



## SUMMIT church

### CONNECT GROUP RESOURCE

As our church responds to the recent news, we want to provide you with some helpful information for Connect groups to facilitate productive conversation and a time of reflection and prayer. The information provided below is a helpful starting point for your next group time together and some guidance on any immediate response needed for your group members.

### HOW TO FRAME YOUR GROUP TIME TOGETHER:

Acknowledge that we are all feeling a range of emotions. Ask that, as we share, we should refrain from cross-talk. Be slow to comfort someone with a counter point or similar experience just because what has been said is uncomfortable. Instead, let's provide space for the Holy Spirit to be our first comforter in our pain (Psalm 46:1-3). We should refrain from discussing the situation in a way that results in gossip (Ephesians 4:29). John outlined the facts we need to know. Conversation should steer away from the situation itself and toward what we should learn from it. This is a clear reminder that we are all sinful—that satan lurks and that we need to look to God's word as much as possible. When we feel weak or overwhelmed, we need to seek help from other believers (Galatians 6:2).

#### **A suggested group outline for your time together:**

- ***Time of silent prayer*** (5 - 10 min): Start by asking everyone to take some time in silent prayer taking everything to God first, acknowledging their own need for grace, and their feelings and questions about what is going on.
- ***Sharing feelings*** (20 - 30 min): Attached is a feelings wheel which may be helpful to print and have available to everyone in the group. Ask everyone to share how they are feeling, utilizing words found on the wheel.
- ***Prayer Requests*** (10 - 15 min): Ask everyone to share how the group can be praying for each member specifically in this season.
- ***Corporate Prayer*** (10 - 15 min): Spend some time praying for the requests and utilize the prayer section below for areas we can each be praying in. Your group may choose to ask each member to take a section to pray for as you pray aloud.

- **Closing:** At the end of the meeting, be sure everyone knows that Summit has resources available if anyone is in need of additional pastoral or professional support through this time.
  - Group members can email [care@summitconnect.org](mailto:care@summitconnect.org) and they will be assisted with connection to pastoral or professional support based on their needs.
  - Encourage your group to be open to the ongoing support of each other through this time.

### **Suggested areas of prayer:**

- For the specific requests within the group
- To remember that God is God
- Lament/be honest about any sadness
- The church as a whole
- Summit staff & leadership
- Healing for the Van Dyke family

### **Practical next steps for those looking to fortify their marriage:**

- **Talk.** Schedule time to talk (without a phone in hand or TV on) with your spouse about how you can avoid creating walls of secrecy between you. Talk about how you are doing and ask where you can be more helpful to your spouse.
- **Set ground rules and honor them.** If your wife is uncomfortable with you going to lunch with a female co-worker, honor your wife above your opinion. Or if your husband is concerned about you having conversations on social media with other men, honor your husband above your opinion. If you find using your phone late at night or going to bed after your spouse leads you to online interactions that are unhealthy, set a ground rule for the times and places you use technology and stick to it.
- **Recognize the danger zones.** Sometimes people can be oblivious to tempting situations. For example, being on guard in social and business settings where alcohol is present (and spouses may not be) since judgment can be impaired.
- **Invest in community.** It is also easy to deceive ourselves that our actions are “no big deal.” So we need people that love Jesus and us that can help guide us and call us out when necessary.
- **Intentionally protect and nurture your marriage.** Give time and energy to engaging in things your spouse enjoys (even if you don't) and cheer them on.

# FEELINGS WHEEL

