

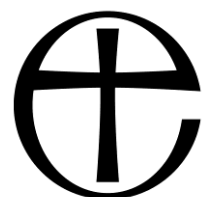
# Micro Connect Groups

Leaflet

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PARISH OF  
ST MATTHEW &  
ST OSWALD RUGBY



THE CHURCH  
OF ENGLAND

## **What are Micro Groups?**

Micro Groups consist of three or four Christians who meet to encourage one another in their path of discipleship.

## **Why are they helpful?**

They can be helpful for those whose lifestyle means that they cannot get to a normal Connect Group at the same time each week. With only three people it is possible to get diaries out and fix the next meeting time each time you get together. Because they are smaller, they can also be places of honest sharing which can be helpful for anyone who wants to go deeper in their relationship with Christ.

## **What about my Connect Group?**

Micro Groups can be complementary to Connect Groups, or can be an alternative for those who cannot get to a Connect Group or who prefer the smaller unit.

## **How do I join?**

Because Micro Groups need to be comprised of people who trust each other, these are groups that you form yourself. Pray and talk with your friends about whether they would like to “give it a go” with you. Once you have formed your group, simply register it using the form overleaf so that we can send you resources to get you going and occasional information to support you.

## **What resources are available?**

- Micro Groups – Leaflet 2 explains how to begin and what to do.
- A recommended book to use for the Bible Study would be “Every Day with Jesus - One Year Devotional Carried by Grace. ISBN 978-1853451218”. This would give several years studies for about £8.

# What Happens in a Micro Group?

Micro Groups will meet at a frequency of their own choosing. Weekly or fortnightly is recommended. A typical meeting will last between 45 minutes and one hour.

A 45 minutes meeting would look something like this:

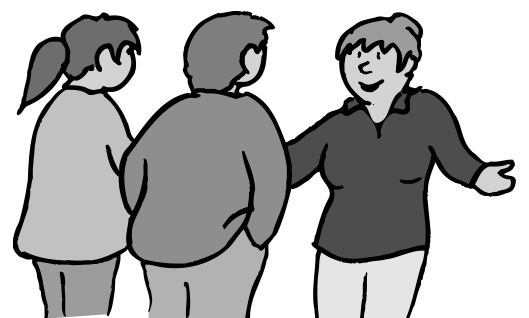
- **How are we?** A quick check-in with each other. *5 mins*
- **Opening Prayer for the meeting** *1 min*
- **Bible Study.** *12 minutes.*

One person (take it in turns) shares something from their own quiet time Bible studies, or the group looks at a simple study from some daily Bible notes.
- **Sharing & Accountability.** *9 minutes (3 minutes each)*

Sharing the key issues in your spiritual life – and how they are going. Being accountable to each other is an important principle of spiritual growth (eg. James 5:16 “*Therefore confess your sins to each other and pray for each other so that you may be healed.*”)

Using Accountability questions can be really helpful here; eg. Have you spent time with God on a regular basis?  
Have you been tempted this week? How did you respond?
- **Praying for one another.** *9 minutes (3 minutes each)*
- **Praying for the Church’s Ministry.** *3 minutes*

You could focus on areas that members of the group are serving in or use the prayer points from the bulletin.
- **Praying for Non-Christian Family & friends.** *4 minutes*
- **Agree a time for the next meeting**  
*2 minutes*



# Micro Group Registration

While Micro Groups need to be formed by church members themselves, it is helpful to know the group exists so that we can send you occasional resources and information.

We have formed a Micro Groups.

Name: .....

Name: .....

Name: .....

Name: .....

E-mail address(es) for sending resources to:

.....

.....

.....

We are assuming that you are all on the church contacts database. If not, please do fill in the normal Personal Data forms which includes the privacy information and permissions.

Please return this form to the Church Office via the pigeonhole in the foyer, or to: Church Office, 1a New Street, Rugby, CV22 7BE