

Session 1 Part 1

Let's Create Our Group

The facilitator will supply a bag of coloured items. The items could be:

- *M&Ms or Smarties,*
- *coloured blocks or Lego pieces,*
- *pieces of coloured paper.*

You need: red, blue, green, yellow and orange.

Each person takes one item from the bag. If you got a red item, answer the red question. If you got a green item, answer the green question. And so on.

Red: What was the first house you lived in?

Blue: Who lived in the house you grew up in?

Green: Who lives in your house now? Who visits the most?

Yellow: Is there one thing you loved in your growing up house?

Orange: If you had plenty of money, where would you rent a house for holidays?

Contract

(Leader read this.) It is always a good idea for a small group to agree on a contract right at the start. A group contract will be our agreement. It will say how our group will work.

As the facilitator, my role will be to:

- Make sure we all have a copy of the session guides.
- Help us to pray together.
- Do one-on-one follow-up during the week, especially during the early weeks or when it is needed.
- Help us stick to the contract.

(Group member read this.) As a member I will agree to:

- Make these meetings a priority. If I'm unable to attend or am running late, I will let the facilitator know.
- If I feel comfortable, take my turn in reading questions or items from the guide.
- Share thoughts, ideas, experiences in response to the questions.
- Not use my phone during groups.
- Do the practical follow through each week.
- Share with the group how my practical experiment went.

(A second member read this.) As a group we will commit to these principles:

- *Confidentiality.* We will not share with others what is said here.
- *Safety.* We will allow others the space to talk freely. We will not correct people. We will not offer advice unless it is asked for. We will not feel a need to comment on what others say, except to show appreciation and understanding.
- *Care:* We will strive to be available to one another and listen, encourage and support.
- *Prayer.* We will pray for each other during the week. As we feel comfortable, we will pray together in the group.

(Leader.) How do you feel about this contract?

Is there anything you would like to add?

Then do we all agree?