

## WHAT IS A GROUP CHECKPOINT

OVERVIEW

A Group Checkpoint is an opportunity as a facilitator or Group member to identify and discuss the spiritual health of the Group. From time to time, it is beneficial for groups to ask, "How are we doing?" and evaluate how the group can take the best next step.

## HOW AM I GROWING WITH GOD AND LIVING OUT MY FAITH?

SELF-REFLECTION

The following are important areas where we can grow in our faith. First, take a few minutes to complete the questions below related to where you are today. Next, spend a few minutes in prayer, asking, "God I want to hear from You today. I am willing to listen and obey, please speak to me." And then, if necessary, share your answers as a group.

	RARELY	REGULARLY	I'M NOT SURE
<b>A.</b> I connect with God through prayer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>B.</b> I spend time one-on-one with God in the Bible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>C.</b> I attend a weekly worship service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>D.</b> I use the Bible and God's mission for the world and my life as a lens to understand my current circumstances and challenges.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>E.</b> I go out of my way to love people and look for opportunities the Holy Spirit is making to help others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>F.</b> I am serving others and leveraging my spiritual gifts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>G.</b> I am intentional about investing in people that do not follow Jesus and inviting them to see what that means.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>H.</b> I see the fruit of the Spirit in my life in how I respond to others (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WHAT'S THE WIN FOR A GROUP? BENCHMARK

The win for every Group is that they would become a life-changing community that creates opportunities for people to love God and lead others into a growing relationship with Jesus Christ (Matthew 28). Groups do this by being both High Invitation and High Challenge.

**High Invitation** - This refers to the culture of the Group. High Invitation groups are a place where new people are actively invited to experience community. Does the Group have fun together? Do people enjoy being there? Do they want to come back? Does the Group do fun things together outside of studying the Bible?

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*

Acts 2:42-47

**High Challenge** - This refers to the degree to which the Group encourages one another to grow spiritually. High Challenge Groups are marked by authenticity and loving accountability. Do people in the Group share their story? Does the Group serve together? Do people confess sins, struggles, hang-ups, habits, or hurts? Does the Group pray together? Does the Group study the Bible and discuss how it can be applied daily?

*Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

Ephesians 4:15-16



Breen, Mike. *Building a Discipling Culture*. 2017

Take a few moments to think about your group. Where on this chart would the group land?

**INVITATION** - Our Group is a place that is comfortable to be in, makes me feel valued and loved, is fun, and others are actively invited to join.

LOW HIGH














**CHALLENGE** - Our Group supports and actively challenges one another to consistently pray, read the Bible, serve individually and together, confess sins and struggles, and share the story of God's love in our lives.




THE GROUP CHECKPOINT GROUP REFLECTION

There are several factors that can influence the culture and dynamic of a Group. Authentic community exists when a Group is marked by both high invitation and high challenge. Take a few minutes to individually complete the questions below related to your experience in the Group. Then, if necessary, share your answers with the Group. Try to be as real as possible and consider the “why” behind your answers.

RARELY REGULARLY

<b>A.</b> I make group meetings a priority.	
<b>B.</b> I have connected with other group members outside of group meetings and group activities.	
<b>C.</b> I can share comfortably with my group.	
<b>D.</b> I have experienced support from other group members.	
<b>E.</b> My group challenges one another to grow in healthy ways.	
<b>F.</b> We leverage group time as a way to learn and grow together.	
<b>G.</b> We regularly create space during group for prayer - both individual and group times of prayer.	
<b>H.</b> My group serves together in the church or local community.	
<b>I.</b> We have fun as a group.	
<b>J.</b> We plan activities and special events to do as a group.	
<b>K.</b> I feel empowered to invite people to the group.	



## SPIRITUAL GROWTH CHECKPOINT

### MY EXPERIENCE

Spiritual growth happens we take a next step towards loving God and loving people more. It is a journey throughout our entire lives. Since joining this group, which best describes how you are growing spiritually? *Circle One*

- Experiencing more growth
- Experiencing about the same growth
- Experiencing less growth
- I'm not sure

## MOVING FORWARD

### NEXT STEPS

When we decide to take a next step, it can be easy to intend to take action but difficult to follow through. However, writing down our next steps can act as a catalyst for action. So, take a few minutes to write down some next steps for you and your group. Then, perhaps, look back at this guide in a couple of months to see your progress and evaluate what steps could be next.

### 1. WHAT SHOULD YOUR GROUP KEEP DOING?

### 2. WHAT SHOULD YOUR GROUP STOP DOING?

### 3. WHAT SHOULD YOUR GROUP START DOING?

