

## Sunday Groups - Hosts Guide

Thank you for being willing to host a Sunday group. We are excited to see what could come from each of these groups. The early church grew together by following a simple model.

ACTS 2:42 All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including Communion), and to prayer.

Our times together as Sunday groups will follow a similar model, although we may switch up the order a little. Trust God and enjoy the time together.

### Quick Guide

- Confirm the group members, meeting time and venue
- Get the space ready to keep in line with COVID regulations
- Get set up for the Zoom members
- Gather on a Sunday morning
- Welcome the group and have some time of fellowship
- Open with prayer
- Watch the sermon
- Share communion
- Discuss the sermon
- Close with prayer

### Gather for Fellowship

Spend some time together building authentic relationships (and hopefully having a bit of fun). Plan on spending a little time each week getting to know each other. There are some starter questions later in this guide if you would like ideas on how to get beyond the usual questions.

### Sharing Communion

The early church regularly shared communion together as part of their gatherings. Communion is a meal set aside for the family of God and is an extension of our worship. It is a time for us to thankfully and reverently consider Jesus' sacrificial love for each of us. While we often use crackers and grape juice for communion, you can use other things you may have on hand that can also represent the same things: Jesus' body and blood. You may want to read 1 Corinthians 11:23-26 out loud, and then share the bread, cracker or wafer saying, "This is the body of Christ broken and shared for you." Next, share the wine or juice saying, "This is the blood

of Christ shed for you.” Then pray together, thanking Jesus for his love, sacrifice, and forgiveness.

For more on communion read: [10 Things You Should Know about the Lord's Supper and Communion](#)

## **Sermon and Discussion**

A sermon will be prepared for your Sunday group to watch together weekly. To watch, go to either [www.onehopechurch.co.za](http://www.onehopechurch.co.za) or One Hope Church's YouTube channel at [youtube.com/1hopechurch](https://youtube.com/1hopechurch).

Questions or discussion notes relating to the sermon will be sent to you prior to the Sunday to help facilitate the group discussions. While we have thought through the questions to help guide your group, you do not necessarily need to discuss every question.

The purpose of the questions is twofold. First, the questions will help your group wrestle with the spiritual truth and application to their lives. The second purpose is to help build relationships grounded on faith.

Another thing to keep in mind is that everyone in your Sunday group is at a different point in their walk and growth with Jesus. So, anticipate a variety of responses, answers and thoughts.

## **Prayer**

Prayer is simply talking with God. You do not need to say an exact set of words, in the right order, or even say a lot of words for God to hear your prayer. Some of the most powerful prayers are those when people directly and boldly talk with God from their heart.

As you get going and/or after the sermon and discussion time, you may want to collect prayer requests and then pray for each other, or simply close in prayer. You can also leave the floor open for “popcorn prayer” which means someone starts and then gives room (silence) for others to pray out loud spontaneously for a bit and so on.

## **Frequently Asked Questions**

### **What do we do for music at our Sunday group?**

There are two options. Option 1 is online: While the sermon video does not have music in it, we are providing a few online worship song compilations on our website on the [Sunday Groups Resources page](#) if you would like to use them. Otherwise, compile your own worship sets from YouTube. Option 2 is in-person: If you have a willing and able group member who could lead a few worship songs musically then that could add a great element to the gathered worship experience.

### **We have kids coming. What should we do?**

We encourage you to include kids in your time as much as possible, especially the singing time. Naturally how you might do this will depend upon your space available and the ages of the kids.

We have created a lesson plan and required resources for you to run a small kids programme for 3 to 10-year-olds in your space (Contact Prisca on 065 141 5629 to get these). We would encourage kids older than 11 to join in the adult space or to help serve the younger kids.

That being said, there are Sunday groups meeting at the One Hope home in Die Boord that will have a staffed kids ministry running each Sunday. This may mean that some families decide to rather join those groups for this season.

### **What time should we start?**

You can start whatever time on a Sunday works for your group. The video is set up to start whenever you need. We do suggest that you meet on Sunday morning if possible to help us all stay in a Sunday morning worship habit.

### **Can I invite my neighbours/family/co-workers/etc?**

Absolutely! Invite anyone with who you want to foster a relationship so you can point them to Jesus! Do, however, keep the group informed of this to make sure they are all comfortable to gather with new guests and also proactively to be in prayer and ready to host the guests.

### **What is the best size for a Sunday group?**

The size really depends upon your available space. We would recommend you don't go too much over 12 adults, as it starts to make the discussion difficult. If you have that many or more, you may want to think about having someone branch off and start hosting another Sunday group.

## **Group Starter Questions**

Often with a small group of people, conversations seem to flow naturally when folks first come together or share coffee and snacks. When you move to sit in a circle to actually start a discussion, an awkward silence takes over. Your Sunday group doesn't have to start like this!

Most everyone loves the chance to talk about themselves, after all, they know the answers and won't look foolish. Warm up your group with a few fun and thought-provoking starter questions before you watch the video. Don't spend too much time on these, but enough for your group to feel comfortable talking with one another. You don't have to ask all of these; pick a few that you think will work with your group.

### **Shallow Pool**

- What is the story behind the time you went the longest without sleep?
- What was your best/worst surprise?
- What has been your favourite road trip or vacation?
- What has been the best part of the summer so far?
- What is a quirky or unusual fear that you have?

## A Little Deeper

- What is something important a grandparent or older mentor taught you?
- In the Bible, God gives some figures "new names" (like Jacob became Israel). What would you want your new name to be and why? (These can be characteristics, something funny or even just a favourite name with a good association.)
- What is one spiritual tradition you have or always wanted to have in your life or family?
- Even if you have moved a lot, everyone has a "heart home." What is that place for you?
- What would your perfect day look like?

## Deep End

Note: Best to ask these only if your group knows each other! It is hard for a new group of people to dive deep as they first need to feel like they can trust each other and be vulnerable.

- What is a hard-learned lesson from your life?
- What is a memorable quote or scripture verse that has changed you?
- What is a trip or experience that had a big spiritual impact on you and why?
- How did you first hear about Jesus?
- Read Galatians 5:22-23. Which of the fruits of the Spirit is easiest for you? Which do you need the Holy Spirit's help with the most?