



## 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 camaraderie and friendship. It is important to set a tone, an environment of comfort and ease.

### Opening Prayer:

Begin with a brief moment of silence. Let’s shake off all distractions from the day and remember 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. Why do you think the disciples in the Emmaus Story travelled together and not as individuals? 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: (Leaders: Please review questions prior to meeting, if you’re running tight on time, skip #8 & #9)

2. 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?
3. (Leader Note: only ask if you have a new person joining in this session.) If this is your first time joining an Emmaus Small Group, what prompted you to join and what are you feeling/thinking?
4. If this isn’t your first year in an ESG, how well do you think you’ve done personally in implementing some of the key concepts referenced in the video? Has implementing these concepts changed your life outside of our time together in any way?
5. Mike speaks about the road to Emmaus, how we see the disciples walking together, encountering Jesus, and having great discussion and great questions. The hope is that our ESG is like that—people journeying together and, in that journey, encountering Christ and developing a relationship with Him. In what ways has being a part of an ESG changed your relationship with Jesus? Are there any ways that you hope will improve your relationship with Him by journeying together?
6. The secret to deep and authentic relationships is vulnerability. Our group is a safe place and I want to emphasize that what is shared here stays in the group. Have you noticed anything that has helped you become more comfortable in our group this past year? Do you have any ideas we could implement that would encourage deeper sharing?
7. Mike speaks about ESG being a time of retreat, a time to unplug and share sacred time with one another. Do you think/feel approaching the meetings with this mindset will change anything for you? Are there any areas we can improve on as a group that we haven’t discussed yet?
8. The content is not designed for intellectual knowledge but rather for reflection and feeding our hearts and souls. Since the content is usually based on the readings of the upcoming Sunday Mass, has your Mass experience changed in any way? Have other things discussed or shared in our group caused you to reflect or implement new habits?
9. What do you find most rewarding/challenging about prayer? Is there a type of prayer that you hope we explore or have enjoyed doing as a group in the past?

**Leader Note:** Take time to discuss any logistical details needed to 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:** *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.*