
WEEK 1

WHAT IS FOUNDATIONS?

OBJECTIVE

Everyone is encouraged to show up to FOUNDATIONS Kick-Off Night at your Rock City location with your group. You and your group will hear vision from your Campus Pastor and Small Groups team members about the importance of the FOUNDATIONS study and the importance of Small Groups at Rock City. This will also be a place for anyone in our church who would like to join a group to find a group and connect with their new group.

CHECKLIST

- Follow up with any group request you received.
- Pray over each group member by name.
- Text each group member the details and where and when you will meet for FOUNDATIONS Kick-Off Night.
- Give details and expectations to your group members, including the address and time that you will meet for Week 2 of the study.
- Be sure each member leaves FOUNDATIONS Kick-Off Night with their FOUNDATIONS book.

Your group is highly encouraged to attend FOUNDATIONS Kick-Off Night, where group members will be led through a program that includes the Week 1 video and some discussion questions. If you are unable to attend the kick-off event together, we have provided leader content for a Week 1 Small Group meeting below.

SMALL GROUP

SOCIAL: 10 MINUTES

Welcome the group, introduce and re-introduce people, create a comfortable and inviting environment.

ICEBREAKER: 5 MINUTES

Go around and introduce yourself and share why you are here and what you are looking to get out of being in this group.

STORY: 3 MINUTES

As the small group leader, share your “Jesus” story, describing how you came into relationship with Jesus and how He has made an impact in your life. In each of the following weeks, you’ll be asking others in the group to share their story, so use this as an example of how each of the stories should be shared.

INTRODUCTION: 5 MINUTES

Give a brief overview of expectations for your group, where you plan to meet, time and where to park. Share how your group plans to communicate throughout the semester.

“This week, we are going to spend some time introducing this study and talking about the importance of our coming weeks together.”

READ: 2 MINUTES

Open your Bibles together and read through this week’s passage. Be sure that everyone is able to find the book, chapter and verses and encourage group members to take turns reading.

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

Matthew 7:24-27

DISCUSSION: 30 MINUTES

Lead the group through the reflection questions, encouraging them to even ask their own questions. (This is not the time for the leader to talk, but for participants to engage with each other. Rule of thumb: you talk 30% of the time, they talk 70% of the time.) Be sure that no one or two people dominate the conversation, but you’re facilitating and directing the participation of everyone.

QUESTION 1

What about this group excites you the most?
What about this study of the foundations of our faith are you excited to learn more about?

QUESTION 2

List the things in your life that are currently serving as your foundation. How does your relationship with Jesus fit into this mix?

QUESTION 3

Do you think that it's easier to build a strong foundation alone or as a team? Discuss how the role of others in your life can help strengthen your foundation.

QUESTION 4

Was there a time in your life when you felt like the ground was crumbling beneath you?

PRAYER: 15 MINUTES

Split up into groups of two and pray through these topics:

Prayer Focus: Ask God to help you learn and grow through this group.

NEXT STEPS: 5 MINUTES

Introduce the materials and encourage members to engage in their weekly devotions for the coming week. Discuss any upcoming events or opportunities for them to take next steps (attending worship experiences, baptism, Rock City Connect, serving beyond our walls).

- Encourage your group members to download the Rock City App and set up their Rock City Dashboard to access personal next steps for each member.