



# THE TRANSPARENCY GROUP (3-5 PEOPLE)

## 6 STEPS TO START

1. Make the group small and gender-based. Ideally, you will start with two to four other people of the same gender in your meeting. Do not go beyond five people. Be prepared to ask people to commit and at the first meeting, get everyone to make to a group covenant to finish the material. If you add in other relational and friendship activities, you will need up to ten months to finish the material (see the covenant below).
2. Meet weekly. We recommend that you meet weekly on Zoom. It makes it much more doable for most people (no travel, meet early or late). Start with the spiritual auto-biographies exercise - then transition to the *Trust and Follow Jesus* material.
3. Life on Life. The format is designed for open, honest sharing together. Please set the example each time for others by sharing your personal reflections. Pray for each other, text each other, and talk often. We want to follow and be like Jesus, who invited those he was discipling into a relationship with him that encompassed all of life. That is why - in the covenant - you can agree to eat together, rest together and serve others together.
4. Don't Rush the Personal Auto-Biographies - By starting the group with the spiritual biography exercise you will start the group by really getting to know each other - and with an accent on transparency and vulnerability. This will make the group more conducive to the Holy Spirit's transforming work.
5. Review the questions and read the chapter before each meeting. The format of the study is for people to read the material before the meetings so that you can discuss your answers to the questions. If you do not read the material before you meet, plan on at least an hour and a half for your meeting time and consider keeping the group to five people or fewer, including the leader(s).
6. Make a Group Covenant Upfront - the best way to have a good group experience is to agree upon a group covenant upfront for everyone who will be in the group. Attached is a group covenant that has been effectively used in the past.