



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 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 traveled not as individuals but together? What do you think are the benefits of traveling this way in regard to our faith?

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

Small Group Questions:

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. What prompted you to join an Emmaus Small Group? If you are new to ESG, what are you feeling/thinking as the meetings get underway? If you’ve been participating in an Emmaus Small Group, can you share how you or your feelings have changed as a result of your participation?
4. The content is not designed for intellectual knowledge, but rather for reflection and feeding our hearts and souls. What is something you hope the Emmaus Small Group content provides or helps you consider?
5. The secret to deep and authentic relationships is vulnerability. What do you think/feel are some of the main reasons people struggle with vulnerability?
6. What do you find most rewarding/challenging about prayer? Have you ever had an experience during prayer that you would like to share? Is there a type of prayer that you hope we explore?
7. As we look to begin this next year are there any areas as a group we can improve? Do you have any specific hopes for our group or even for yourself personally?

Leader Note: Take time to discuss any logistical details 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 both}

- 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.