



Faith Groups

Sharing our Lives, Growing in Faith

A Resource of the Episcopal Diocese of Newark

Faith Group Elements

Faith Groups have four basic components. The group facilitator can help ensure that each of these are included and that everyone has an opportunity to participate. The four elements are:

I. GATHER...Members of the group gather, whether remotely online (zoom or similar) or, when conditions permit, in person, and greet each other. Sharing food or a meal when possible is an excellent way to gather.

II. SHARE...Members of the group are invited share a recent experience of God in their life. The facilitator could start the group out asking, for example, “Where have you seen God in the past week?” or “Share a moment that you felt God’s nearness recently.” Other sample questions for sharing are available on the Faith Group page on the Diocese of Newark website (<https://dioceseofnewark.org/faith-groups>).

III. REFLECT...The group spends time with Scripture. In addition, the group may choose to reflect on a recent sermon or devotional material that all members can access or have heard. This is a time for group discussion and reflection. Ideas for choosing a passage from Scripture can be found on the Faith group page on the Diocese of Newark website (<https://dioceseofnewark.org/faith-groups>).

IV. PRAY...The group takes time to pray together, about thanksgivings, intercessions, hopes, needs that may have arisen during Sharing and Reflection. You might also include time for silent prayer. You may incorporate prayers from the Book of Common Prayer or some group may even wish to use a short service (such as Noonday Prayer or Compline) as part of the time or prayer.

Some norms each group may wish to follow:

- Please share without interrupting.
- Make sure everyone has the opportunity to speak
- No one should feel they have to speak
- This is not a time for “fixing” or “problem solving.”
- Don’t worry about silences or gaps in conversation.