

# Session Three – How a Group Works

A Panel Discussion with Steve Sonderman, Bob Branston,  
John Dilliot and Rob Adams

## 1. Introduction and Small Group Format

## 2. Unique Features of the No Regrets Study Series

- Homework –
  
- 3 Components of a NRSS Meeting
  - Scripture Memory –
  
  - Small Group Sharing, Prayer and Accountability –
  
  - Large Group Discussion –

#### 4. Outside Group Activities

- Service Opportunities
  - We recommend two per year
  - Service Opportunity Ideas:
    - Community project, Habitat for Humanity, yard work for neighborhood, etc.
    - IDEAS for Service Projects:
  
- Group Socials
  - A “Get to Know You” social within the first 2 months is very helpful. Invite the spouses and maybe even the kids, if you’re brave.
  - Continue to plan these socials on a regular basis to strengthen relationships
  - IDEAS for Socials:

#### 5. The Group Covenant

- Absolutely crucial because trust is key to developing relationship.
- Walk through it point by point in the first session and return to it with each book, reaffirming each man’s commitment.

# NOTES: