMARY SPIRITUAL LEADER.

"Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love" **1 CORINTHIANS 16:13-14**





WHAT'S NEXT

WOMEN'S LIFE
LEADER TRAINING



MEN'S LIFE
LEADER TRAINING

TRYA LEADER
TRAINING

RESOURCES

RESOURCES

RESOURCES

Counseling

The Care & Counseling team at Thomas Road provides various resources such as facilitating care, support and recovery groups, offering Christian Counseling, providing Crisis Care support, and conducting pre-marital counseling. For more information, please visit trbc.org/care or call 434-592-5630 to reach their office.

Elim Home

Located in Madison heights, VA, the Elim Home is a free, 8-week, residential program for men battling drug and alcohol addiction. For more information, check out elimhome.org.

Foster and Adoption

Thomas Road Foster and Adoption offers various resources to help connect families with resources to help best care for the children they take in. The resource center, located in the Fort Hill Shopping Center, accepts donations and is always looking for volunteers. For more information, check out trbc.org/foster-and-adoption

Food for Thought

Thomas Road partners with various local mission programs throughout the community. Food for thought is one of those partners that we work with closely. Here's how it works: Volunteers pack bags of food that contain child-friendly, nutritious, non-perishable, easy-to-prepare meals and snacks. Then they deliver them each week to schools and other sites for distribution on Friday afternoons. They are always looking for volunteers! Check out parkviewmission.org

Missions contact

To learn about more the other local mission partners we have at Thomas Road, please email missions@trbc.org.

Children's Ministry and Thomas Road Students

Children's Ministry at Thomas Road has a variety of resources to offer! From preschool through elementary – they provide programs that encourage your children to grow closer to Jesus. These programs are available on Sundays and Wednesday nights when Life Groups are meeting. They also offer "Replay," a ministry for children whose parents both attend a service and a life group on Sundays. For more information on this, check out trbc.org/kids.

Thomas Road Students, or TRS, has programming on Wednesday and Sunday nights for all middle school and high schoolers. They are welcome to join in for food, fellowship, a service made just for them, and life groups. For more information, check out trbc.org/students.

Spanish Church

Thomas Road en Español meets at 11:00am in Pate Chapel. Through Adult Ministries, they also offer Life Groups that are specifically targeted for those who speak Spanish! For more information, check out somotrbc.org.

Special Needs Ministries

Thomas Road desires for kids, students, and independent adults with challenges to learn and grow in Christ and community. The goal is that the special needs individuals in your family may find a place to belong while you attend the Worship Service or an adult life group. Our team provides one-on-one moments to each child/teen during our service time. Check out trbc.org/specialneeds for more information.

Adult Ministries Contact Information

Life Groups Coordinator: hope.terry@trbc.org

Adult Ministries Administrative Assistant: kayleigh.funk@trbc.org

Life Groups Director: shannon.forester@trbc.org

Adult Ministries Pastor: luis.nodal@trbc.org

Room Reservations: Contact hope.terry@trbc.org

TR VOLUNTEER SAFETY PLAN

Medical Emergency

In the event of an injury requiring professional medical attention, here is the expected flow of communication. (Have these contacts stored in your cell phone.)

- Lynchburg 911 Response – 911 – should be contacted first in cases of obvious extreme injury.
- LUPD Emergency – (434) 592-3911
- Contact person's emergency contact (if a minor).
- Contact immediate supervising staff member

Active Threat

To provide safety, TRBC maintains a law enforcement presence for all Sunday and Wednesday night programming. Should there be a threat in the building, we respond to this threat by "RUN, HIDE, FIGHT." Listen to any instructions given by the LU Emergency Warning System.

- **RUN** – If a threat has been identified and there is clear path to exit the building, leaders should help children and students RUN from the facility, OUTSIDE. Gather at a safe location away from the building and contact a staff member via phone.
- **HIDE** – Should the threat be close enough that running is not safe, then the appropriate action is to shut locked doors and hide. (We keep all doors "locked and propped" so that they can quickly be secured to prevent entrance to our ministry areas). Keep your distance, keep the group out of the line of sight, and stay quiet. Stay in place until given a clear order from law enforcement or staff.
- **FIGHT** – When a threat is imminent, the correct response is to fight using all means necessary to eliminate the threat and to protect children.

Weather

Listen to any instructions given by the LU Emergency Warning System. Follow your staff supervisor with any instructions for sheltering in the facility during a weather-related emergency. Designated

Shelter Area: offices/rooms that have no windows on the ground floor of the building. Stay with your group and help students stay calm, accounted for, and safe. All outdoor activities will be canceled during any weather/lightning threat until the threat has passed. Ministry event status will be decided/communicated after consideration of weather warnings/forecasts.

Fire

Exit the facility quickly and calmly with your group, following the Fire Plan maps in each room by the exit door. Leaders should follow all fire procedures outlined by staff. Listen to any instructions given by the LU Emergency Warning System.

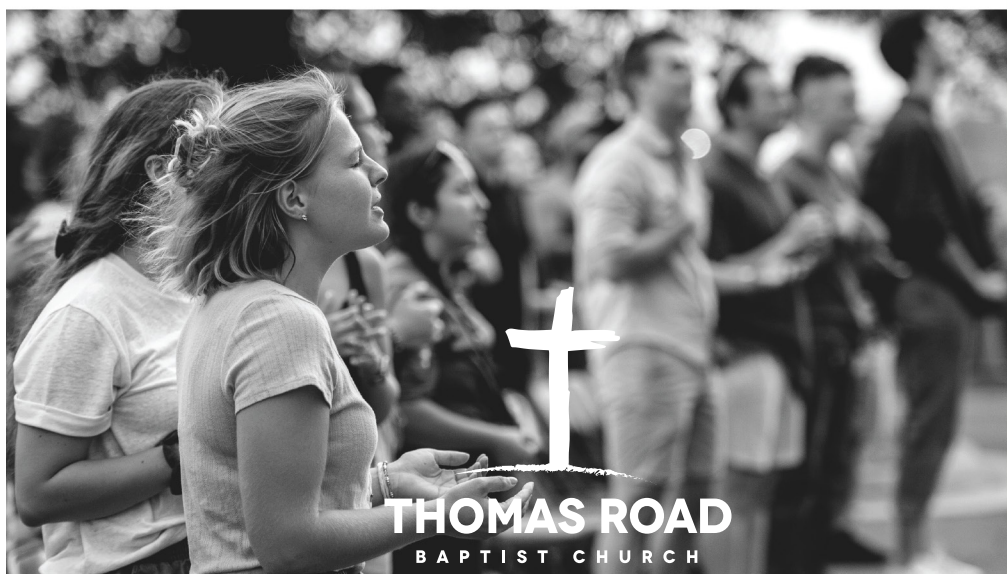
Adult Ministries Contact Information

LUPD Emergency: (434) 592-3911

LUPD Non-Emergency: (434) 592-7641

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THOMAS ROAD
BAPTIST CHURCH

TRBC.ORG/ADULTS

