



How to Get Started with Small Groups

How do I form a group?

Now that you have decided to lead a *Like Me or Not* group how do you recruit people to attend? First of all, you need to choose a day, time, and location to communicate to your attendees.

Each group meeting should be within an hour to an hour and a half at the most. You can always pick and choose questions to decrease your time, should you have a very chatty group, but need to keep it within a certain time limit.

Welcome and Greet (5 minutes)
Prayer (5 minutes)
Discussion (30-40 minutes)
Wrap-up/Homework (5 minutes)
Prayer (5 minutes)

Once you finalize your meeting details, you'll want to start inviting people. Depending on whom you are trying to recruit there may be different ways to promote to them.

- Church bulletin
- Announcing it on your social media channels
- Send text messages out to friends and family
- Calling them on the phone
- Post about it in the Student Activity Center

Groups can be formed from 3-23 people. Whatever makes sense for you and your community.

What if I want to extend our group to ten or twelve weeks?

There is a twelve-week modified version of the *Like Me or Not* leader's guide. However, to go through the guide you need to sign up for the emails. Head to my website and click on the *Resources page* for the *Like Me or Not* book.

Who would make good group members?

Really anyone you think would want to talk about how their need for approval is affecting their life. This can include men or women. It is important for you to consider



the demographic of your group. Do you want to minister to women, men or couples? Most of the time, it is a good idea for women to lead women and men to lead men. But should you do a co-ed group, just make sure you are either doing that in an environment that is supportive of couples or there is a local church or organization as an overseer.

On my FAQs I discuss the age that is appropriate to read *Like Me or Not*. The book was written for young adult or older as it does touch on some sensitive issues or those related to adults.

What will I need to lead?

I have got you covered friend. For one, you can easily use the guide that is in the back of the *Like Me or Not* book. Ideally everyone will have their own copy of the book which can be purchased online or at your local bookstore.

However, to assist you in leading I have created some supplemental resources and offered some free beautiful bonus prints for you, should you want to sign up for the Leader's Kit. You can find the sign up form on the *Like Me or Not* book page as well as the *Resources* page.

Once signed up, you will start to receive emails from me once a week. In them I prepare you for each week, offer you some words of encouragement, and pray for you. If you are receiving the emails prior to your start date, create a folder in your email inbox where you can place your emails until you are ready to lead a group.

You don't have to supply a full food spread for each group meeting, though if you are up for it, by all means. I am sure no one would turn down some free food. But that circumstance would be an above and beyond, I'd say at a minimum it is nice to offer some water or light refreshments. You can always enlist class members to have assigned weeks to bring items if that is too much for you to provide on your own.

Do I need to make any modifications?

Nope. You are all set to go. Eight weeks was the original design for the group. However, if you need to lengthen your time, check out the twelve-week guide instead. You can do that on my website on the *Resources* page.

If you are leading a Prison or College group, I also have instructions for you on the *Resources* page. Make sure you review those in case there is anything you may want to consider for these specific types of groups.