



# Meeting 1:1 With Life Group Members

*“More Is Caught Than Taught”*

*Modeling is a necessary part of discipleship. We must spend time each week with those whom we are discipling in a one on one situation to really make a lasting mark. We spend time with people to develop strong relationships. Strong discipleship is the natural outflow of strong relationships because we know from Jesus’ example that **“more is caught than taught.”***

## **WE REMEMBER:**

- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 50% of what we see and hear
- 70% of what we discuss
- 80% of what we experience personally
- 95% of what we teach

**How did Jesus see people?** Matthew 9:36 gives us a hint:

*“When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”*

Whether we are looking at our non-Christian friends, or the Life Group members that Jesus has placed in our lives, *we need to see them like Jesus sees them.* They need a shepherd. Of course this means they need Jesus, but it also means that He shepherds them through us. We are His means of taking care of people. He trusts us that much.

**What’s the goal?** *To develop a purposeful relationship that enables the Life Group member to grow deeper in their relationship with Jesus. And, we’re doing this with 3 or 4 Life Group members on a weekly basis. How do we do it?*

**Step 1:** Get guidance and discernment from God about who you should spend time with. You probably won’t be able to meet with everyone—so ask God to pick the people out for you.

**Step 2:** Once you’ve done that, ask the individuals if they’d be up for hanging every week. Ask in a way that makes sense to the individual, but make sure to be clear that you want to spend time talking about Jesus and growing in your faith together. If you just ask them to hang out, you may end up halfway through spring semester still purposeless and trying to figure out how to bring God into your times together.

## **The Basics:**

- Spend time with the person. **“More is ‘caught’ than taught.”**
- Get to know them by asking questions. Be a good listener.
- Rely on God’s wisdom, not your own impressions of that person.
- Have a plan beforehand. Be purposeful in how you relate/what you talk about.
- The Holy Spirit is the true mentor. We’re just helping them discern His voice.
- Help them develop their relationship with Jesus and become a faithful member of our community and your Life Group.

### **How to spend an hour in a One on One:**

- 20 minutes (max) catching up on the week
- 10 minutes doing accountability
- 30 minutes focusing on the topic and praying together



### Some more good stuff:

- **Be natural.** Hang out and get acquainted like you would with anyone else. You're just building a normal, purposeful relationship, seeking to be used by God in their life. This should probably be your goal in every relationship you have.
- **Be purposeful.** The idea is to get to know each other so your relationship feels comfortable and natural. Why? So that you can take the relationship to a deeper level – the level of talking about how you both are *really* doing in your relationship with Jesus. Model a **healthy** level of openness and honesty—your amount of transparency in your 1:1s will be reflected in the rest of Chi Alpha.
- Move from history telling to talking about the present . . . from talking about surface-level questions to talking about deeper things—hopes and dreams, disappointments and sin issues and negative experiences, ways they connect with God/if and how they hear from Him, etc.
- Move from getting to know each other to getting to know Jesus more deeply.
- **Be sacrificial, but have healthy boundaries (talk to your Peer Team leader if you need help with this).**
- **Believe in them**—it will change their life. Sometimes you have to believe in someone before they can believe that God believes in them and before they can believe in themselves.

### Some of your roles in Life Group members' lives:

1. Be one who loves and accepts them unconditionally (Rm.15:7).
2. Be an example (1 Cor.11:1; Phil.3:17; 4:9; 2 Tim.3:16-17).
3. Be a fun friend.
4. Be a spiritual parent.
5. Be a servant (Mt.20:25-28).
6. Be with them.
7. Be like Jesus.
8. When necessary, be one who admonishes (firmly warns, advises, or reprimands someone) (Col.1:28-29; Heb.3:12-14; 2 Tim.4:2).

### Need help thinking of ways/places to hang out together?

- Get tea or coffee. Or go to other fun local places they haven't gone yet.
- Take a walk, or go to the rec center.
- Share a meal. Inviting them to your place for dinner would be a great break from the dining hall food.
- If they're artistic, find fun ways to do art together—they could even teach you stuff; or if you're both musical, you could have a jam session.

### Some words of caution:

- We need to make sure we're helping people become who God created them to be, rather than helping them become who God created us to be.
- We need to make sure we're helping people learn to lean on God, not on us. Obviously, we're not to be aloof and indifferent; however, we do need discernment to make sure people aren't depending on us in an unhealthy way.
- We should never put the needs of Chi Alpha above the needs of the people in Chi Alpha. For the sake of their own well-being, on occasion we may need to help a Life Group member or friend learn to say no to serving. If you're worried about a Life Group member in this situation, let the staff know so that they can become a part of the solution.