

FIVE STEPS TO STARTING A METHODIST WAY OF LIFE REFLECTION GROUP

1

PRAY AND INVITE OTHERS TO FORM A GROUP WITH YOU:

You could invite people in your pastoral group or class, those you serve with in a church group, others in the congregation you think might be interested. 4 or 5 people makes a good group size.

If you are unsure who to invite talk with your minister about who they think would be good to ask.

2

DECIDE HOW YOUR GROUP WILL MEET TOGETHER: Look at the Methodist Way of Life commitment card and other resources.

Think about how often you'd like to meet to share together, where you'll meet or will you meet online? Make a sharing agreement to agree how you will manage confidentiality, prayer, challenge and keeping everyone safe. Ask your Safeguarding Officer if there are any safeguarding considerations to you meeting as a group.

3

START MEETING TOGETHER: When you meet together open your gathering with prayer, share how things have been since you last met, then share your responses to the questions on the back of the commitment card. Maybe use one from each section each time you meet or just a couple of the questions. After you've shared together take time to pray for each other and agree when you'll meet next.

4

MISSIONAL MINISTRY: After you have been meeting for a few months consider whether there is a missional ministry God is calling you to undertake as a group. This will help you to live out your conversations so others come to know of God's love.

5

REVIEW REGULARLY: After you have been meeting for six months and then each year review how your group is working. Reflect together on how your faith has grown. Consider whether there are other elements you'd like to introduce to your time together e.g. Bible Study or Theological Reflection. Think about whether there are others to invite into the group or to start a group.

This resource was developed in the Yorkshire West Methodist District

For more information and resources on a Methodist Way of Life
please visit www.methodist.org.uk/MWOL

The **Methodist** Church 