



Introduction Series Meeting Outline

YouTube Introduction Series - OLOSFMI Youtube Channel -

https://www.youtube.com/watch?v=WLxxXdunPjo&t=0s&list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt&index=2

Session 1: The Road?

General Meeting Outline Weekly Time Guideline:

Introductions, Social Time, Opening Prayer: 20 Min

Total Video Time: 6-8 Min

Total Discussion Time: 25-35 Min

Closing Prayer Time with Challenge: 5 Min

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Next Read: The Road to Emmaus Story - Luke 24: 13-35

After the Reading Conclude with this prayer: *Heavenly Father, as we begin this journey together we welcome you to join us. Help us to have hearts and minds ignited and passionate for You. May we be open, humble and ready to share so that others, especially myself, may grow. Amen.*

YouTube Video: Mike Chamberland (7:07 Min) -

https://www.youtube.com/watch?v=WLxxXdunPjo&index=1&list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt

Small Group Questions:

1. Has there been a memorable walk or road trip in your life when you really bonded with another person or discovered something new about yourself? What was that like?
2. What prompted you to join this Emmaus Small Group?
3. Is there anything you are hoping to GET from this small group initiative?
4. Is there anything you are hoping to GIVE to this small group initiative?
5. Any initial thoughts/feelings this video brought up for you?
6. Being honest, what would you say is your life destination? Does your life and lifestyle look like you are trying to get there?

Individual Challenge for the week:

Pray/Reflect on three questions (consider speaking with close friends and family about these questions)

1. How have you been blessed by others joining you in your journey of life?
2. How have you been a blessing to others on their journeys?
3. What is one positive spiritual difference you would like to see in yourself a year from now?

Closing Prayer: (Please refer to your prayer guide for additional ideas and suggestions if needed.)

Dear heavenly father, we thank you for this time to gather and to share with one another how we are all on a journey. As we walk together, we pray to grow in relationship with one another and with you. In your loving name. Amen

Emmaus Small Group: YouTube Introduction Series

Session 2: The Conversation

***During the beginning social time, ask how the previous session challenge went.**

Individual Challenge from the past week:

Pray/Reflect on three questions (consider speaking with close friends and family about these questions)

1. How have you been blessed by others joining you in your journey of life?
2. How have you been a blessing to others on their journeys?
3. What is one positive spiritual difference you would like to see in yourself a year from now?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: Hebrews 10: 23-25

After the Reading Conclude with this prayer:

Heavenly Father, we thank you for the gift of community and fellowship. We thank you for vulnerably offering yourself in relationship with us through your Son Jesus Christ. Help us to be open to your word and example as we seek to form lasting and fulfilling relationships. Help us to see and love others just as You see and love others. We pray for all these things in Gods Holy name. Amen.

YouTube Video: Mike Chamberland (8:08 Min) -

https://youtu.be/uMpU_XU2Qfg?list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt

Small Group Questions:

1. Are there any initial thoughts/feelings the video brought up for you?
2. What do you think about the video statement about, “the secret of deep and authentic relationships is vulnerability?”
3. What do you think/feel are some of the main reasons people struggle with vulnerability at all?
4. **LEADER:** take a moment to mention and review the Group Covenant with everyone. What does everyone think? Anything seem unfair or anything that should be added?
5. Is there some aspect of participating in these Small groups that make you nervous or uneasy?
6. What do you think or feel about the open chair policy?

Individual Challenge for the week:

Reflect on how vulnerable you are with the people in your life:

1. Have there been times you may have inadvertently stopped others from being, or wanting to be vulnerable with you?
2. How can vulnerability help take any of my current relationships to the next level?

Closing Prayer: (Please refer to your prayer guide for additional ideas and suggestions if needed.)

Heavenly Father, create in us a hunger to go outside of our comfort zones and grow with one another and with you. In your loving name, Amen.

Emmaus Small Group: YouTube Introduction Series

There are two videos with discussion questions for this session.

Session 3: The Prayer and The Content

***During the beginning social time, ask how the previous session challenge went.**

Individual Challenge from the past week:

Were you able to take reflection time on your own personal relationships and vulnerability? Any new conclusions?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Next Read: Matthew 7:7-12

After the Reading Conclude with this prayer:

Heavenly Father we knock on the door and seek after you. At the same time you are knocking on the door of our hearts. Give us the courage to let you in. Give us the courage to let our heart speak to your heart. Open our eyes and minds this session to better understand how we can draw close to you and others. We ask this all in your Holy name. Amen.

YouTube Video: The Prayer - Mike Chamberland (8:18 Min) -

https://www.youtube.com/watch?v=xb7At_NwrCE&t=0s&list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt&index=3

Small Group Questions:

1. Do you recall how you learned to pray? Please share your experience.
2. What do you find most rewarding, and most challenging about prayer?
3. What is the most profound experience of prayer you have had personally?
4. Do you have much experience praying with others? Do you have any hopes/concerns moving forward in these Emmaus Groups in prayer?

YouTube Video: The Content - Mike Chamberland (6:38 Min) -

https://www.youtube.com/watch?v=pmC6Dbgl0dQ&feature=youtu.be&list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt

Small Group Questions:

1. Mike speaks of the concept of “rest” as deeper than mere sleep or not working. Have you ever considered this type of rest as distinct and valuable?
2. Why do you think we have a difficult time slowing down and “resting?”
3. Have you ever taken a retreat before? If so, what was your experience like?
4. As Mike said, the content is not designed for intellectual knowledge but rather for reflection and feeding our heart and soul. How do you feel about that?
5. What is something you hope the Emmaus Small Group content provides or helps you consider?

Session 3: The Prayer and The Content (continued)

Individual Challenge for the week:

Consider your own personal prayer life and ask, "If someone spoke to ME with the same sincerity, attentiveness and frequency as I speak with God, would I be close to them?" Spend time in silence this week and be on the lookout for an opportunity to simply pray an "Our Father" or "Hail Mary" with a spouse, friend or co-worker.

Closing Prayer: (Please refer to your prayer guide for additional ideas and suggestions if needed.)

Dear Lord, We thank you for the many blessings you bestow on us daily. We pray that you read our hearts even when we don't have the words to talk with you. Build in us a desire this week to spend time each day to share with you what is on our mind. In your Holy Name, Amen.