

# Training for Leading DG

# Practising Discipleship through the New BFA Format

- Prepare:
  - Read and Understand
  - Look Back
- Group Time
  - Share and Prayer (20 mins)
  - Worship (10 mins)
  - Study (1 hr)
  - Discipleship Focus (30 mins)

# How to Use the Sharing Time in your Discipleship Group

# Why allocate 20 mins in the new BFA format for sharing? (and prayer)

## 1. To build relationships for discipleship.

- **Leading the group in discipleship involves risk**, stronger relationship improves trust, trust facilitates more fruitful group time.
  - Trust grows as people know each other more.
  - Trust grows as people know they belong and are accepted.

## 2. To show care and acceptance

- Sharing can unload burdens one has been carrying in the week
- Sharing tells us how to encourage and pray for the group members
- Sharing in the group time promotes sharing among members outside the group time
- Sharing is learning to love one another as Christ has commanded us.

# Laying the Ground Rules for Group Sharing Time

- **What is said in the group stays in the group.**
- No one will be forced to share what he/she doesn't want to share
- **What's needed is each other's listening presence so that we may all know one another.**
- No one is expected to reveal all his/her personal problems
- No gossip/slandering

# Sharing when there is a newcomer

- Let members tell a little about themselves even if everyone knows everyone for years.
- Include the newcomer in the group conversation. If they are silent, ask if they have something to add.
- Thank them after the meeting. Ask them what can improve their experience.
- Invite them and welcome them to contribute snacks next time.

# How to lead a sharing time

- Use one-sentence questions for people to share without requiring inappropriate self-disclosure
- Restrict to 1 to 2 mins answer depending on your group size.
- Model the sharing length, the vulnerability, and tone by telling your story first.
- Design questions that everyone can answer.
- Design questions that invite people to tell us who they are.
- **Consider what you know of your group to tailor your questions.** Some group may think superficial questions unrelated to the group agenda are time-wasting. If so you may want to ask
  - reflective questions related to what the group/committee is doing or accomplishing
  - Or questions that will prime the group for the BFA study and also promote appropriate self-disclosure.

# Types of questions you may ask

## 1. Questions on past, present and future.

- Past stories are safer to tell.
- Our past provides the background for how we see the present and future.
  - Past:
    - What was one happy occasion growing up as a child?
    - Who has influenced you significantly in your growing-up years?
    - What were your thoughts about God as a child?
  - Present (with increasing level of vulnerability needed):
    - What do you do Friday afternoons?
    - What do you like about your job?
    - What is something God has impressed on you recently?
    - What is a recent challenge you are facing?
  - Future:
    - How would you celebrate a promotion at work?
    - What's something you are looking forward to 5 years from now?
    - What are 3 things you hope people will say about you 10 years from now/at your funeral?



# Types of questions you may ask

## 2. Questions designed for positive or sometimes, negative answers.

- Positive questions are safer. They draw people together with positive energy.
  - +ve: What is something you are good at?
  - +ve: What do you like about serving on this committee?
  - -ve: What is one embarrassing moment of yours?
  - -ve: Share a bad holiday experience you had.
- Negative questions are fine for laughter.
- Avoid singular answer questions like: what's the most, the worst, the best ... .

# Sharing leading to ministry time

When someone is going through a hard time

- Bring the person to the center, or get the group to surround the person.
- Each person in the group may say a word of appreciation, to thank God for the person during the prayer time.
- Have one or a few to pray over him or her
- Go around to give the person a hug or a tight handshake thereafter.