



Introductory week for all RNR groups

The Introductory week is the first week of every group series, so if you are doing BF107 it is now 7 weeks instead of 6 weeks.

Format for Introductory Week

- Open in Prayer
- Everyone introduces themselves and tells where they are from.
- Ice Breaker question- What is something you like to do in your free time?
- Go over Group Expectations- emphasize the “why” on confidentiality and the importance of no alternate forms of meditation.
- Go over the curriculum outline and purpose for the group. This is in the introduction: What is this study about? Or the summary found on the curriculum list.
- If they don't already have the curriculum give them the link to purchase.
- Let them know where to find session 1 and ask them to go through the session before next week.
- Hand out or email each participant the Action Plan (found in the Facilitator Portal). Explain that this is a tool to help them set goals, assess relationships, identify triggers, and more.
- Questions
- Close in prayer

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