

## **GROWTH RHYTHMS FOR GROUPS AND INDIVIDUALS**

A short overview with examples.



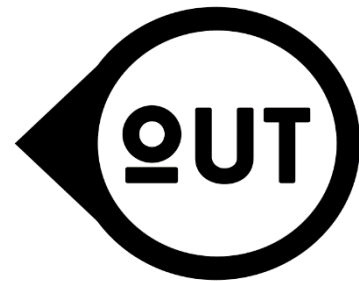
## **GROUP**

The basic idea of “UP” is adoration and magnification of God. Worship our fuel and a healthy group should have moments of worship apart from the weekly main service. On the group level, this can be anything from allowing a weekly house gathering to occasionally be displaced by singing times or it can be more creative and take the shape of your monthly event in attending and upwards focused event together.



## **GROUP**

With the “IN” focus we’re dealing with the inner life of the believer. Groups can facilitate this through discussions on the sermon topics, but they can give extra emphasis to this aspect, from time to time, through extended times of prayer and retreats.



## **GROUP**

When it comes to “OUT,” the whole idea is making contact with those who are not a part of our Church community. Our ultimate goal is to see people embrace the Gospel and become healthy participants in discipleship, but for that to happen, there needs to be an initial point of contact. Out is the point of contact where that can begin. This can be as simple as having the group talk to those neighboring your house gathering or it can be going out and setting up events that interact with our community with an eye for building relationships and giving further invitation to individuals to enter the life of the house group or church.



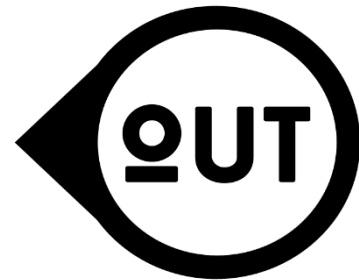
## INDIVIDUAL

“UP” for the individual is their personal life of worship outside the group. Helping members of the house find weekly rhythms of personal worship may be as simple as connecting them to quality source of Christian music or guiding them in prayer habits of praise via journaling or other methods.



## INDIVIDUAL

The individual side of “IN” doesn’t have to be completely solitary, though it often may be. Encourage every member of the group to be in a discipling pair or accountability partner relationship, as well as help them to establish a personal devotional routine.



## INDIVIDUAL

While group “OUT” is exiting and allows for disciplined input on how to do it, the witness of the church must flow through individual members making an effort to reach the lost. This should include two aspects – helping them plan to reach and invite those who are in their sphere of influence, as well as helping them overcome the tendency towards cloistering and become capable of reaching out to strangers in our communities. This may require equipping them with resources for invite (church handouts, tracts, etc.) as well as personal evangelism skills that can be gained through conferences or just joint practice with other individual group members.

**HOUSE NAME:** \_\_\_\_\_ **DATES:** \_\_\_\_\_ **TO** \_\_\_\_\_

*Member's Individual Applications:*

1. **NAME:** \_\_\_\_\_

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**NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_

2. **NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_

3. **NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_

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5. **NAME:** \_\_\_\_\_

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8. **NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_

**HOUSE NAME:** \_\_\_\_\_ **DATES:** \_\_\_\_\_ **TO** \_\_\_\_\_

*Member's Individual Applications:*

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11. **NAME:** \_\_\_\_\_

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13. **NAME:** \_\_\_\_\_

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16. **NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_

**HOUSE NAME:** \_\_\_\_\_ **DATES:** \_\_\_\_\_ **TO** \_\_\_\_\_

*Member's Individual Applications:*

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18. **NAME:** \_\_\_\_\_

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19. **NAME:** \_\_\_\_\_

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21. **NAME:** \_\_\_\_\_

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22. **NAME:** \_\_\_\_\_

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23. **NAME:** \_\_\_\_\_

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24. **NAME:** \_\_\_\_\_

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**IN:**

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**HOUSE NAME:** \_\_\_\_\_ **DATES:** \_\_\_\_\_ **TO** \_\_\_\_\_

*Member's Individual Applications:*

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**NAME:** \_\_\_\_\_

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**26. NAME:** \_\_\_\_\_

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**27. NAME:** \_\_\_\_\_

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**28. NAME:** \_\_\_\_\_

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**29. NAME:** \_\_\_\_\_

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**30. NAME:** \_\_\_\_\_

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**31. NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_

**32. NAME:** \_\_\_\_\_

**UP:** \_\_\_\_\_ **IN:** \_\_\_\_\_ **OUT:** \_\_\_\_\_