



RESET

HOST TIPS

*FOR HOSTS ONLY

HELLO, HOST.

Thanks for stepping forward to host a small group. As a host, you'll not only get a chance to be around other people as they grow, but you'll have the chance to grow significantly, yourself.

We're convinced that God will use the unique combination of weekend teaching, the personal guide, the DVD, and engaging group discussions and activities to challenge all of us to a new place. As your small group's host, you're a key link in all of this. (Think of yourself as your group's Ryan Seacrest—you don't have to know what you're doing, you just have to smile and welcome people.)

Along with instructions for the group materials, we're also including tips on how to host and support your group, including how to handle conflict within the group and keep things rolling.

WHAT IS A HOST?

Being a host means that you're willing to welcome a small group into your home—or another suitable location—for six weeks. You don't need to have all the answers, and we don't expect you to be a Bible expert or professional facilitator. Just be friendly, take a shower beforehand and put your crazy dog on a leash.

YOUR RESPONSIBILITIES

- 01 Since you're reading these materials, you've probably already registered as a host at www.resetjourney.com. If you haven't registered online, please do, so you'll be connected with the host community at large.
- 02 Read all of these Host Tips to get familiar with the *Reset* materials. Everything you'll need to host your group is contained in the group instructions pad and DVD.
- 03 If you haven't already, determine how you will form your group. If you're not in a small group already, form a new one. We're asking existing groups to consider expanding or disbanding—that is, to add a few new people to their group for six weeks, or to disband temporarily to host new groups and invite friends, neighbors and co-workers.
 - If you are forming a new group, you can use the Find-A-Small-Group tool at www.resetjourney.com to describe yourself and your group. People will be able to find your group online and will contact you via e-mail.
 - If you plan to stay with a current small group or serving team, let them know your plans and be sure to sign yourself up as a host at www.resetjourney.com. Please consider expanding your group to get others involved.

Regardless of the method you've chosen to form your group, you'll want to contact them prior to your first meeting to confirm the time and location.

- 04** At your first meeting, you'll be asked to review the Small Group Ground Rules listed in the appendix to your guide. This can also be a good opportunity to discuss how your group will handle childcare, conflicting schedules, potty mouths, rabies, et cetera.
- 05** Before each meeting, make every attempt to complete the week's thought prompts in your personal guide, and always have your guide with you. The group materials reference the thought prompts in the guide extensively, and everyone is encouraged to have considered the questions and challenges in the guide before the meeting. As a host, you're the model.

(Note: in case people haven't completed their individual prompts prior to the group, we've written the group prompts in such a way that people can still be involved in the discussion, but the conversation will be richest if everyone has processed their individual prompts ahead of time.)

- 06** Have a Bible on hand for the group meetings. At a few different points in the journey, the group materials instruct group members to read Bible passages out loud.
- 07** If you want, feel free to pray for your group's time together at the beginning of your meetings, but don't feel obligated to do so. Remember that it's likely that people in your group will be in very different places on their spiritual journeys, and will have varying levels of comfort and experience with prayer. If you do decide to pray, keep it simple, short and sweet. Maybe something like this:

God, thanks for this time together. Please open up our minds and hearts, and help us to see what assumptions we're making of Jesus, and what you want to reset in us. We want to see You more clearly. Amen.

There are prompts for each person to pray every week. Encourage them to do so, even if people do not believe in God.

- 08** If you have any questions during *Reset*:
- Check out the online Host Forum at www.resetjourney.com.
 - E-mail host@resetjourney.com for really nice support.

ABOUT THE GROUP MATERIALS

Because you're the host, we'll give you some tips and let you in on a few secrets. But pinkie-swear that these go no further.

DON'T START FLIPPING THROUGH THE PAD OR WATCHING THE DVD BEFORE YOUR GROUP MEETING.

Week One

This first week will set up the journey and set some ground rules for the group. You'll be asked to play an icebreaker game (we know that's cheesy, just do it), watch a segment on the DVD and share some responses to prompts from the guide. You'll also be issued your first action challenge, which everyone will be asked to complete before the next meeting.

Here's an important tip: when you're reading out loud, read slowly, and read everything. (Actually, this is a hint for every week.) Also, make sure you have your guide with you and a Bible on hand every week.

Week Two

This week you'll debrief the results of your challenges, watch a clip from the DVD and share responses to prompts from the guide. Everything's pretty self-explanatory. Just make sure you've done your own homework, and completed your own challenge.

Also, have some sort of calendar handy (because as a group, you'll be discussing when and where your Week 6 gathering will take place).

Week Three

This third group meeting will be pretty self-explanatory. At the end of the meeting, when the Week 4 challenges are distributed, make sure to ask if anyone in the group wants one of the Week 4 challenge CDs that were included with the group materials. The challenge involves downloading and listening to an MP3 from the *Reset* website, and some people might prefer (or need) to receive this recording on CD.

Week Four

This week your group will be challenged to receive affirmation from one other. As the host, you should give some forethought to words of affirmation you could share with each person in the group. Also, be sure to have some extra paper on hand. Your group will do a prayer activity in which each person will write down a personal request, throw it in a bowl or basket and then draw one out. Everyone will receive someone else's request and be asked to pray about it all week.

Finally, don't forget to remind people about the Prayer Experience that will be happening during the coming week. It is designed for individuals, but can be a cool experience to go in a small or large group.

Week Five

Everyone will be asked to talk about their experiences with prayer, whether that be the individual prayer challenge, the Prayer Experience, or another impactful time in prayer. Also, make sure to tie up any loose ends before next week's gathering, a dinner party, takes place.

Week Six

For your last group meeting, you'll be expected to share a meal together at someone's house (everyone will be told about this in the second week, so you'll have time to plan in advance). Anyone can host the dinner, and anyone/everyone can cook for it. It's important to pick a night that everyone can attend and it's encouraged that parents get a babysitter for this evening.

HOST TIPS

Make It Safe

Your group should be a safe place for people, wherever they are on their spiritual journey. Be sure to respect any and all questions, and let everyone know they're welcome to explore the series topics, even if they don't agree with them.

Some people might uncover experiences in their past that elicit emotion, even strong emotions. Be respectful of them. People probably don't want to be "fixed" or given advice. Listen in an understanding way, and affirm them for their discovery and offer them a time out for others to continue, as appropriate.

Have Clear Expectations

Be sure that everyone knows your role as a host. You're there to help guide the discussion, but aren't the "teacher" or "Bible expert." If a question is asked, about which the group would like more insight, try the Host Forum or contact host@resetjourney.com before your next meeting.

Check to make sure that everyone in your group has a personal guide. The guide's purpose is to facilitate the individual piece of the journey. The guide also contains the Small Group Ground Rules. Be clear about these ground rules and ask that everyone commit to them and remind each other of them, if needed.

Group Discussion

Your group materials contain challenges, questions and instructions. The pad will help to facilitate your group meeting to a large extent, but we're making no promises that it will totally carry your group. It will be up to you to encourage open discussion and discern when it's time to keep going, and when it's time to move on. You are in charge of leading your group.

WHAT IF?

What if someone consistently breaks the ground rules of the group?

Your first step should be to talk one-on-one with the person away from the rest of the group. Remind them of the ground rules and how they can help you keep the group a positive experience for everyone. Focus your discussion on the “event” that happened.

If that doesn’t work, sit down with the person and someone else from the group. If no meaningful changes occur after taking these steps, it would be appropriate to ask the person to step out of the group. This plan follows the guidance given in the Bible in Matthew 18:15-17. If you need more specific guidance on a situation, try the Host Forum or contact host@resetjourney.com.

What if there’s conflict within the group? What if a discussion turns into an argument?

Move the furniture against the walls and clear a large space in the center of your living room. Let the opposing parties fight it out, and whoever is left standing gets to be right. (Kidding.)

Seriously, there’s a healthy principle that says, “What happens in the group needs to be resolved in the group.” As host, your role is to remind everyone that the group needs to be a place that allows healthy disagreement, but not at the expense of respect for one another. This is a great opportunity to look at what the Bible has to say about disagreements. Have the group turn in their Bibles to Ephesians 4:15 to read about “speaking the truth in love,” and to Ephesians 4:32 to read about “forgiving each other.”

What if my group decides to meet early in the week or immediately after the weekend service?

The group materials are designed to work best when individual group members have attended the weekend service and completed their individual reading in the Bible and the guide. However, some schedules demand that groups meet on Monday or even Sunday nights, not affording everyone time to complete their weekly reading. If this is the case for your group, it’s best to suck it up and complete the individual reading and reflection right away, or choose to work a week behind, affording an entire week for individual study and challenges.

WHAT IF?

What if someone consistently dominates the conversation and there isn't room for others to talk?

This usually happens, and sometimes the chatty person is super-nice, so you hate to say anything. But it will help. (Even as host, you might be tempted to carry a lot of the conversation. It's better to let everyone take equal part. Go for the "start-and-hand-off" approach.)

Consider following up with the chatty guy outside the group time. Ask him to be intentional about holding back so less-vocal members can participate more easily. If it happens again, step in diplomatically and say something like, "Dave, we've heard from you on this, but let's hear from others in the group who haven't had a chance to share..."

What if someone in the group experiences a crisis?

This is what community is about. It's not all fun and salty snacks. It's being there for someone when they're hurting. Your first step is to see if there's a way that the group as a whole can be of help. For instance, if the person is in the hospital, you could call the other members to see if they can visit on different days, or split up help in a way that one person is not responsible for everything.

What if I have kids and don't know what to do with them while my group meets?

Your small group experience will include serious discussion, prayer and some surprises. And it will almost certainly be boring for young kids. Parents are encouraged to investigate babysitting options (some groups even share a group sitter). Every situation is different, so talk it over in your group and decide what's best for everyone.

It's important to note that "community-wide journey" means that everyone can be included, and just as the adults are learning, children's and teen ministries are exploring the *Reset* journey as well.

AFTER THE RESET SERIES

How Was It?

Please encourage your group to complete a brief survey that will be made available after the series at www.resetjourney.com so we can know what worked and what didn't. Also, you might have someone in your group (including you) that now has a cool story to share resulting from participating in the journey. Make sure to let others know at www.resetjourney.com. Keep the stories coming!

To Meet or Not to Meet

If you formed your group specifically for this series, you might discover that some people in your group would like to continue meeting. Great! This is just one way that small groups are born. But it's entirely possible that not everyone wants to continue meeting. That's OK, too. Either way, be prepared to discuss this at your last meeting. Encourage the group that if some want to start a small group, that's wonderful, but no one is under any pressure to do so. After the series, you'll be able to link to some other small group studies from the www.resetjourney.com site, so check those out.