

Groups of Three

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G3*

Handbook



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Spiritual Movements Everywhere

Letter from Keoke

Dear Sent One,

Please take a moment to dream with us. What would your friend's lives look like if they were fully transformed by the love of Christ? your neighborhood? the whole Bay Area? We imagine thousands of beautiful stories of life transformation which produce more peaceful neighborhoods, healthier families, racial unity, and millions of little daily actions of love. We imagine communities who act with love because they've encountered Love.

How do we get there? We believe this starts with you -- college students. Over and over, God has chosen to start world-changing spiritual movements with a few fully devoted youth who've embraced their calling as 'sent ones' who take the Gospel to their friends. These world changers don't just take the Gospel on paper. They live out the Gospel as authentic, passionate servants who're following Jesus together in community. We believe Bay Area students have a big part to play as the future leaders of the world in every segment in society.

It's a beautiful thing when Jesus' followers gather simply to pray, help each other grow in obedience to His word and reach out with love. That's what we're up to. There's special power in those humble gatherings, the Holy Spirit, and the power of simplicity that can multiply and be passed on as others get involved. Let's take a risk together and go where we've been sent.

Peace to you,
Keoke King
SF Metro Director
Campus Crusade for Christ

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Movements Everywhere



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Imagine

Imagine meeting up with a few friends from school. Let's say you're meeting between class on some benches under a tree. You share with each other how your relationship with God has been going lately and about the challenges He's put in front of you to trust Him more. As you each share the group responds with real encouragement and prayer.

Now think of someone who you'd love to see give their life to Christ. Imagine what it would be like for God answer your prayers to see her put her faith in Jesus. You invite her and she decides to start coming to your group so she can grow in her new relationship with God.

In class you mention to a friend about your church and discover he follows Jesus too. Soon he visits your group and gets encouraged by the prayer together and the outward focus. He wants to get his friends involved but the meeting time doesn't work for them. He keeps coming to your group, but starts another one too, which works well since your first group is getting a little crowded.

Now imagine that several groups are meeting in different social networks on campus. What if those simple movements of faith came together? Maybe they could occasionally gather on campus at lunch time. These people have a lot in common even though they are coming from many different social corners of the campus. What would they all do together? Sing, pray, go to the community for a service project, just hang out, host a lecture series relevant to student life? Dream it up!

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Movements Everywhere

How we meet together and what we dream of becoming together is very important. As followers of Christ, we need to be open to how He described his followers.

Salt, Light, a City on a Hill

You are the salt of the earth. ... You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

-Matthew 5:13-16

People On A Great Mission

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

-Matthew 28:18-20

Jesus made a habit of hanging out with sinners. Should we?

When the teachers of the law who were Pharisees saw him eating with the "sinners" and tax collectors, they asked his disciples: "Why does he eat with tax collectors and 'sinners'?" On hearing this, Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.

- Mark 2:16

We are sent.

Peace be with you; as the Father has sent Me, I also send you.
~John 20:21

These might be passages you're already familiar with, but think about what impact they have on these two important questions:

- As followers of Christ, who are we?
- What can we dream of becoming together?

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The Campus Is An Important Mission Field

Facts About Bay Area Student Communities:

As Open As They Will Be: 90% of all Christians made decisions for Christ under the age of 25

Increasingly Spiritual: Bay Area students are open to discuss spiritual things and even faith in Jesus. Our surveys show 6 of 10 students are happy to chat if they have time and are asked directly.

There Are A LOT of Students Here: In the 9 counties around the Bay there are 45 major colleges and over 450,000 students.

Friendships Are Powerful For The Gospel: Across the US, thousands came to faith through CCC in 2004. 62% had ongoing relationships with friends who knew Christ.

Value of Peer Advice Rising: A national survey showed 68% take advice from 'someone like myself' as their most trusted source of information on major decisions. That statistic has tripled since 2003.

Huge segment of Humanity: Half of the world's population is under the age of 25.

Often Not at Church: 18-25 year olds are the least likely segment to attend church.

They Have Not Had Anyone Take The Gospel To Them: In the Bay Area there are 40,000 international students, many from countries where the Gospel is not easily accessible. Over 150,000 Asian American students are here. Asian students are the least evangelized on US Campuses.

Students Admire Jesus, But Not The Church: We've observed that Jesus' moral courage and care for the poor is attractive to Bay Area students. The Church is often viewed as boring, oppressive, and as a tool used to control. Friends reaching friends is effective. Big church outreaches often seem false and strange to our students who haven't grown up with church.

Big Campus Ministries Are Not Making Big Advances: Across the US, an average of around 3.8% of incoming freshmen are active Christians. And, an average of 4% of students on campus are involved in on-campus Christian groups. Do the math.

***statistics sources can be found on www.metamore.org*

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A New Approach



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Simple Movements of Faith on Campus

Key Words: Missional and Organic

Missional - means living like you're a 'sent one'. It's an approach to life that recognizes that we're on a mission. That mission becomes a basic fact we organize our lives around and integrate into every area of life.

Organic - simple, elemental, close to nature, grassroots. Healthy and multiplying. Following the natural pattern of things. Antonyms: institutional or corporate

Authenticity and Community

Listening to students, we've heard an outcry for two things: community and authenticity. Often when we've hosted big meetings, students have responded that what they really wanted was to get to know the other people in the crowd and hear their stories. There's a desire out there to INTEGRATE faith into life down to a daily moment by moment level - to become more obedient to Christ not just learn more God facts.

What do you think?

Coming Up

In the next few pages you'll see how Bay Area students are working out missionality and organic approaches in their daily lives. They're reaching out to the **social networks** that are natural to themselves - or going like missionaries crossculturally to people not like themselves. They're reaching out to Goths, gays, punks, Asians, Latinas - every pocket of students on campus you can think of. Check it out.

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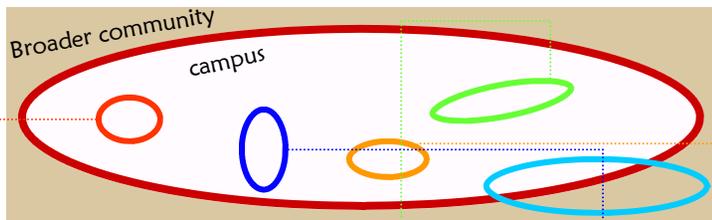
A New Approach

Do not despise these small beginnings, for the Lord rejoices to see the work begin . . . ~ Zechariah 4:10

Where's this all going? Good question. **Our hope is that every student would know someone who's authentically following Jesus.** We pray that every student will be within arms reach of a friend who's full of Christ's love and the power of the Gospel.

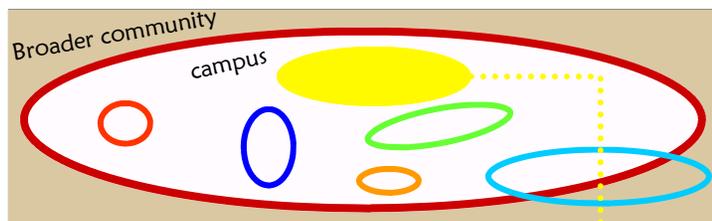
Here are a few pictures that might make the dream clearer.

In the picture, think of the tan area as the whole community around your campus. Inside the big brown circle is the campus community with all it's diversity and sub groups.



- Greek Asian Social Network
- African American Social Network
- Computer Science Students Social Network
- Tuesday Thursday Only Asians with jobs
- SN that also has people from off campus - Racers

Old School - starting a club



Enter the Christians (Institutional Approach):
 They often have their own sub culture
 They are interested in being Salt and Light
 They often ask seekers to "Come to Them"
 New believers are often extracted and assimilated
 Organization is complicated and it reproduces slowly

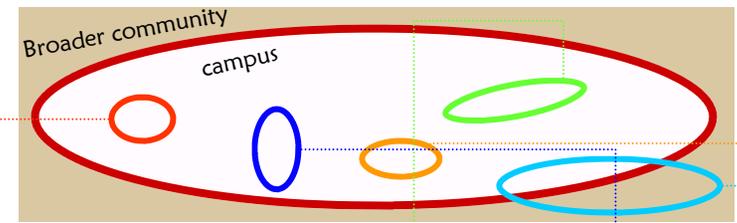
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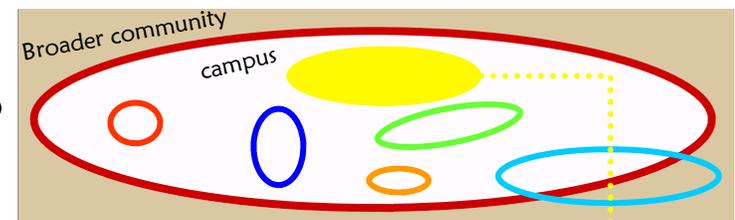
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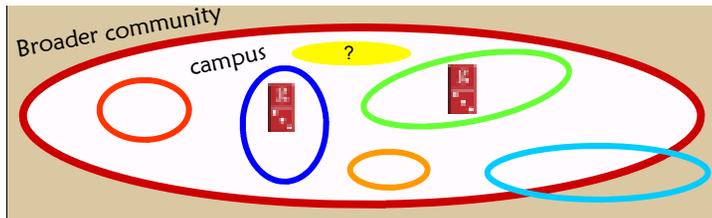
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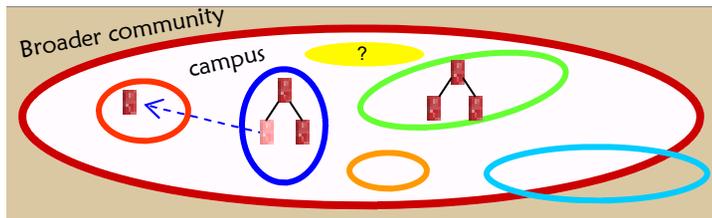
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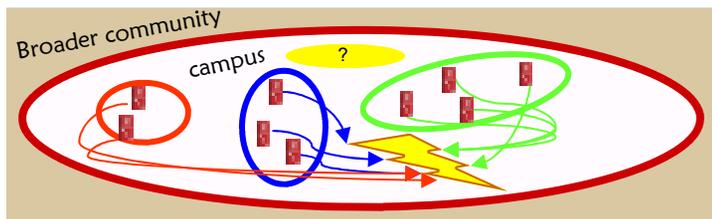
Here's another concept. What if we took an organic, missional approach put ourselves into 'lost' student's turf?



Christians prayerfully choose a social network to befriend. Adapting a "Go" approach; they begin meeting for prayer, evangelism, and fellowship on 'lost' people's turf. They expect to multiply as they step out in faith and see God move through them.



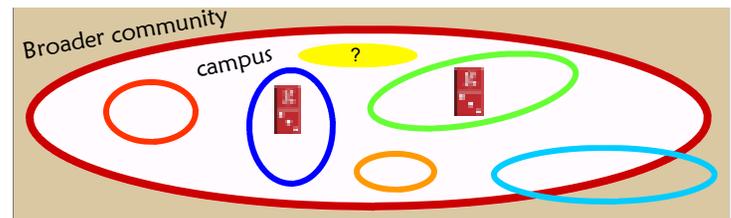
Our two groups have 'popped' when their groups grew. One new group has begun meeting among African American students and are beginning to reach out to them.



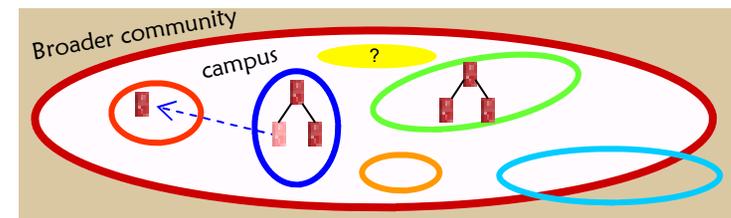
Groups continue to grow and pop. So, desiring unity and fellowship, they throw a party, a community service project, or just go out for pizza. It's something simple and fun.

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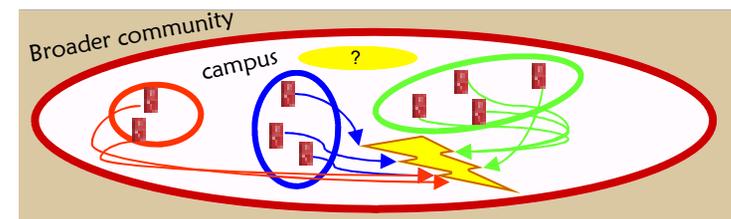
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The Bay Area is Special:

Seven Key Principles

Ministry on campus needs to have each of these components:

1 Relational: Just being an observer at a big meeting is not satisfying. Students want to share their story.

2 Mobile: There are many different types of students on campus, and one community will not reach them all. Our model needs to be mobile so it can recontextualize easily and reproduce as students take the Gospel cross culturally to new social networks.

3 Quick: Student don't have a lot of time, so we can't take up too much of it, especially with insider Christian gatherings away from the lost.

4 Easy to Imitate: Leader turnover is rapid. The basic plan must be learned quickly and passed on to up-coming leaders for existing and new groups.

5 Non-Institutional: It can't be bogged down with organizational structure— it has to be easy to lead. Our students are amazing, but they're not superhuman.

6 Fun: People like to hang out with other people involved. It is really important to have parties, service projects and worship celebrations.

7 Indigenous the campus is fragmented into social networks. To reach them we need to gather where they hang out naturally and have a group of people that they identify with. We go to them NOT them coming to us.

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What Students Say...

"My schedule is packed, G3 fits in."

"It's intimate, I really get to know people fast, way past the surface."

"It's wild to see how many of these groups have multiplied in a year. Fall '05 there was one, now there are over ten and six new believers - Praise God."

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The idea behind the G3 is simple— it doesn't involve a lot of curriculum or work to bog you down in preparation. Each week, each G3 follows the same format, laid out on the Basic Discussion Card. Let's look through it together...

Groups of Three

A simple plan for growing together

Basic Discussion Questions

Open with Prayer

Read this one out loud together or create your own

"God help us to love one another, to rest in your love, and to follow Jesus in our daily lives. Please help us make this moment together special."

Giving Jesus to Others

- Who has God put in your life to share with?
- How can you care for them?
- What questions are they asking?
- What can you do to help them take the next step on their spiritual journey?

Personal Growth

- What's God teaching you?
- How can the group assist you on this?
- What can you be doing to join in with God on your growth (spiritual discipline)?
- Is there anything getting in the way of your pursuit of God?

Prayer Together

- Pray for people in your life.
- Take time to confess, thank, and ask.
- Pray through a passage of scripture.

Choose/Review the Values of Your Group

- Confidentiality
- Consistency
- Simplicity
- Outward focus (serving/sharing)
- Devotion
- Love
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Facilitator keeps time, resets meetings, makes announcements, stays in touch with coach.

Refresh Date: _____

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A Simple Plan

Giving, Growing, Praying

There are 3 basic sections to a G3 Meeting - so we call it G3 :)

Giving - looking outside the group with evangelism

Growing - looking inside at our personal walks with Christ

Praying - asking God for what's on our hearts

Besides these three main sections, there is also an opening prayer, a place to choose your guiding values, and a reminder about the facilitator's role.

Prayer

The groups open up with a prayer. You can make up your own or use the one provided. You'll get more time to pray together at the end.

Giving

The first section looks outside the group for God's activity and our opportunity to join with Him. Its "**Giving Jesus to Others**" simply because this is the essence of relational, initiative evangelism.

We've got to take the initiative, otherwise people will simply keep to themselves. We're stepping out in faith, trusting God that the people in our lives aren't there by accident. He's right there with us, helping to pave the way and giving us the words to use.

Relationships are the key, and we've got to give up our agendas and really enter into people's lives. God can use that friendship— you'll see! Talking about it each week in your G3 will keep you focused and creative as you reach out.

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Growing

Discipleship in Groups of Three focuses on applying what we've heard from God in our churches and through our personal devotions. It's easy to focus on always learning more, instead of putting into action the words from God that we've already heard. It's easier to learn than obey— but simple learning is not the point. “If you love me, you will keep my commandments” (John 14:15). The close bond that forms in the groups provides a great place to find the encouragement we need to move ahead and overcome through tough issues that God is bringing up in our lives.

Take the masks off and be honest with each other. As others speak, take James' advice and be quick to listen and slow to speak. Simple questions like “Where is God moving in us?” and “How can we join with Him?” will spark great discussions.

As you ask these questions each week, you'll begin to see patterns of God's activity and discover ways you can join up with Him. It's a process of failure and starting again, but failure is more than okay— it's the essence of learning to walk with the Holy Spirit and break down the old habits of darkness in our lives.

“Where's The Word?”

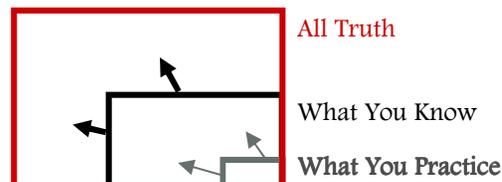
Good question. We **MUST** be shaping our lives around God's voice to us in the Bible. With G3, we're assuming you're in church and are pursuing God in your devotional life. On metamore there are resources for you like:

- Bible Reading Plans
- Simple Quiet Time Ideas
- Podcasts of great teachers
- Lists of good books
- Info articles on improving your prayer life

Process Oriented -
Helping people experience and apply what they are hearing from God

Content Oriented -
Going deeper into the Word to find more new information that's helpful in knowing God's will & understanding how to live

Illustration: The Three Boxes:



A Simple Plan

Growing

Discipleship in Groups of Three focuses on applying what we've heard from God in our churches and through our personal devotions. It's easy to focus on always learning more, instead of putting into action the words from God that we've already heard. It's easier to learn than obey— but simple learning is not the point. “If you love me, you will keep my commandments” (John 14:15). The close bond that forms in the groups provides a great place to find the encouragement we need to move ahead and overcome through tough issues that God is bringing up in our lives.

Take the masks off and be honest with each other. As others speak, take James' advice and be quick to listen and slow to speak. Simple questions like “Where is God moving in us?” and “How can we join with Him?” will spark great discussions.

As you ask these questions each week, you'll begin to see patterns of God's activity and discover ways you can join up with Him. It's a process of failure and starting again, but failure is more than okay— it's the essence of learning to walk with the Holy Spirit and break down the old habits of darkness in our lives.

“Where's The Word?”

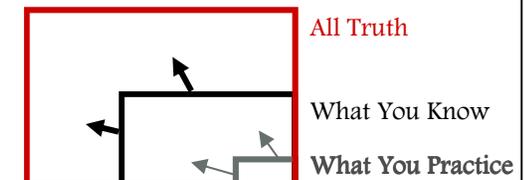
Good question. We **MUST** be shaping our lives around God's voice to us in the Bible. With G3, we're assuming you're in church and are pursuing God in your devotional life. On metamore there are resources for you like:

- Bible Reading Plans
- Simple Quiet Time Ideas
- Podcasts of great teachers
- Lists of good books
- Info articles on improving your prayer life

Process Oriented -
Helping people experience and apply what they are hearing from God

Content Oriented -
Going deeper into the Word to find more new information that's helpful in knowing God's will & understanding how to live

Illustration: The Three Boxes:



A Simple Plan

Prayer

In this last section, take some time to pray for the people in your life. Pray for their needs. Pray that God would be drawing them to Himself. Pray for opportunities to genuinely love them.

Pray for yourselves too (Matt 6). It's not wrong to ask God for the things you want and need! Pray also for God to help you in the areas you discussed in the “**Personal Growth**” section. Confess to Him the areas you are weak, thank Him for the good things He has given you, and ask for the Holy Spirit to be making you more like Jesus.

You can also pray through a passage of Scripture. Just one of the ways you can do that is by reading a Psalm out loud, and using it as a springboard into prayer. For example, “**The Lord is my shepherd, I shall not want... Lord, I thank you for always being there for me & providing for my needs.**”

Housekeeping

At the end of the card, there are three very important housekeeping items to help manage the group. They are:

1. *Your G3's Values*
2. *Refresh Date*
3. *The Facilitator's Responsibilities*

Values

In order to really travel together, you will need to be on the same page about what each of you expect to get out of the group. **Take some time during your first meeting to set your values**, and review them together occasionally as you continue to meet. The ones written in **bold** are strongly suggested. Pick and choose from the rest, or come up with your own.

Facilitator

No Kidding, every group needs some sort of a leader in order to stay focused. The facilitator's role is not permanent – you can shift around when you need to, or when you want to give someone new the opportunity to develop. Be sure to let your staff coach know who the facilitator is, so we can stay in touch and help out when you need advice. **If you've got a watch, a phone to keep in touch, and a desire to grow in Christ, you can facilitate. We'll help you from there.**

Refresh Date

This is not getting married, you won't do this forever. Set a reminder date to talk about continuing on, dividing when it's grown too large, or just stopping. Don't just fade out. ½ or end of semester work well.

A Simple Plan

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A Simple Plan

Try it Out

Quick Run Through

Try a quick run through of the discussion card by spending just five minutes on each section. Focus on the first question in each section and answer it with a friend.

In what ways do you think you would grow if you & a couple of friends were to discuss these questions each week?

What are some benefits of using the same card each week?

Check In

Do you think you could do this? Would you like to be involved in a group like this? Is your spirit attracted to this movement? Do you think you could facilitate a group?

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A Simple Plan

Short Design Concept

Groups of Three

A simple plan for growing together

Design Concept



Design

- ◆ Facilitator keeps in touch with SF Metro Coach by phone and email, this is vital.
- ◆ Groups meet regularly (weekly).
- ◆ Members set a Refresh Date when they'll discuss continuing the group, ending or getting involved in other groups.
- ◆ Pick a regular day for visitors to attend (for example, the last meeting of the month)
- ◆ Visitors attend a couple times. After that, they encourage them to start an additional group of their own or with a member from the existing group.
- ◆ Help new get started well. Take them through "Life Concepts Bible Studies" and then start a new G3 with an existing member (www.metamore.org).
- ◆ G3's in your area gather together occasionally for prayer, worship, outreach, and community service projects.

Tips

Avoid Christian Busyness

Take advantage of the simplicity of G3 to free up time for investment in the lives of non-Christians.

Simplicity

The G3 plan is simple by design. Complication can kill the movement. Be careful with group homework and extra meetings.

Activate the Adventure

Be serious and prayerful about sharing your faith and giving Jesus to others.

Core Values

Experimental Problem Solving

Spiritual growth requires trial and error. Try fasting, prayer, Bible memory, confession, silence, study, and solitude to create positive life habits.

Initiative

Putting faith into action in our own lives and our community.

Missionality

God sent Jesus and Jesus sent us. So, we have a purpose and we're on a mission. Be others focused and not self consumed.

www.metamore.org



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Movements Everywhere



Getting Your G3 Going

Movements Everywhere



Getting Your G3 Going

Getting Your G3 Going

First Steps

We've learned that the stickiest part is finding a time and then getting past the first few meetings. We don't want to be pushy, but if you think God is leading you to this, let's move on it. We'll help you all the way, but ultimately you've got to follow through.

What are times that work for me for a G3 group meeting?

What's a smart deadline for our first meeting?

Am I *really* willing to commit to myself that I'll go through with this? Why or Why not?

Who will be in my group? Could we call them now? Why not go ahead and call them and ask if they'd like to get together to hear the idea?

Tip: *It's easier to ask, "When are you busy regularly?" instead of "When are you free?" because no one is ever free these days. We make time for what we really value. When you plan, don't forget about class, work, commuting, etc. It's helpful to get all the info the first call so you don't have to go round and round calling back to set it up.*

Who else do I know that would like to hear about this (students at other schools, youth pastors, etc.)?

If you want, send your friends a Seed Kit - it's a little kit with all the info and some goodies.

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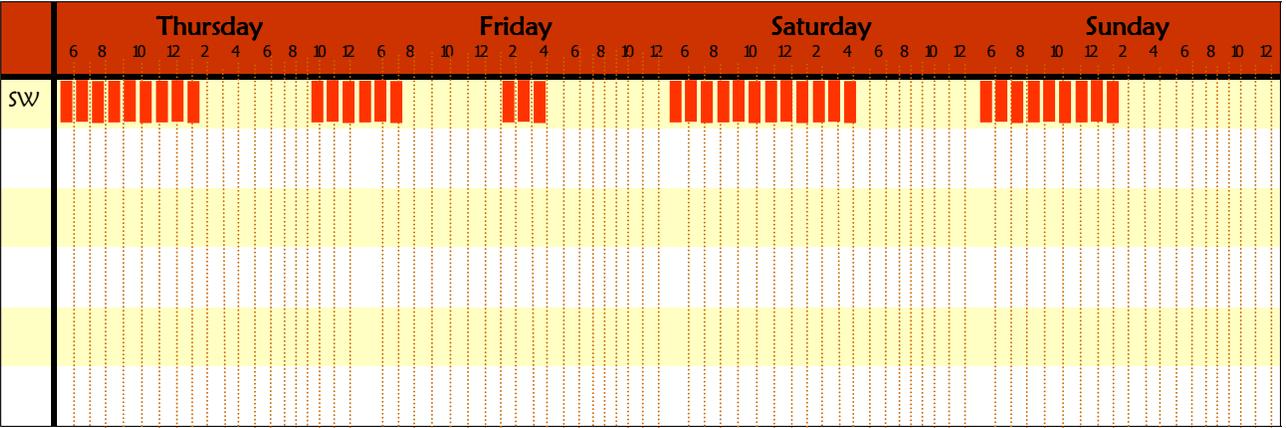
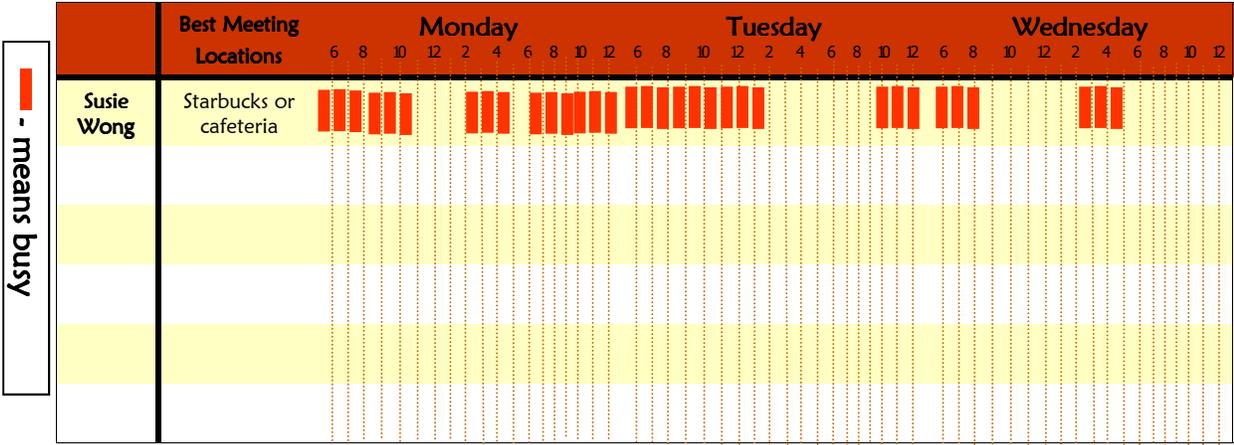
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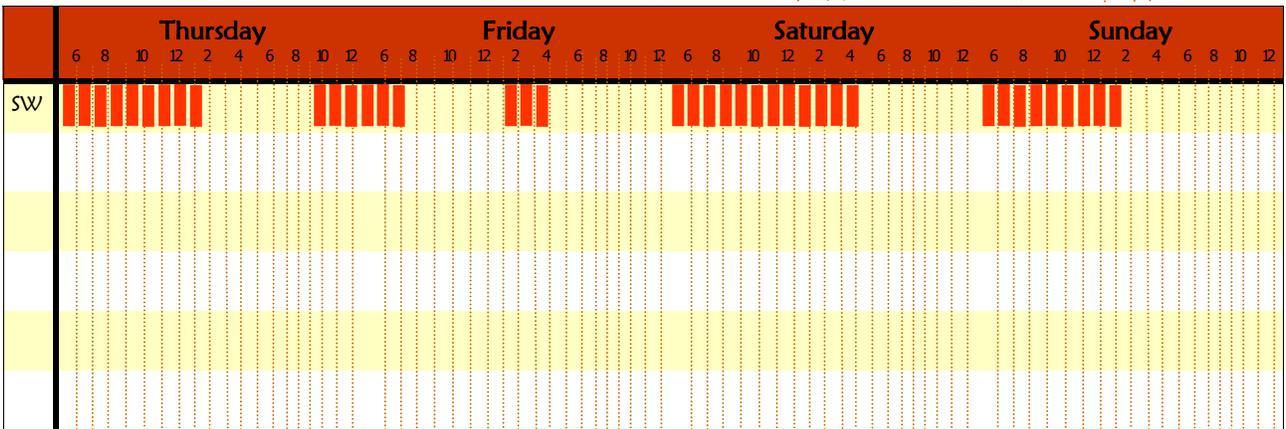
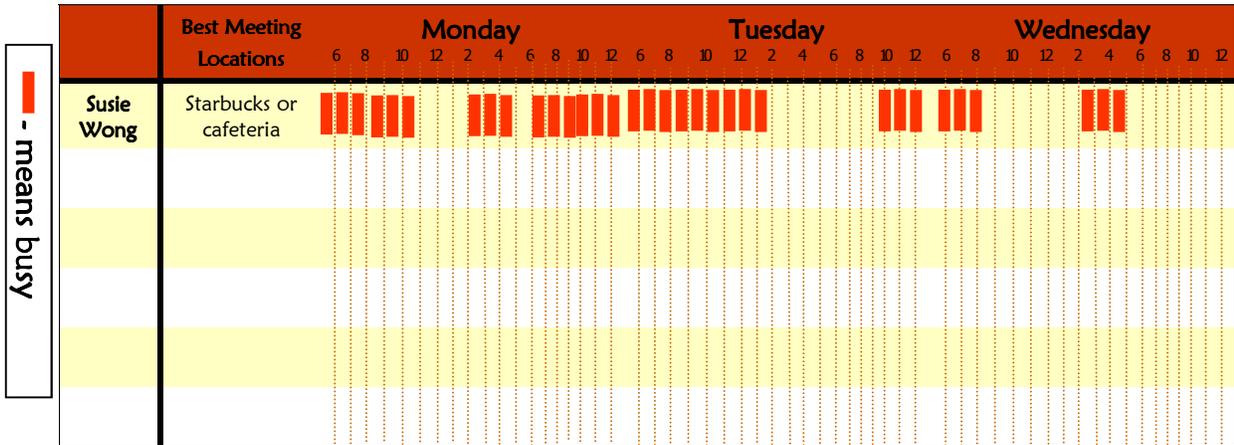
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A Quick Glance at Getting your G3 Going

1

Think of 2 other people

Who might be into this? Call or email them today. Let them know about the idea. Point them to our website and show them what it's all about.

- **Use the weekly calendar tool to show when you & your friends are NOT free**
- **If you don't know of 2 other people -**
Get in touch with us. We probably know other people on your campus who'd like to connect.

2

Start praying daily

Take a second right now and pray for the new group.

3

Meet up the first time

Introduce each other and share why you're into this idea. What are the dreams God is putting in your heart for your campus? Settle on **Meeting Time, Values, and Refresh Date.**

4

Meet regularly

You're rolling. As you get to know each other and share using the **Basic Discussion Questions**, you'll begin to really go deep by using these questions each week.

Look outside yourselves: Use the Prayer, Care, Share article on www.metamore.org to help you think about reaching out to people in your life.

5

Gather

Three people are enough for intimate fellowship and prayer; seeing them will be a power-up for you. But, most people want more. Call other G3s in the area and meet up for a burger or a movie. Check out www.metamore.org for other activities like service and worship events.

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Getting Your G3 Going

Leadership

Facilitator

The facilitator's job is simple. A young Christian can easily lead her friends in a G3. Here's all we expect:

- 1. Stay in touch with us** We really value G3 Facilitators and we want to help you lead. We have resources and help for you, but we can't be always chasing you down. So, you'll have to help us stay in touch. This is CRITICAL. We want you to know about leadership development opportunities, parties, and new discipleship materials.
- 2. Take Care of Your Soul** Go to church, connect with God daily and develop your prayer life. Keep this first.
- 3. Be a person of prayer** Just take a little time each day to pray for your campus and your friends.
- 4. Pass on Promos for Events** We'll host fun spiritually enriching events regularly, just pass on the fliers, newsletters, or emails. Our newsletter comes out every other week. It helps a lot if you print it and pass it out.
- 5. Keep the group on track** When you meet, hit all three sections and let everyone speak. Keep an eye on the clock and move the group along so one person or section doesn't take all the time. And, Lead On Rescheduling. Schedules work, class, life - it's constantly in flux. The group will need you to lead out in finding a time that works for everyone.

Do you sense God moving you to lead in this role? Will you do it?

Network Coordinator

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Free or Cheap Books We've Got For You

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- Changes That Heal
- The Way of The Heart
- Spiritual Formation Workbook
- The Case for Faith
- The Master Plan of Evangelism
- Blue Like Jazz
- Finding Common Ground
- The Life You've Always Wanted

More Good Stuff on Metamore.org

- **Discipleship For Real College Life** - We've designed several spiritual disciplines experiences to help you pursue Christ in your daily life. Each is carefully designed to be transforming without taking a lot of time.
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