



Refresher Meeting for Existing Groups - (Intro Summary)

General Meeting Note:

Since this is possibly the first meeting after a break take ample time to “catch up” or utilize a game or something to simply build comradery and friendship. It is important to set a tone, an environment of comfort and ease.

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: Luke 24: 13-35 (note: The Emmaus Reading is used for this session rather than the Sunday Gospel)

After the Reading Conclude with this prayer:

Heavenly Father, You are always at work. You are always moving and leading, guiding and calling. Give us the grace and strength to see You at work in our lives. Help us to slow down, to listen to Your voice through others and to form authentic relationships built on vulnerability, grace, and prayer. Amen.

Small Group Questions:

1. Do you find it interesting that in the Emmaus Story the disciples travelled not as individuals but together? What do you think are the benefits of traveling this way in regards to our faith?

YouTube Video: OLS YouTube Channel – ESG Intro Summary (7.43 min) - <https://youtu.be/sTxD4M88Ogs>

Small Group Questions:

2. As Mike said this video is a summary of the first four initial intro videos. Did this video help you recall when we first began? Can you recall your feelings/thoughts when we first started this group? What were you thinking then?
3. Considering the past year(s), how well do you think we have implemented some of the key concepts Mike references in this video? Are there areas we could improve?
4. As we look to begin this next year do you have any specific hopes for our group or even for yourself personally?
5. In the video Mike mentions a few of the bullet points found in the Group Covenant. Let's take a moment to review them (**Leader Note: please pull out and read each point on the Group Covenant**). What do you all think? Does this seem fair/reasonable? Any questions? Do you think there is something we should add?
6. **Leader Note: Take time to discuss any logistical details so as to bring clarity and set yourself up for continued success as a group. (i.e. communication tools and frequency, meeting dates, times and locations, maybe briefly review the roles of Leader, Asst. Leader, Host and why they are important).**

Session Challenge: {Choose one or all}

- Pray each day for the yearlong success of your ESG and for each of its members by name.
- Look up and read the Gospel reading for the upcoming Sunday. After reflecting on this reading ask the Lord in prayer how He wants you to live as a better disciple. Write down any thoughts that arise from this time in prayer. Keep these to review at the end of the ESG year.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions. refer to your prayer guide for additional ideas and suggestions.)

Jesus, may we encounter YOU again and again as we meet throughout this year. May our ESG meetings be a time of needed rest, clarity, and re-orienting our lives to truly follow You. Amen.