

**Small Group Ministry Facilitator Training ~ 2018**

# Packet D: Suggestions for Building a Balanced & Healthy Small Group

**1. Fostering Growth using Matthew Kelly’s 4 Signs of a Dynamic Catholic**

#  Prayer

* Pair up with another person in your small group to have an accountability partner for daily prayer. Ask people for ideas that have worked for them to build morning prayer into their daily routine.
* Give members a copy of the WRAP book (from the Institute of Priestly Formation) on how to pray, and encourage members to use a prayer journal.
* Pick one weekend where your families all attend the same Mass, sit together, and go out to eat or socialize afterward.
* After a few meetings, ask for volunteers to lead the opening prayer.

#  Continuous Learning

* The small group materials provide a great forum for continuous learning.
* In addition, advise small groups of faith building events in the Archdiocese, and other resources on the Archdiocese website – archspm.org.
* Tell members about faithful Catholic media, such as Relevant Radio and EWTN.

#  Generosity

* Volunteer as a small group at your parish. You parish will provide opportunities and needs at the parish.
* Volunteer as a small group in the community. Ask members to suggest a cause that is meaningful to them.

#  Evangelization

* Ask members to pray about who the Lord has brought into their life to invite into the small group or to share the joy of their faith with.
* Watch together the “Power of the Personal Witness” video on the Rediscover.archspm.org website, and prepare a short personal witness.

 © 2017 Archdiocese of Saint Paul and Minneapolis Packet D - 1





# Packet D: Suggestions for Building a Balanced & Healthy Small Group

# Building Community and Fellowship in your Small Group

* Think about the various tasks involved, and involve your members. Examples include:
* Ask for a volunteer to prepare a hospitality sign-up sheet, and route it.
* Ask for a volunteer to plan a social activity for the group during the session.
* Ask for a volunteer to plan a volunteer project for your small group.

# Building Accountability and Life Transformation into the Study

* Take a few minutes at the end of each session and ask members to think about one concrete thing they will do in the upcoming week to live out the lesson they learned that week. Remember that evangelization starts in the family.
* Examples include:
* Invite a friend or family member to lunch who is struggling.
* Call or send a friend or family member a card.
* Pray especially for someone, or offer an hour of Adoration.
* Run an errand or prepare a meal for a house bound or ill friend or family member, etc.

# Integrating your Small Group into the Life of the Parish

 See number 1 above – Generosity: Volunteer as a group at your parish once each session. The parish

will provide opportunities and needs.

 © 2017 Archdiocese of Saint Paul and Minneapolis