

# Small Group Plan– First Day of Class

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## OBJECTIVE:

1. To get to know each other and become comfortable in the group setting
2. To model how to share your story in 15 minutes.

## SUPPLIES:

- Woman on a Mission* study guide
- Rosters of the group for participants
- Bold markers (not light colors) for each woman
- 1 sheet of drawing paper for each woman

## SUMMARY:

- Share stick drawings of family
- Sharing questions
- Facilitator: family story (original and adult)

## OPENING:

Let your group know that you will spend the first half of the time getting to know each other and the last portion, in sharing your story. Tell them that they will share their stories next week as a part of their homework for Lesson 1. As you tell your story, you will be modeling for them how to tell theirs in the allotted time, 15 minutes.

## SHARING QUESTIONS:

The questions below are meant to serve as ice-breakers. Be sure to get to the last two questions while leaving time for your story and closing comments at the end (25 minutes). Note: The goal here is to lead the group from shallow sharing to greater transparency. Once your group moves to a deeper level of sharing, do not use questions that may illicit less deep responses (Questions 2 and 3).

1. Draw **your family**, using stick figures. Single women may draw their family of origin or may wish to treat significant friends as members of their family.
  - Include a **symbol of a hobby or special interest**. (horseshoe – a love of horses.)
  - Indicate **something you like about yourself**. (a physical characteristic or something more abstract, a kind heart or sense of humor.) Circle the part of you most that is representative of your answer.

- You only have 2 minutes!
  - Allow each woman 1 minute or less to share her drawing.
2. Do you have a favorite quote or saying? Share it with the group.
  3. What's your favorite movie or book?
  4. Why are you here in *Woman on a Mission*?
  5. How did God speak to you from the lecture today/tonight?

### YOUR FAMILY STORY:

15 minutes + 5 minutes for group to interact with you and 5 minutes for closing comments and prayer

- Model for them how to share their story next week by taking this assignment seriously and being vulnerable. Go below the surface. You do not have to share your deepest secrets and pain but do be real. Let them know you struggle just like they do and haven't "arrived" at some spiritual peak that places you above them.
- Invite questions when you finish.

### CLOSING (10 minutes)

Share **Tips for a Great Small Group**:

1. Confidentiality is a must. What's said in group, stays in group.
2. Avoid husband bashing.
3. Be sensitive to other denominations in attendance. Oftentimes in Bible study settings, many denominations come together to do the study. Don't assume everyone shares your denominational or non-denominational preference.
4. Don't TRIP:
  - **Don't Top** another's stories: "Oh, the same thing happened to me. . . " Or "I know just what you mean . . . Let me tell you about my experience with that." Or, "That's nothing, you should hear what happened to me. . . "
  - **Don't Rescue:** Don't try to fix or make things better. Don't give advice. Allow each woman to be where she is at the moment. Trust that they are capable of stewarding their own lives.
  - **Don't Ignore Pain** or intense emotion: If you want to devalue another's pain, ignore it or become visibly anxious. If someone else's pain causes you anxiety, don't let on. Be still and "present." This will feel very validating; don't squirm or rush in to rescue them.
  - **Don't Give Pat Answers:** Avoid these like the plague: Well, did you pray about it? We all have problems. Did you have your quiet time today? Simplistic responses discount feelings.

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- **Remind women that their homework is Lesson 1.** The key self-discovery exercise is telling your family stories. Have them turn to page 7 – 11 as you explain. Then read together the first paragraph on page 11.
  - Encourage everyone to do their homework each week because each lesson builds on the last and to be here, on time, every week.
  - Pray for your women and the journey ahead. Do not EVER ask someone to pray unless you are POSITIVE that they are comfortable with praying aloud.