

# Session Six – How to Start a Group

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## 1. Get Pastoral Support

- Make sure senior leadership is on board with launching a No Regrets group!

## 2. Find a Co-Leader

- Benefits of Co-Leading
  - Mutual Support –
  - Accountability –
  - Flexibility –
- What to Look for in a Co-Leader
  - Affinity –
  - Maturity –
  - Availability –
  - Passion for Discipleship –
- Meet with your potential co-leader early in the process. Start spending time together, praying together, and brainstorming your vision for the group.

### 3. Develop a Prayer Team

- Brainstorm a list of several men and women you can count on to be praying for you and your ministry to men
  - Don't forget to talk to them about it!
- Example of Moses in Exodus 17 – his arms being literally held up as he prays and intercedes for the nation of Israel
- Example of Jesus praying in the garden the night before His crucifixion
  - **“The battle of Calgary was won in the Garden of Gethsemane.”**

### 4. Build Your Group

*Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”*

*Matthew 9:37-38*

- Begin to pray them out – meet with your co-leader to pray on a regular basis for the men that will be in your group
- Make a list of potential men – **F.A.T. Men**
  - **Faithful** – have shown themselves to be faithful in the little things, guys you know from your circles who are known for keeping their word
  - **Available** – can meet when you are going to be holding the group and will commit for the long haul
  - **Teachable** – Genuinely committed to real growth

- Publicize the groups in your church
  - Use every means available to you. Don't let "I didn't know about it" be a viable excuse!
  - Possible publicity materials
    - Bulletin insert, Posters, Flyers
    - Emails
    - Twitter/Facebook/etc.
  - Be sure to check out the resources available at [www.menwithnoregrets.org](http://www.menwithnoregrets.org)
- Begin to make the big ask
  - Show the guys a brochure, the first book, talk to them about the benefits of discipleship.
  - Ask for the commitment.

## 5. Get Ready for the First Meeting

- Have your materials ready
  - Order all the books you will need from [www.menwithnoregrets.org](http://www.menwithnoregrets.org), enough for each man to have his own copy of the study guide and the supplemental book(s).

- Initial materials needed: Book #1 – Becoming a Fully Devoted Follower of Christ and the corresponding supplemental, *Following Christ* by Joseph Stowell
- Find a Place to Meet
  - No distractions, well lit, room to spread out, comfortable seating
  - Name tags (at least until you get to know one another)
- Pray over that first meeting
- Call or email the men the day before and remind them.

## **NOTES:**