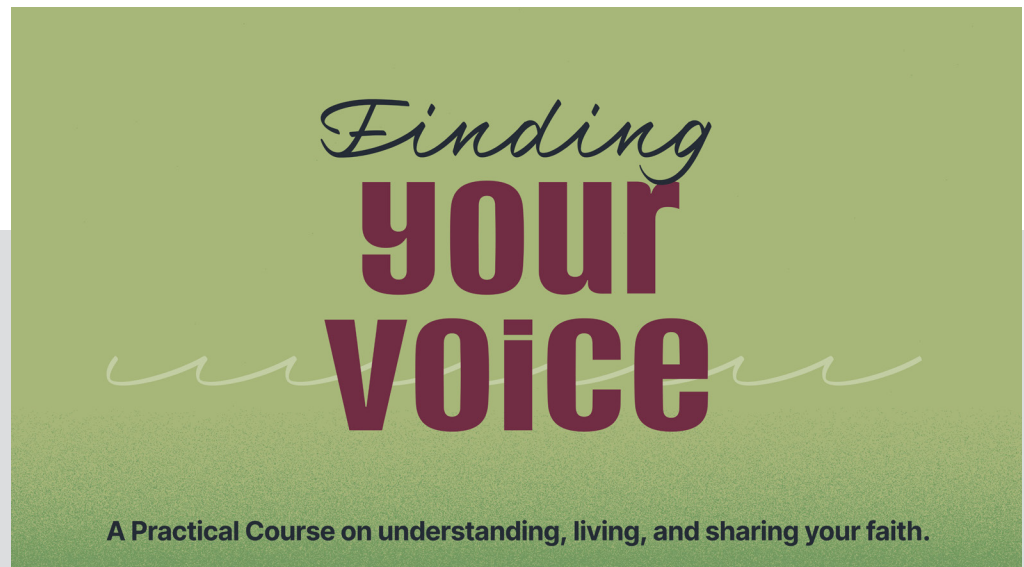




ST. ANDREW



FACILITATOR / SMALL GROUP LEADER GUIDE
SIX-WEEK COURSE, LED BY REV. KIM MEYERS

A Letter to the Facilitator

Thank you. What you are about to do matters more than you know. You are shepherding a circle of people into greater freedom with their faith—helping them speak what is already true in their hearts. That is holy work.

This guide walks you through each of the six sessions. It includes objectives, pre-session prep, a suggested 90-minute flow, facilitator notes for every discussion question (with follow-up prompts), pastoral tips, and closing prayers.

A few guiding principles for the whole course:

- This is not a debate or a doctrine test. It is a laboratory of grace.
- The video does the teaching. Your primary job is to create space, ask questions, listen well, and close in prayer.
- Small is powerful. Groups of 4–10 people tend to produce the deepest honesty.
- Confidentiality matters. What is shared in the circle stays in the circle—unless someone is in danger.
- Pray for every participant by name each week. This is the single most important prep you will do.

SESSION RHYTHM AT A GLANCE

- 1 | Welcome and recap (10 minutes)
- 2 | Watch the weekly video teaching (about 10 minutes)
- 3 | Small-group discussion (30–40 minutes)
- 4 | Week's practice + closing prayer (10 minutes)

Total: about 60–70 minutes plus buffer—we suggest 90 minutes so no one feels rushed.

FACILITATOR TOOLKIT

What to Bring Each Week

- Your Bible and participant guide
- A way to play the video (laptop, TV, projector)
- Paper and pens for anyone who forgets theirs
- A list of names—so you can pray by name and follow up
- A soft heart, a slow voice, and a willingness to say ‘I don’t know’

When a Question Falls Flat

- Re-ask in simpler words.
- Share an example from your own life first.
- Give permission: ‘There’s no wrong answer. This is just our honest wondering.’
- Move on if needed. Not every question lands—that’s okay.

When Someone Shares Something Hard

- Resist the urge to fix.
- Say: ‘Thank you for trusting us with that.’
- Pray briefly, out loud, for the person—short is fine.
- Offer to follow up privately after the session.
- If there is risk of harm to self or others, involve your pastor or appropriate care professional.
Know your church’s escalation path.

When the Group Stays Silent

- Count to fifteen. Really. Silence is often pregnant, not empty.
- Invite by name: ‘Jane, what’s your read on this?’—only if you sense she wants to speak.
- Break into pairs: ‘Turn to the person next to you for two minutes.’

Week 1 | Why Faith Needs Words

The Call to Articulate What We Believe

LEARNING OBJECTIVES

- Help participants understand why articulating faith matters.
- Create a safe, honest space for naming barriers to faith expression.
- Invite every person into the six-week journey.

BEFORE THE SESSION

- Read 1 Peter 3:15 and Acts 2:42–47 in your own devotional time.
- Preview the Week 1 video ahead of the session.
- Pray by name for every person you expect to attend.
- Prepare a simple welcome: refreshments, name tags if the group is new, Bibles and participant guides on each seat.

PASTORAL POSTURE

This first session sets the emotional tone for the whole class. Your job is not to teach—the video does that. Your job is to make people feel safe, seen, and hopeful. Go slowly. Laugh easily. Model vulnerability first.

SESSION FLOW (90 MINUTES)

TIME	SEGMENT	WHAT YOU DO
0:00-0:10	Watch Video	Greet each person by name. Open with prayer. Briefly introduce the course (what, why, how).
0:10-0:20	Icebreaker	Each person shares their name and: ‘one place faith shows up in my week.’ Keep it light.
0:20-0:30	Watch Video	Play Week 1 teaching video (about 10 minutes). Encourage participants to use the outline in their guide.
0:30-1:10	Discussion	Walk through the Week 1 discussion questions. Don’t force every question—follow the Spirit.
1:10-1:20	Practice & Prayer	Introduce this week’s ‘faith snapshot’ practice. Close in prayer, inviting each person to name one hope for this class.

FACILITATING THE DISCUSSION

For each question: ask, wait, listen, then respond. Resist the urge to fill silences. Use the follow-up when the group needs a nudge deeper.

Q1 | What's one word you'd use to describe the faith you grew up around—and one word for the faith you're carrying now?

Listen for: Contrast between inherited faith and owned faith; signs of growth, pain, or confusion.

Follow-up: 'What made the shift from the first word to the second?'

Q2 | When has it been hardest for you to talk about your faith?

Listen for: Specific stories—a family dinner, a co-worker, a crisis moment. Validate rather than fix.

Follow-up: 'Was there a particular reaction you were afraid of?'

Q3 | Read 1 Peter 3:15 aloud. What does it mean to be 'ready' without being pushy?

Listen for: Discomfort with evangelism language. Reassure: Peter says 'gentleness and reverence.'

Follow-up: 'What does "gentleness" look like for you in conversation?'

Q4 | Which of the three barriers named in the video rings most true for you?

Listen for: Some will minimize; look for honesty, not performance. Normalize the struggle.

Follow-up: 'What might help with that barrier in this group?'

Q5 | What in your own life today could make someone curious about Jesus?

Listen for: Humility. Watch for false modesty or unhealthy pressure. Affirm small signs.

Follow-up: 'Who's watching you that you might not realize?'

Q6 | What would make this small group a safe place to practice?

Listen for: Specific group norms: confidentiality, listening, no fixing, no arguing doctrine.

Follow-up: 'Let's hold each other to this for six weeks. Agreed?'

WATCH FOR:

- Someone dominates airtime. Gently say, 'Thanks. Let's hear from a few more voices.'
- Silence after a question. Give 10-15 seconds. It's okay. Then re-ask in simpler words.
- A participant shares something painful. Don't rush past it. Say, 'Thank you for trusting us with that.' Pray briefly.

CLOSING PRAYER

Gracious God, thank you for this circle of people. Give us courage to speak, grace to listen, and love to stay. We trust you with our first drafts. Amen.

Week 2 | The Story We Stand In

The Apostles' Creed and the Wesleyan Way of Salvation

LEARNING OBJECTIVES

- Walk the group through the Apostles' Creed as shared testimony.
- Introduce Wesley's six movements of grace.
- Invite participants to map their own story onto God's story.

BEFORE THE SESSION

- Re-read the Apostles' Creed aloud in your own devotions.
- Reflect on where you personally see each stage of grace (prevenient through sanctifying).
- Preview the Week 2 video.
- Bring a printed Creed or reference the one in the participant guide appendix.

PASTORAL POSTURE

Some participants will have said the Creed for decades but never thought about it. Others may struggle with certain phrases ('holy catholic church,' 'virgin Mary,' etc.). Give space for honest questions without turning the session into a doctrinal debate. Invite wonder, not certainty.

SESSION FLOW (90 MINUTES)

TIME	SEGMENT	WHAT YOU DO
0:00-0:10	Welcome & Recap	Greet warmly. Invite one or two participants to share how the 'faith snapshot' practice went.
0:10-0:15	Opening	Read the Apostles' Creed aloud together. Notice how it feels to say it as a group.
0:15-0:25	Watch Video	Play Week 2 video.
0:25-1:05	Discussion	Work through discussion questions. Leave extra room for the 'Way of Salvation' question—it's often profound.
1:05-1:20	Practice & Prayer	Introduce the 2-minute faith story practice. Pray together.

FACILITATING THE DISCUSSION

For each question: ask, wait, listen, then respond. Resist the urge to fill silences. Use the follow-up when the group needs a nudge deeper.

Q7 | When you hear the word 'story,' whose stories have shaped you most?

Listen for: Family patterns, cultural identity, mentors. This gets people talking.

Follow-up: 'What did those stories teach you about God, even indirectly?'

Q8 | Which phrase of the Creed feels most alive? Which is hardest to say with confidence?

Listen for: Common struggles: virgin birth, 'catholic,' bodily resurrection. Validate questions without rushing to resolve them.

Follow-up: 'What might help that phrase become more real to you?'

Q9 | Where have you seen prevenient grace in your life?

Listen for: Stories from childhood, times of wandering, unexpected moments of God's pursuit.

Follow-up: 'What difference does it make to call that "grace" now, looking back?'

Q10 | Wesley described sanctifying grace as 'love made whole.' What is God growing in you?

Listen for: Present-tense stories. Patience, forgiveness, generosity, self-control.

Follow-up: 'Who in your life could affirm that growth?'

Q11 | How does it change things to be 'created for good works' rather than 'saved by good works'?

Listen for: Relief, freedom. Some may still carry shame. Speak grace plainly.

Follow-up: 'Where do you still feel pressure to earn what's already been given?'

Q12 | Which movement of grace do you most need to lean into this season?

Listen for: Invite honest self-awareness. No wrong answer.

Follow-up: 'What's one small way to lean in this week?'

WATCH FOR:

- Theological debate breaks out. Say, 'Good question—let's stay in the story tonight. We can keep talking after.'
- A participant has no discernible 'before' story. That's fine. Some of us have been grown in the Church. Affirm that.
- Someone feels stuck at 'convincing grace.' Don't push. Say, 'God's timing is gentle. Let's trust it.'

CLOSING PRAYER

God of grace, you have been pursuing us all our days. Teach us to see our story inside yours, and to trust the grace that is still at work. Amen.

Week 3 | The Story We Stand In

The Lord's Prayer as a Framework for Belief

LEARNING OBJECTIVES

- Open the Lord's Prayer phrase by phrase.
- Show how prayer teaches theology.
- Invite participants to use the Lord's Prayer devotionally.

BEFORE THE SESSION

- Pray the Lord's Prayer slowly, one phrase at a time, every day this week.
- Preview the Week 3 video.
- Consider bringing a written copy of the Lord's Prayer (multiple translations can enrich conversation).

PASTORAL POSTURE

Prayer is personal and, for many, tender. Some participants may feel they 'don't pray right.' Your tone this week matters. Normalize struggle. Model slow, unhurried prayer. Resist the urge to correct anyone's prayer language.

SESSION FLOW (90 MINUTES)

TIME	SEGMENT	WHAT YOU DO
0:00-0:10	Welcome & Recap	Briefly invite a few to share from their 2-minute faith story practice.
0:10-0:15	Opening Prayer	Pray the Lord's Prayer together slowly—pause between phrases.
0:15-0:25	Watch Video	Play Week 3 video.
0:25-1:05	Discussion	Move through the questions. Let people's phrase-by-phrase observations breathe.
1:05-1:20	Practice & Prayer	Invite a phrase-based closing: each person prays one phrase of the Lord's Prayer aloud, in order.

FACILITATING THE DISCUSSION

For each question: ask, wait, listen, then respond. Resist the urge to fill silences. Use the follow-up when the group needs a nudge deeper.

Q13 | What's the first prayer you remember being taught?

Listen for: Childhood prayers ('Now I lay me down,' mealtime prayers). Often emotional.

Follow-up: 'What did that prayer teach you about God, even without words?'

Q14 | Which phrase of the prayer is most alive to you right now?

Listen for: The phrase often reveals what God is doing in someone's life.

Follow-up: 'Why do you think that phrase is meeting you?'

Q15 | Which phrase is the hardest to mean?

Listen for: Forgiveness is a common answer. So is 'thy will be done.' Be gentle.

Follow-up: 'What might help you grow into meaning it?'

Q16 | Have you experienced the truth that unforgiveness blocks our own sense of being forgiven?

Listen for: Real pain. Don't rush. Remind the group: 'Forgiveness is a journey, not a switch.'

Follow-up: 'What would one small step toward release look like?'

Q17 | Where do you most need God's reign in your inner life right now?

Listen for: Fears, obsessions, control patterns. Affirm honesty.

Follow-up: 'How can the group pray for that this week?'

Q18 | How could the Lord's Prayer become a reflection tool for you this week?

Listen for: Practical rhythms—morning commute, bedtime, stoplights.

Follow-up: 'Who will you text midweek to say you're trying it?'

WATCH FOR:

- Someone shares a deep wound around forgiveness. Offer to follow up privately. Don't try to resolve it in group.
- A participant dismisses the Lord's Prayer as 'just memorized.' Invite curiosity: 'What if we slowed it down together?'

CLOSING PRAYER

Father, teach us to pray as your children—with honesty, with hunger, and with hope. In Jesus' name. Amen.

Week 4 | Key Terms of Faith

Speaking a Shared Language of Belief

LEARNING OBJECTIVES

- Define ten key theological terms in everyday language.
- Practice translating ‘church words’ into accessible speech.
- Give participants confidence to explain their faith.

BEFORE THE SESSION

- Practice each of the ten terms in your own voice before the session.
- Preview the Week 4 video.
- Consider printing the ten terms on cards for a hands-on sorting exercise (optional).

PASTORAL POSTURE

This session is more didactic than the others. That’s fine—people often walk away feeling equipped. Don’t rush the ten terms. A ‘lightbulb moment’ on one word is worth more than a fast pass through all ten.

SESSION FLOW (90 MINUTES)

TIME	SEGMENT	WHAT YOU DO
0:00-0:10	Welcome & Recap	Invite 1-2 to share how praying the Lord’s Prayer slowly went this week.
0:10-0:20	Watch Video	Play Week 4 video (a little longer because of the 10 terms—still about 10 minutes).
0:20-0:30	Word Exercise	Have each person pick one term. Share it with a partner in plain language. Swap and repeat.
0:30-1:10	Discussion	Work through discussion questions. Spend extra time on the terms people find foggy.
1:10-1:20	Practice & Prayer	Introduce the ‘Faith Glossary’ practice. Close with a short prayer.

FACILITATING THE DISCUSSION

For each question: ask, wait, listen, then respond. Resist the urge to fill silences. Use the follow-up when the group needs a nudge deeper.

Q19 | What’s a word you love—and a word you dislike—from your church upbringing?

Listen for: Hint: disliked words often carry a backstory. Listen with care.

Follow-up: ‘What’s behind that word for you?’

Q20 | Which term do you feel most confident explaining?

Listen for: Let them try it. Affirm real-world language.

Follow-up: ‘Where did you learn to say it like that?’

Q21 | Which term feels the foggiest?

Listen for: Common fogs: holiness, mission, repentance. Offer clear definitions gently.

Follow-up: ‘What might a three-word version sound like?’

Q22 | Read Romans 8:1-17 slowly. Which key term do you see most clearly?

Listen for: Grace, community, hope, love often surface.

Follow-up: ‘What verse shows that term best?’

Q23 | When has a ‘church word’ suddenly come alive for you?

Listen for: Conversion-ish moments—sometimes late in life.

Follow-up: ‘What made the difference?’

Q24 | Which term do you want to practice this week? Who might you talk with?

Listen for: Specific person. Concrete plan.

Follow-up: ‘We’ll ask how it went next week—is that okay?’

WATCH FOR:

- Someone pushes back theologically (e.g., substitutionary atonement). Honor the question; avoid a debate; offer follow-up coffee.
- Participants use technical language without realizing it. Gently reflect: ‘How would you say that to a seventh grader?’

CLOSING PRAYER

Spirit of truth, give us plain words for the deep love you have poured out in us. Teach us to build bridges with the vocabulary of grace. Amen.

Week 5 | Living What We Believe

Discipleship in Daily Rhythms

LEARNING OBJECTIVES

- Move from articulation to embodiment.
- Introduce Wesley's means of grace (works of piety and works of mercy).
- Help participants draft a simple Rule of Life.

BEFORE THE SESSION

- Review your own Rule of Life (or draft one if you don't have one).
- Preview the Week 5 video.
- Bring index cards or notebooks for the Rule of Life exercise.

PASTORAL POSTURE

This week can stir guilt—'I should pray more / serve more / do more.' Your role is to keep the posture grace-soaked. Remind the group: a Rule of Life is a trellis, not a whip. Small. Doable. Honest.

SESSION FLOW (90 MINUTES)

TIME	SEGMENT	WHAT YOU DO
0:00-0:10	Welcome & Recap	Invite two or three participants to share a Faith Glossary word they practiced.
0:10-0:20	Watch Video	Play Week 5 video.
0:20-0:45	Discussion	Work through questions 1-4.
0:45-1:05	Rule of Life Exercise	Give participants 10 quiet minutes to sketch a simple daily / weekly / monthly rhythm. Then share in pairs.
1:05-1:20	Practice & Prayer	Commission each other. Pray for the rhythms being attempted.

FACILITATING THE DISCUSSION

For each question: ask, wait, listen, then respond. Resist the urge to fill silences. Use the follow-up when the group needs a nudge deeper.

Q25 | What is one rhythm that currently keeps you grounded?

Listen for: Any honest answer counts—sleep, sabbath, a walk, morning coffee ritual.

Follow-up: 'Where did that rhythm come from?'

Q26 | Read James 1:22-27. Where do you feel the gap between hearing and doing?

Listen for: Specific, not abstract. Invite confession without shame.

Follow-up: 'What's one small bridge across that gap?'

Q27 | Which side are you stronger in—works of piety or works of mercy?

Listen for: Most people lean one way. No judgment. Invite growth on the weaker side.

Follow-up: ‘What would a first step look like on the other side?’

Q28 | Do justice, love kindness, walk humbly. Which is easiest? Which is hardest?

Listen for: Humility often wins as ‘hardest.’ Speak honestly about your own.

Follow-up: ‘Who models the hardest one in your life?’

Q29 | What would a simple Rule of Life look like for you?

Listen for: Resist over-ambition. Encourage small, honest, sustainable.

Follow-up: ‘Can you cut that in half? Often that’s the real rule.’

Q30 | How does your particular wiring shape how you live out faith?

Listen for: Strengths, personality quirks. Celebrate variety.

Follow-up: ‘What’s one way your strength becomes a gift to others?’

WATCH FOR:

- A participant treats the Rule of Life like a performance metric. Gently reframe: grace-paced, not production-paced.
- Someone compares themselves unfavorably to another. Interrupt kindly: ‘Different wiring, different rule.’

CLOSING PRAYER

God of daily grace, shape the ordinary hours of our lives. Build in us the rhythms that point to you, and give us strength to keep showing up. Amen.

Week 6 | Telling the Story Forward

Witness, Hope, and Transformation

LEARNING OBJECTIVES

- Equip participants to share a three-minute faith story.
- Reframe witness as overflow, not performance.
- Commission the group into their everyday contexts.

BEFORE THE SESSION

- Write and practice your own three-minute ‘before/turning/now’ story.
- Preview the Week 6 video.
- Prepare a simple commissioning affirmation (sample below) and, if possible, something tangible—a card, a small token—to send participants away with.

PASTORAL POSTURE

This is a celebration, a send-off, and a worship moment rolled together. Leave more time than you think you'll need—stories will run long and that's beautiful. End by blessing each person by name if at all possible.

SESSION FLOW (90 MINUTES)

TIME	SEGMENT	WHAT YOU DO
0:00-0:10	Welcome & Gratitude	Greet each person. Thank them for six weeks of honesty.
0:10-0:20	Watch Video	Play Week 6 video.
0:20-1:00	Faith Stories	Each person shares a 3-minute faith story (before / turning / now). Celebrate after each one.
1:00-1:10	Commissioning	Read the commissioning affirmation aloud together. Lay hands on each participant and bless them.
1:10-1:20	Closing	Share a meal if possible. Close with the Lord's Prayer.

FACILITATING THE DISCUSSION

For each question: ask, wait, listen, then respond. Resist the urge to fill silences. Use the follow-up when the group needs a nudge deeper.

Q31 | Who first told you about Jesus?

Listen for: This is a tender, grateful question. Give space.

Follow-up: ‘What would you say to that person now?’

Q32 | Share your three-minute faith story with the group.

Listen for: Encourage honesty, not polish. Affirm every story. Keep gentle time.

Follow-up: 'What did God remind you of as you told that story?'

Q33 | Witness as overflow, not performance—how does that change how you speak?

Listen for: Relief. Release from pressure.

Follow-up: 'What changes when the pressure is off?'

Q34 | Where is your 'Jerusalem' this year?

Listen for: Family, workplace, neighborhood. Specific people and places.

Follow-up: 'What's one thing God is already doing there?'

Q35 | One small, specific step in the next 30 days?

Listen for: Pin them down gently—who, when, how.

Follow-up: 'Who in this group will check on you about it?'

Q36 | Looking back over six weeks—what has shifted in you?

Listen for: Thankfulness. Growth. Humility.

Follow-up: 'What's the one gift you're carrying out?'

WATCH FOR:

- Someone feels their story is 'boring.' Name the lie: God's grace in an ordinary life is one of the most powerful witnesses there is.
- A story opens a fresh wound. Pause, pray, and follow up with pastoral care.

COMMISSIONING AFFIRMATION

Have the group read these lines together, aloud:

You know the story you stand in.

You know the prayer Jesus gave you.

You know the words of faith.

You know how to live them.

You know how to tell them forward.

Go in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

CLOSING PRAYER

Lord of the sending, you have been our teacher these six weeks. Go before us as we go out. Give us words when we need them and silence when we need that. And may every life we touch be blessed for knowing us, because you knew us first. Amen.

The Apostles' Creed

I believe in God, the Father Almighty, maker of heaven and earth; and in Jesus Christ, his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

Wesley's Way of Salvation (*Ordo Salutis*)

- **Prevenient Grace**—the grace that goes before.
- **Convincing Grace**—conviction that awakens need.
- **Justifying Grace**—pardon and peace with God.
- **Regenerating Grace**—new birth, new creation.
- **Sanctifying Grace**—growth in love and holiness.
- **Glorifying Grace**—final restoration in God.

Ten Key Terms of Faith

Grace—God's undeserved, unearned gift—love that gets there before you ask.

Sin—Anything that breaks relationship with God, others, or our true self.

Salvation—God's rescue and restoration—now and forever.

Faith—Trust in God's character and promises.

Repentance—A changed mind that leads to a changed direction.

Holiness—Being made whole, set apart for love.

Community—The body of Christ; we were never meant to follow Jesus alone.

Mission—Joining God's work of love, justice, and restoration.

Love—Willing the good of another, in action.

Hope—Confident expectation that God will finish what He started.