

WEEK 1: WHAT IS ROOTED?

OBJECTIVE

Cast vision for the next ten weeks. Create a warm and inviting atmosphere, encourage vulnerable and honest sharing, and establish guidelines and expectations.

CHECK LIST

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| <input type="checkbox"/> Arrive early, and set up meeting area (chairs, snacks, nametags) | <input type="checkbox"/> Share your story, and find two who are willing to share next week |
| <input type="checkbox"/> Share the values behind the Rooted Covenant, and sign it | <input type="checkbox"/> Set expectations |
| <input type="checkbox"/> Get updated contact info for participants, and share yours | <input type="checkbox"/> Email the group about next week's meeting, including location |
| <input type="checkbox"/> Start snack list | <input type="checkbox"/> Be flexible. Remember that things might not go exactly as you planned. That's okay. |

PRAYER POINTS

Everyone would attend the introductory session with no logistical issues, their hearts would be prepared to hear His truth, and no matter where they are on their spiritual journeys, they would make the most of this experience.

The opening speaker would set the tone and expectations for the group.

God would stretch and grow you throughout this experience—ask Him to meet you as you seek His guidance and direction while you lead people on this journey.

GROUP TIME

Check-in—10 minutes

Large Group Gathering—30 minutes

- Speaker casts vision for Rooted, and encourages individuals to invest and stick with it.

Break into Rooted Groups—10 minutes

- Allow time for people to find your group. Wear a nametag, and ask each person to use one as well.

TIP: Everyone will be arriving from different places and experiences that day, so be sure to create a welcoming environment for them. Be gracious if people are late. Welcome each one as they arrive, especially this first meeting, as they may have check-in issues, or get lost on their way to group.

Icebreaker—15 minutes

- Use an icebreaker to help the group connect. See examples in the appendix.

TIP: Because people might not know each other on this first night, understand that they might not feel comfortable opening up and talking. Be prepared with discussion questions and/or additional icebreakers to help engage everyone.

Introductions—30 minutes

- What did they hear from the intro speaker? How does it impact the reason they are here?
- Ask each person to introduce themselves and answer the same two questions, “How did you end up in Rooted?” and “What are you hoping to get out of Rooted?”

TIP: Understand that some people might not want to be there. Some may have been brought there by a parent, spouse, or friend, and might be resistant to the whole experience. Be okay with that. You can create a welcoming environment, but it’s the Holy Spirit who will change their hearts

- Share your story of how you came to Christ, modeling for your group how to tell their stories. Explain the 2-5 minute time limit, the purpose of sharing in preparation for Week 9, and the structure of this story. Ask someone else to share the next week by answering the question, “How has Jesus changed you?” If they do not know Jesus yet, the question can be “How did you get in this seat right now—in this Rooted group?”

TIP: Even in this first session, it is important to take notes. You will use the notes in Week 10 when you pray a blessing for them. Listen to how your group members introduce themselves, as it will give you insight into each person. This may play a major role in a later session. You can use the pages provided in this guide each week to ensure your notes are organized for you to use in future prayers, blessings, and commissioning.

Set Expectations—25 minutes

- Confirm everyone understands the schedule commitment, including ten group sessions, three outside experiences, and a final celebration.
- Set the dates for the experiences planned, or remind everyone to bring his or her calendars to the next session so you can agree on a time then. Ask for volunteers to provide refreshments for meetings.

TIP: Pass around a paper with the dates on it, and have two (or more) people sign up for each week.

- Ask group members to silence their phones, and refrain from texting during the group time.
- Determine communication preferences for your group – Facebook, email, phone calls, group app, etc.
- Explain the Rooted Covenant, the values behind confidentiality, and the importance of creating a safe space. Have each person sign the form in their own books, and keep it to reference throughout the 10 weeks if needed.
- Close your time with a simple prayer for God to bless your group and your time together. Keep in mind that some people may have never prayed before, let alone prayed out loud. Be sensitive to that as you pray, or as you ask others to pray.
- Remind everyone of your meeting location for the next session, especially if it will change. Remind group members to do the five daily devotions of Week 2 for discussion next week.

ROOTED COVENANT

It is our desire to promote a safe environment for sharing the most important things in life. We want to provide a place where people can reveal openly and confidently the broken areas of their lives without judgment or condemnation. We are not here to “fix” one another. We encourage openness, vulnerability and intimacy during discussion and prayer times. In order to ensure a safe haven for personal sharing, we ask that each Rooted participant enter into an agreement of confidentiality.

Additionally, to get the most out of this experience, our hope is that you make a commitment to attend all sessions and participate in the group discussions. If you cannot be there, group dynamics will be impacted. If you know you will miss more than two group meetings, we ask that you attend a different session of *Rooted*.

I agree to attend all group meetings and keep all things shared by my group members confidential at all times.