



## Hosting Guide

Thank you for hosting an **INSIDE OUT** small group. Whether you lead one of our regular groups or you are hosting a new group, thank you for creating space for others.

**INSIDE OUT** will help us press into the idea of our own spiritual formation. Pastor and author Rich Villodas says that “spiritual formation is the process of being formed into the image of Jesus through Spirit-activated rhythms, practices and relationships, for the glory of God, the blessing of others, and our own flourishing”.

## Schedule

The series starts on Sunday 27th February for 6 weeks. Each week will introduce a theme on Sundays during the talks (9.30, 11.15 and in kids & youth) and then there will be space to explore the theme further in small groups during the week.

Week One - w/b 27th Feb

Week Two - w/b 6th March

Week Three - w/b 13th March

Week Four - w/b 20th March

Week Five - w/b 27th March

Week Six - w/b 3rd April

## Materials

For the small group sessions, we will provide videos and notes to help you and there will be time to discuss what you've heard. Notes & videos will be available each week from [www.riversidevineyard.com/insideout](http://www.riversidevineyard.com/insideout)

## The notes

These will be available as a pdf from the same link.

## The videos

The videos are available to stream from youtube or as a direct download.

Meeting online? You will probably want to download the videos from the above link, so they run smoothly when you hit play. When you're ready to play the video, simply share your screen on your video call (each platform does this slightly differently) and then play your video to enable everyone on the call to view the materials.

If you know you're broadband speed is slow, you may find it easier to send round the videos to people so they can watch directly from their own device



If this all sounds very daunting, you may have someone in your group who might be able to help with this or email [rob@riversidevineyard.com](mailto:rob@riversidevineyard.com)

## Preparation

Pray! Pray for each member of the group – pray that they would draw closer to Jesus in these 6 weeks and that they'd come away knowing more of their purpose in life.

On a practical level, make sure the videos are downloaded and play as they should. Read through the notes and familiarise yourself with the content.

If you are unfamiliar with the platform you are using, you may find it helpful to have a test run before the session

## A rough guide on what to do each week: (timings are approximate)

### Welcome (5-10 mins)

Help everyone to feel relaxed and make sure they know each other.

Introduce the theme (and recap previous session)

Ask someone to pray.

### Worship (10-15 mins)

Every good thing starts in God's presence. Start by spending some time in worship together. If you have someone who can play a guitar or another instrument, ask if they will lead your group in some live worship.

On zoom you can use 'original audio' to ensure the audio isn't distorted. You will also want to encourage everyone to mute themselves!

Alternatively, choose a couple songs to help lead people into God's presence. Here are a couple of playlists with a range of songs for you to use during worship and ministry.

[Riverside Vineyard Youtube Playlist](#)

[Vineyard Worship Spotify Playlist](#)

### Video and group discussion (30-45 mins)

The video includes the main teaching content for the session. Just plug and play.

It will present the theme and provoke discussion, without providing all the answers. In each session there is space for the group to answer the questions so you will need to be ready to pause the video.

Each week there will be notes provided, with a few questions for you to explore with your group. Use the notes to help you facilitate some discussion around the group. (I've provided some thoughts on the next page on helping people to share in a small group)



## Ministry (15 minutes+)

This is a vital part of each session so make sure you have enough time to pray for one another. This is where we ask the Holy Spirit to come and meet with us & help us to live out what we've talked about. And remember, the internet is not a barrier to the Holy Spirit moving! (On the next page is a prayer model which will help you to pray for each other in a small group.)

## SHARING WITH AND PRAYING FOR EACH OTHER

### Helping people to share in a small group

There are some helpful guidelines for sharing – we would encourage you to go over these each time that the group shares:

- Share for yourself, not for someone else (especially not a spouse)
- Share for now
- This is a time to listen, not for giving advice or criticism
- Keep confidences within the group
- There is no obligation to share

The aim is to help people share more deeply, being aware of 5 levels of communication:

- Cliché – “I’m fine”
- Reporting facts – “I bought a new shirt”
- Sharing ideas & opinions
- Sharing feelings & emotions
- Self disclosure of dreams, failings, weaknesses & strengths

Some practical tips:

- Go over these guidelines at the start of the evening
- You can choose to go round the group or open up to whoever wants to share
- Give everyone the opportunity to share, even the quieter members of the group
- Encourage people to listen
- Don't allow vocal members to monopolise

### Praying for others in a small group

- We want to do what the Father is doing (John 5:19) NOW, in this moment
- Prayer ministry is different to intercession
- We want God's Kingdom to come
- We want to use spiritual gifts (see 1 Cor. 12-14 – eagerly desire spiritual gifts)
- Remember our values, e.g. mercy, integrity



- A prayer model
  - We use a prayer model to help us get started and also to train others
  - It is not a formula!!
  - Others “catch it” as we model it to them
  - Our model is based on Jesus and has 3 simple steps: **ASK – PRAY – ASK**
    - i) **ASK** – ask the person what they’re asking Jesus to do for them  
And ASK the Holy Spirit what He is wanting to do
    - ii) **PRAY** – like Jesus did
    - iii) **ASK** – what’s happening? What are the next steps?
  - Pray for others with your eyes open. We want to see what God is doing.
  - Give time & space for prayer ministry
  - Don’t pray on your own with members of the opposite sex
  - Don’t give directive words – e.g. about babies, marriages
  - Beware of unhealthy or unsuitable attachments

#### Tips to pray for each other on video calls

- If you have a large group you may want to use breakout rooms if you are able to do this on your chosen platform
- You obviously can’t lay hands on physically, but you can reach out a hand to whoever you are praying for
- If you are praying for healing, encourage that person to lay a hand on the part of the body that hurts, or alternatively ask someone in their household to do so
- Finally, be expectant! The Holy Spirit is not limited by the power of your broadband so expect him to move powerfully.

#### Final thoughts

Most importantly, we want you to enjoy this! If you have any questions or need any further support, please do not hesitate to contact either myself or another member of the pastoral team.

It’s such a privilege to be able to create space for people to explore who Jesus is together.