



LIVE  
*Lent*  
TOGETHER

Training Session for Small Group Leaders



## The Call of Simon the Fisherman

### Luke 5:1-11

While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, “Put out into deep water and lower your nets for a catch.” Simon said in reply, “Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets.” When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, “Depart from me, Lord, for I am a sinful man.” For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, “Do not be afraid; from now on you will be catching men.” When they brought their boats to the shore, they left everything and followed him.



**The Call of Simon  
the Fisherman**

Write

Reflect

Apply

Pray

1. Pray to the Holy Spirit for open hearts and the gift of prayer. Draw your group members' attention to any particular graces they are seeking in this time.
2. **WRITE**
  - a. **Read the Passage Aloud.** It is best to have a consistent reader, as some people get distracted as reading styles change.
  - b. Guide your group members to notice where the Lord draws their attention and **write** it down. This could be a word, phrase, or image. Give them permission to re-read the passage silently.
  - c. Invite anyone in your group who feels comfortable to share what the Lord is bringing to their attention. Acknowledge their contributions with a simple smile while encouraging silence rather than conversation at this point.
3. **REFLECT**
  - a. Read it aloud again
  - b. Invite your group members to deeper reflection on the scripture passage, saying something like, "Let the Lord draw your mind back to what initially grabbed your attention and use your imagination and intellect to **reflect** on what is going on in the passage."
  - c. Allow your group members time to write, then invite them to share as they feel comfortable.
4. **APPLY**
  - a. Read the passage aloud a final time.
  - b. Invite your group members to see the personal application of the Gospel passage, saying something like, "This time make it personal as you **apply** the passage to yourself. Where are you in the story?"
  - c. Allow time for writing, then invite people to share.
5. **PRAY**
  - a. Allow time for each member of your group to write a personal **prayer** in response to God.
  - b. Close with an Our Father.

# The WRAP Method





# Small Group Action Plan



# Questions for Reflection

## **Stepping Out in Faith**

“Jesus said to them, ‘How many loaves do you have?’” What “loaves” do you have that the Lord can bless and multiply? (e.g., hospitality, listening ears, gift of gab, etc.).

List any fears about leading a small group that might be holding you back (e.g., lack of knowledge, fear of making invitations, disqualifying past, etc).

## **Help from the Lord**

Who might help you co-lead as your “wingman” if you asked them?

Who will you ask to keep you accountable to this Action Plan, through both encouragement and practical coaching?



# Logistics

## Choose Day of the Week:

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

## Choose Location:

My home

Conference room at work

Someone else's home

Zoom

Coffee shop

Park

Other location: \_\_\_\_\_

## Choose Time:

Before work

Over lunch

After weekend Mass

In the evening

After parish/school event

Other time

Target Start Date: \_\_\_ / \_\_\_ / \_\_\_

Make Invitations By: \_\_\_ / \_\_\_ / \_\_\_

## Childcare Options:

No childcare

Grandparents

Split cost of a sitter

Other: \_\_\_\_\_

## Possible Roles to Delegate to Other Members of the Group:

Provide drinks

Icebreaker

Provide snacks

Opening prayer

Other: \_\_\_\_\_

## Set Time:

Start: \_\_\_:\_\_\_ am/pm

End: \_\_\_:\_\_\_ am/pm

**Materials:** The Materials you use depend upon the spiritual needs of your group.

### *Encounter*

For hearing the Good News about Jesus and starting a relationship with him.

### *Mission*

For responding to the call of Jesus to go and make disciples.

### *Mercy*

For stirring hearts to become channels of God's mercy.



## Identifying your Mission Field

List the different affinity groups in which you consider yourself an “insider” (e.g., school parents, soccer moms, co-workers, neighborhood friends, etc). Consider others who belong to these groups as potential small group participants.

Use the table on the next page to plan your invitations:

1. Begin listing the names of people you could invite to your small group (6-10 attendees is ideal)
2. Ask the Lord why he wants that person to come, and write that down (use this reason when you make your invitation)
3. Think about when you will see the person and have an opportunity for a face-to-face conversation (if at all possible) – when and how will you strike up a conversation?
4. Pray for these people by name, both now and throughout your small groups



[illegible]



# Checklist for Leading a Transformational Small Group

## Before your group meets:

- \_\_ Pray for each member of your group
- \_\_ Make a clear invitation and communicate the time/location
- \_\_ Text or call people to remind them when the group is meeting
- \_\_ Spend time reflecting on the Gospel truth you want to convey to the group each session
- \_\_ Provide good hospitality for your group

## During your small group meeting:

- \_\_ Arrive early to welcome people
- \_\_ Allow time for casual conversation at the beginning
- \_\_ Ask an icebreaker question to encourage conversation
- \_\_ Open by leading a simple prayer
- \_\_ Prepare questions based on your material
- \_\_ Allow the group's conversation to flow as Christ desires
- \_\_ Don't take the role of a teacher; you don't need to have all the answers
- \_\_ Remember you are after transformation of hearts, not simply a transfer of information
- \_\_ Make a concrete invitation to some next step for everyone in the group each week, helping them to put your discussion into practice
- \_\_ Close with prayer (consider inviting your group members to lead)
- \_\_ End on time

## After your small group meeting:

- \_\_ Continue praying for each member of your group
- \_\_ Follow up on questions that did not get answered
- \_\_ Consider who is showing signs of a desire to go deeper. How might you mentor or accompany them more intentionally outside of your group time?
- \_\_ Foster the characteristics of discipleship in your group members
- \_\_ Be attentive to your own relationship with Jesus





# On-line Small Group Essentials

# Online Etiquette

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**1. Send instructions on downloading meeting software** *prior* to first meeting.

**2. Make sure your face is lit well.**  
Lighting works best in front of your face, not behind you.

**3. Center your face in the screen.** It will be harder for your group to connect with you if they can only see your forehead or part of your face.

**4. Select a quiet location.** Turn off all background noises, put pets in a different room, and make sure your group knows they have your attention.

**5. Only use one device per household.**  
When two devices are used in one location it often produces feedback.

**6. Mute your computer unless you are speaking.** Multiple microphones can create background noise or cut people off while they are speaking. Be prepared to mute and unmute yourself a LOT!

**7. Make it clear you are participating in the conversation** by nodding your head and using other body language that is visible in the camera. The screen can create a division that these movements help overcome.

**8. Be an assertive moderator.**  
Be welcoming and in charge of directing the conversation. Jump on the conversation a few minutes early to welcome people, listen more than you speak, and don't be afraid to redirect the group.

**9. Give your full attention to the group.** Multitasking can be just as distracting on-line as it is in person, and will make your group members think you don't care about them.

**10. Find ways to connect outside the group time.** Assign prayer partners or start a group chat to keep the conversation going throughout the week.

\*\* If your group includes any minors, please make sure you are acquainted with Safe Environment Policies found on [archomaha.org](http://archomaha.org)



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# Meeting Format

## **Initial Meeting (30 Minutes)**

It can be helpful to get everyone acquainted with how on-line meetings will work prior to beginning the study.

- Make introductions if you are a new group
- Review online etiquette and set expectations
- Answer any questions about the use of technology for group meetings
- End by sharing prayer requests and having one person pray

## **Typical Meeting (60-90 Minutes)**

### ***Connect (15-20 minutes)***

- Welcome people as they login and review online etiquette
- Use an icebreaker or a light question to help the group settle in with one another

### ***Discuss (40-60 minutes)***

- Discuss questions from an on-line Bible study, one of the Archdiocesan studies, or pray *WRAP* with the upcoming Sunday Gospel readings
- Come prepared with additional questions to help engage your group

### ***Wrap Up (5 minutes)***

- Ask for prayer requests
- Invite at least one person to wrap up in prayer, or, if your group is more comfortable with intercessory prayer, invite them to intercede for one another
- Encourage your group members to text one another after the meeting with additional prayer requests and graces throughout the week.



# Archdiocese *of* Omaha