



## The Structure and Flow of a Session

A faith-sharing session typically lasts about 90 minutes. The following outline for your weekly small-group meeting suggests how your time might be allocated in order to keep the group moving smoothly from one element to the next. The time frame described here is based on the assumption that participants have read the session beforehand and considered their responses to the sharing questions, making notes in the spaces provided. Of course, the group leader may adjust the timing according to the dynamics of a particular session.

More detailed suggestions for the leader are included in *Essentials for Small Group Leaders* and *Leading Prayer in Small Groups*, both available from RENEW International. For details, visit [www.renewintl.org](http://www.renewintl.org).

### **Introductions** (First session only) 5 minutes

An opportunity to get acquainted is important. People share most easily when they feel comfortable and accepted in a group.

### **Focus** ● 1 minute

Read the focus to call to mind the central theme of the session.

### **Opening Song** ● 3-4 minutes

Play a song recommended for the session or a song of your own choosing.

### **Opening Prayer** ● 5 minutes

A few moments of silence should precede the prayer, which is always at the heart of gatherings of Christians.

### **A Survivor's Story and Reflection** ● 20 minutes

Members of the group take a few minutes to review the Survivor's Story and the Reflection based on it, or members of the group could read the text aloud. Then those who wish may share their responses to the questions.

### **The Word of God** ● 20 minutes

A member of the group reads the scripture passage aloud. After a few moments of silent reflection, members may respond to the question following the passage.

### **Reflection 2** ● 20 minutes

Members of the group take a few minutes to review the Reflection, or members of the group could read the text aloud. Then those who wish may share their responses to the questions.

### **Act** ● 10 minutes

Members of the group discuss the suggested actions listed in the session and any actions the session may have inspired in them.

### **Closing Prayer** ● 5 minutes