



Neither the one
who plants
or the one who
waters is
anything, but only
God, who makes
things grow.
1 Corinthians 3:7

GOING FOR GROWTH

Diocese of Bristol

Notes for Course Leaders

One of the aims of the course is to create a small community of wholeness with Christ at the Centre as we study and share our experience together. To help this to happen here are a number of suggestions:

1. Meet around food!

If you can't have a lunch or supper together at least have coffee and biscuits. If you have a meal, why not try to be creative; have a theme such as Asian, veggie, baked potatoes; have a bring and share of everyone's favourites; get the group to suggest a list of favourite ingredients the week before and create a meal around these ingredients (a bit like ready-steady cook!)

2. Use one of the suggested 'ice-breakers'.

Try at least on a couple of occasions to use some of the more challenging ones and don't skip this section as it really does help people to get to know one another!

3. Have Bibles available in case people don't bring one.

Use different ways of reading and listening to the Scriptures, for instance use the CD provided; read around the room; use the dramatised Bible or some other version like the Message; play some music as background to reading - be creative! Be aware of those who may find reading difficult.

4. A range of questions have been provided to help the group get the most out of the Bible study.

Feel free to use as many or as few as is helpful - or add your own. Some background notes and explanation are given to help you but allow group members to search for answers themselves as much as possible and use these notes as guidance to help you prepare.

5. Punctuate the proceedings with prayer whenever you feel it is appropriate

For example say grace before or after the meal or stop during the discussion and pray. Use different styles of praying - silence, extemporary, sensory, in pairs, as a larger group. Some suggestions are made for prayers that can be read out.

6. Give space for reflection.

Help people to focus during this time by using appropriate symbols, such as objects, actions, candles. Music and singing are also very helpful, and the latter can be unaccompanied.

7. Try to find things that have been helpful during the course that you may want to use as part of the on-going process of growth.

This might be particularly valuable for the final session and afterwards.

8. Take a few minutes to fill in the evaluation sheet after each session.

9. The session is aimed to last 2 hrs.

Approximate times are:-

20-30 mins. for food/drink/getting to know one another

1 hr input from Bible, questions & group work

20-30 mins. application, prayer & reflection