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**JUST ADD**

people

A Guide to Starting Your Own Life Group

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## WHAT IS “JUST ADD PEOPLE?”

This is a resource to help you form your own Life Group. You can do it! Grab a few friends or acquaintances, decide on a time and place to meet, and contact the Director of Adult Ministry Jami Day at [jday@easter.org](mailto:jday@easter.org). The rest is outlined in this booklet — so what are you waiting for? Just add people and you will be adding something wonderful to your life! Faith and community go hand in hand.

*Life is better together!*



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## WHAT IS A LIFE GROUP?

A Life Group consists of 4-12 people who regularly gather together to grow in faith and carry on the work of Jesus Christ.

At Easter, it is our mission to invite people into spiritually supportive relationships through small groups. Easter has many types of Life Groups, most of which form around life stages.

Every group looks a little different, but it is our hope that all Life Groups will engage in fellowship, Bible study, service and prayer throughout their time together.

# LIFE GROUP FORMAT

Groups typically meet for 1 1/2 to 2 hours

- Arrival and social time
- Sharing highs and lows (What was a low [not so good] and high [good] part of your day, week, or month?)
- Bible study or sharing the Life Group eNews devotion
- Take prayer requests and close together in prayer

The group can also participate in a fun activity, engage in service, or share a meal together



## RULES OF ENGAGEMENT

- Pick a consistent day and time to meet **at least once a month** and commit to it
- Expect confidentiality
- Start on time and end on time as much as possible
- Silence your cell phones or create an iBasket to hold all of your devices while together
- Be engaged in faith conversation and spiritual support
- Pray for one another
- Embrace variety but maintain certain routines for continuity

## ROLES IN THE GROUP

### Host

- Heart for your community
- Open your home
- Serve snacks and refreshments
- Turn on the DVD (if using one)

### Lead

This person will help facilitate discussion, share a devotion and take prayer requests. This role can rotate among the group.

### Point

This person runs point on communication and makes sure the group “happens.” They are also the person who connects with the Easter Life Group Team to make updates on the group or ask for support and resources. Contact the Director of Adult Ministry Jami Day at [jday@easter.org](mailto:jday@easter.org) to get on the email list.

# GET-TO-KNOW-YOUR-GROUP ACTIVITIES

## **Speed Mingle**

Partner up everyone in your group. Ask your partner a question and give them one-minute to respond. Then, it's your partner's turn to ask you a question and you to respond. After two minutes (one minute per question), rotate partners until everyone has met each other. Here's a sample question: Share about your favorite family vacation. You'll need a timer and list of questions. Keep the questions fun and non-threatening.

## **Play-Doh Pictionary**

It's just like the Pictionary guessing game, but using Play-Doh instead of drawing. As a variation, use Play-Doh to answer a question. Keep questions fun and simple. Here's a sample question: What's your favorite food?

## **Take As Much As You Want**

You'll need M&Ms, Skittles, or a similar candy for this activity. Invite people to take as much candy as they want. After everyone has taken the candy, each person must share one thing about themselves for every piece of candy. As a variation, make each color represent something. For example: a red M&M is marriage/partner, a yellow M&M is family, a blue M&M is trips/vacations, and a green M&M is hobbies.

## GATHER IDEAS

In addition to Bible study and service, fellowship is an important part of your time together as a Life Group. You're encouraged to come up with gather ideas that fit your group, but here are just a few ideas to get you started.

- Meet in homes for a meal
- Meet at a park for a picnic
- Attend a Christian concert or performance together
- Go camping together during the summer
- Host a winter game night with warm treats and hot chocolate or a summer bonfire with s'mores
- Attend an event offered by Easter
- Have a progressive dinner and move from one house to the next with each new course
- Play volleyball on the church league or use the sand volleyball pit at Easter by the Lake
- Have a couples' date night together and share childcare
- Have a group birthday party for all the participants' birthdays at the same time

# RESOURCES FOR YOUR GROUP

## **Life Group eNews**

The monthly Life Group eNews offers a ready-to-use devotion, new resources, ideas and tips, events happening at or through Easter, and more! Make sure you give us your email address to receive this important and ongoing information.

## **Animate Series**

A multi-DVD series of short videos and discussion questions. The series includes 21 videos about faith, the Bible, and practices.

## **Making Sense Series**

A multi-DVD series of 15-20 minute videos presentations by Dr. David Lose, with small group discussion questions included. Presentations include Making Sense of Martin Luther, Making Sense of Scripture, Making Sense of the Cross, and Making Sense of the Christian Faith.

## **Bob Goff DVD and Book Studies**

Studies based on author Bob Goff's books Loves Does or Everybody Always

## **Nooma/Rob Bell DVD Series**

Short video with conversation starters & questions

These resources and many others are available for checkout from the church library. New resources can be ordered by request to Jami Day at [jday@easter.org](mailto:jday@easter.org) or 651-452-3680.



## SERVICE OPPORTUNITIES

Visit [easter.org](http://easter.org) (Serve) to learn about ongoing and updated opportunities. Questions? Contact Rhonda at [rdoran@easter.org](mailto:rdoran@easter.org).

### **Community Meal**

Easter serves a free meal four nights a week (Monday - Thursday). Volunteer to help prepare the meal, serve the meal, or clean up. Your group is also encouraged to eat at the meal together.

### **The Open Door**

Collect donations for the food shelf during your time together, or volunteer to take monthly food drive donations to The Open Door.

### **The Mobile Lunch Box**

Easter partners with The Open Door to provide meals to kids who don't have access to enough food when school is out. Volunteer to help with lunch and kid activities like reading, games, and art.

### **Fare For All**

Fare For All is like a traveling grocery store. Volunteer with Fare For All as order fillers or shopping cart drivers. Your group is also welcome to purchase food from Fare For All.

### **Homework Help**

Homework Help is an after school academic program serving local students. Volunteer to help students with their vocabulary, reading, writing, and math. No experience is necessary.

### **TreeHouse**

TreeHouse walks alongside struggling youth in our community to end hopelessness among teens. They meet at Easter by the Lake every week. Come for a site visit to see the staff, volunteers, and teens who are part of this ministry.

# SAMPLE LIFE GROUP PATHWAYS

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**What will we do together?** By mapping out your time together over a year, the stress of this question is reduced considerably! Here are a couple options to get you thinking:

## **Map 1** A combination of monthly and weekly commitments

- Gather together for dinner & fellowship (use one of the “Get-to-Know-Your-Group” games)
- Gather for the 8-week study “Making Sense of the Christian Faith” by David Lose (meet every week or every other week for this study)
- Serve together (sign up to help with the Loaves & Fishes Community Meal)
- Break
- Gather for a fun event or outing (share highs and lows together, and take prayer requests)
- Gather for the 6-week study “Love Does” by Bob Goff (meet every week or every other week for this study)
- Serve together (collect items for food shelf and volunteer to take the monthly donations from church to the Eagan location of The Open Door)

## **Map 2** A bi-weekly or monthly commitment

Each month, plan to meet for fellowship and support one another in faith. Meet for dinner or over coffee. Use the Life Group eNews devotion to start your conversation. Change it up once in awhile. Meet to serve together (see the list of Service Opportunities) or use a Nooma DVD by Rob Bell to start your conversation.



## QUESTIONS?

If you or your group have questions, or if you'd like help inviting others to join your group, contact Easter's Adult Ministry Director Jami Day at [jday@easter.org](mailto:jday@easter.org) or 651-452-3680.

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**4200 Pilot Knob Rd (Hill) | 4545 Pilot Knob Rd (Lake)**  
**Eagan, MN 55122 | 651.452.380 | easter.org**