

FAITH FOUNDATIONS

SMALL GROUP

HOST GUIDE

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HELLO LEADER!

THANK YOU FOR SAYING YES TO LEADING A SMALL GROUP THIS SEMESTER!

I'm so grateful for you and your willingness to invest in people. At Church on the Rock, we believe that the most important things in life are not things, they are relationships. Small Groups give us an opportunity to build relationships, grow in God's Word, and encourage one another in our walk with God.

This semester, we're going back to the foundations of our faith. Together, we'll look at the biblical truths every believer needs to know and build their life upon. My prayer is that these teachings will help people strengthen their relationship with God, grow in their understanding of His Word, and develop a solid foundation that will help them stand strong in every season of life.

As a leader, you have an important part to play. You're not just facilitating a discussion. You're helping people grow, connect, and take their next step with God.

Thank you for giving your time, opening your heart, and helping us lead people to a God who is for them and discover His purpose for their life.

God is for you!
Pastor David Blunt



SMALL GROUP

REPORT EXAMPLE

Group Attendance

Review the last two meetings and the next scheduled meeting, or choose another date to browse the schedule.

Show meetings around

09/24/2026

Show Meetings

Download Attendance

The selected date is used as a browsing point. You can browse earlier or later scheduled dates; future meetings remain view-only until their calendar date arrives.

EARLIER MEETING

Saturday, September 12

9:00 AM

Did Not Meet

All 3 active members are treated as absent.

Edit Attendance

PREVIOUS MEETING

Saturday, September 19

9:00 AM

Attendance Not Recorded

This meeting is ready for attendance entry.

Take Attendance

Who attended?

☒ Maya Blake

MEMBER

☒ Briyonna Montgomery

LEADER

☒ Lindsey Jordan

MEMBER

Meeting notes

This week our group met and we celebrated all that God is doing for Susan at her job! The video worked well. Be praying for Sarah's upcoming interview.

Save Attendance

Mark Did Not Meet

NEXT MEETING

Saturday, September 26

9:00 AM

Upcoming Meeting

Attendance will become available on this meeting date.

Attendance cannot be entered before the meeting date.

To eliminate confusion when managing your roster, we suggest to keep members pending until they show up to your group.

SESSION ONE

KNOW GOD'S WORD

OVERVIEW

A strong faith begins with a solid foundation in God's Word. The Bible reveals God's will, His thoughts, and who Jesus is. As we read, study, speak, meditate on, and apply the Word, it changes the way we think and helps us build a life that can stand through the storms.

KEY SCRIPTURES

¹⁶All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

2 Timothy 3:16 (KJV)

¹⁵Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15 (KJV)

⁸This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Joshua 1:8 (KJV)

KEY POINTS

- God’s Word is God’s will.
- God’s Word helps change the way we think and see things.
- Faith comes by hearing the Word of God.
- The Bible reveals who God is and what Jesus is like.
- All Scripture is inspired by God and is useful for teaching, correction, and instruction in how to live.
- We should build our lives on what the Bible says, not simply what others say about it.
- Knowing God’s Word requires both reading and studying it.
- We need a consistent Bible reading plan to develop the habit of being in God’s Word.
- Put the Word in your mouth by memorizing, speaking, declaring, and affirming Scripture.
- Meditating on the Word means filling yourself with it by thinking about it and speaking it.
- We aren’t only called to know the Word; we’re called to do what it says.
- Building your life on God’s Word creates a foundation that can withstand the storms of life.

DISCUSSION



1 Why is God’s Word essential to building a strong foundation for your faith?

2 What currently helps or prevents you from being consistent in reading the Bible?



3 What do you think it looks like practically to meditate on God's Word?

4 Is there an area of your thinking that needs to change to line up with what God's Word says?

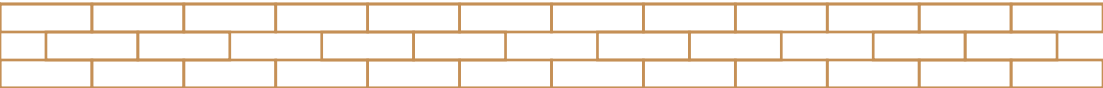
5 What is one habit you could develop this semester to help you know God's Word better?

► **ACTION STEP:**

Choose a Bible reading plan and commit to following it this week. Also memorize Philippians 4:13: **"I can do all things through Christ who strengthens me."** Speak it 10 times in the morning and 10 times at night as taught in this session.

► **PRAYER FOCUS:**

Ask God to give you a greater desire for His Word and help you not only read it, but understand it, speak it, and apply it to your everyday life.



SESSION TWO

HOW TO PRAY

OVERVIEW

Prayer is simply communicating with God. God's Word is God talking to us, and prayer is us talking to Him. A strong faith foundation includes developing a consistent prayer life, learning to pray according to God's Word, and choosing to pray first instead of panic.

KEY SCRIPTURES

¹⁷ Pray without ceasing.

¹⁸ In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:17–18 (KJV)

⁶ Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.

⁷ And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] will stand guard over your hearts and your minds in Christ Jesus.

⁸ Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence and if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them].

Philippians 4:6–8 (AMP)

KEY POINTS

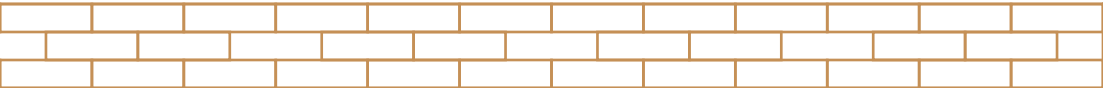
- Prayer is communicating and connecting with God.
- There are different kinds of prayer, and not every prayer is prayed the same way.
- “Pray without ceasing” means developing an attitude and lifestyle of prayer.
- Pray first: before making decisions, before reacting, when you wake up, and before going to bed.
- Instead of panicking, pray.
- Thanksgiving should be part of our prayer life.
- Walking in love and forgiveness matters in our prayer life.
- Jesus modeled the importance of prayer throughout His ministry.
- God’s Word helps us know what and how to pray.
- When we pray Scripture, we are praying according to God’s will.

DISCUSSION



- 1 What does “pray first” look like practically in your everyday life?

- 2 When you face a problem, is your first response usually to pray, panic, or try to solve it yourself?



3 How could praying Scripture change the way you approach prayer?

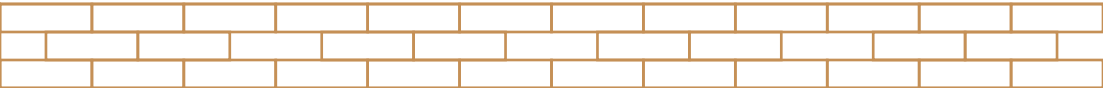
4 Is there any offense, bitterness, or unforgiveness that you need to deal with as you strengthen your prayer life?

► **ACTION STEP:**

Choose one situation you are currently facing. Find a Scripture that speaks to it and pray that Scripture over your situation every day this week.

► **PRAYER FOCUS:**

Ask God to help you develop a consistent prayer life and make prayer your first response instead of your last resort.



SESSION THREE

HOW TO HAVE A QUIET TIME

OVERVIEW

A consistent quiet time with God is foundational to a strong Christian life. In a world filled with distractions and competing voices, we need intentional time to get still, remove distractions, hear from God, and grow closer to Him.

KEY SCRIPTURES

¹⁷ Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psalm 46:10 (KJV)

KEY POINTS

A consistent quiet time helps build longevity in our walk with God.

We have to intentionally get still and remove distractions.

Having a designated place can help create an environment for meeting with God.

Remove distractions such as your phone, email, and other interruptions.

Growth requires focus and concentration.

KEY POINTS *Cont.*

Helpful resources can include your Bible, journal, devotional, Bible dictionary, or commentary.

Variety can help keep your quiet time fresh and productive.

Journaling brings clarity and helps you remember what God is showing you.

If you don't make time for your quiet time, it probably won't happen.

Commitment grows when you understand your why.

Time with God helps us fulfill His will, accomplish our purpose, and finish strong.

DISCUSSION



1 What is the biggest obstacle keeping you from having a consistent quiet time?

2 What distractions do you need to remove to better focus on God?

3 Do you currently have a specific time and place where you meet with God?
Why might that be helpful?

4 What is your “why” for spending consistent time with God?

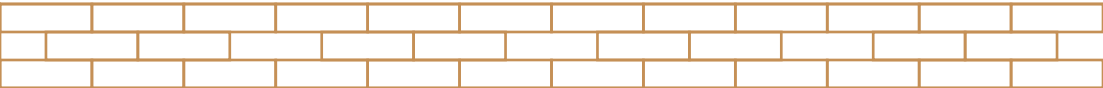


► **ACTION STEP:**

Choose a specific time and place for your quiet time this week. Remove distractions and spend intentional time reading the Bible, praying, and journaling.

► **PRAYER FOCUS:**

Ask God to help you develop a consistent desire and commitment to spend time with Him every day.



SESSION FOUR

WATER BAPTISM, COMMUNION & SERVING

OVERVIEW

A firm faith foundation isn't only about what we believe; it affects how we live. Water baptism publicly demonstrates the change Christ has made in us, communion keeps us mindful of what Jesus has done, and serving gives us an opportunity to use what God has placed inside us to help others.

KEY SCRIPTURES

³ Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

⁴ Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

Romans 6:3–4 (KJV)

²³ For I have received of the Lord that which also I delivered unto you, that the Lord Jesus the same night in which he was betrayed took bread:

²⁴ And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me.

²⁵ After the same manner also he took the cup, when he had supped, saying, this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.

Continued on next page

1 Corinthians 11:23–27 (KJV)

KEY SCRIPTURES *Cont.*

Continued from previous page

²⁶ For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

²⁷ Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord.

1 Corinthians 11:23-27 (KJV)

⁹ [For it is He] Who delivered and saved us and called us with a calling in itself holy and leading to holiness [to a life of consecration, a vocation of holiness]; [He did it] not because of anything of merit that we have done, but because of and to further His own purpose and grace (unmerited favor) which was given us in Christ Jesus before the world began [eternal ages ago].

2 Timothy 1:9 (AMP)

KEY POINTS

Water Baptism

Water baptism is an outward demonstration of an inward change.

Baptism by immersion symbolizes being buried with Christ and raised to a new life.

After salvation, water baptism is an important next step of obedience.

Baptism represents a new beginning and new life in Christ.

Communion

Communion is a time of gratitude and thankfulness.

Communion helps us remember Jesus' death, burial, and resurrection.

We take communion looking forward to Christ's return.

Communion is also a time for personal examination.

We should not take what Jesus has done for us for granted.

Serving

God has given each of us gifts, talents, and abilities to use.

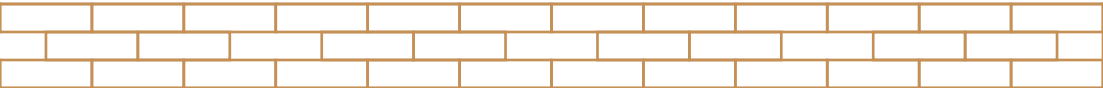
Serving is part of our spiritual growth.

We need to both take in and give out.

We are called to serve God's purpose for our lives.

Serving happens in the local church, in our community, and through helping others.

You have a gift that can make a difference.



DISCUSSION



- 1 If you have been water baptized, what did that step mean to you? If you haven't, what questions do you have about baptism?

- 2 How can communion become more meaningful instead of simply becoming a routine?

- 3 Why do you think serving is connected to spiritual growth?

- 4 What gifts, talents, or abilities has God given you that you could use to serve others?

► ACTION STEP:

Identify your next step. If you haven't been water baptized, consider signing up. If you aren't currently serving, identify one area where you can begin using your gifts to help others.

► PRAYER FOCUS:

Thank Jesus for the new life He has given you and ask God to show you how to use your gifts to serve His purpose.



SESSION FIVE

DISCOVERING YOUR PURPOSE

OVERVIEW

God created you with a purpose. Discovering that purpose gives your life direction, meaning, and strength to keep going. God has placed gifts inside you that connect to your calling, but it is our responsibility to discover, develop, and use those gifts.

KEY SCRIPTURES

¹⁰ For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Ephesians 2:10 (KJV)

²⁹ For the gifts and calling of God are without repentance.

Romans 11:29 (KJV)

²⁹ For God's gifts and His call are irrevocable. [He never withdraws them when once they are given, and He does not change His mind about those to whom He gives His grace or to whom He sends His call.]

Romans 11:29 (AMP)

KEY POINTS

- God created you with purpose, for a purpose, and on purpose.
- God had a plan and purpose for your life before you were born.
- Knowing your purpose gives you strength and resilience to keep getting back up.
- We discover our ultimate purpose through our relationship with Christ.
- God wants to equip and direct us so we can fulfill our purpose and finish strong.
- God’s gifts and calling are irrevocable.
- It is our responsibility to discover, develop, and distribute what God has given us.
- Your gifts are connected to your calling.
- Discovering your gifts can help reveal your calling.
- God gives you grace for your race.

DISCUSSION



1 Why do you think knowing your purpose gives you strength during difficult seasons?

2 What gifts or abilities do you recognize God has placed in you?



3 How might those gifts point toward your calling?

4 Which area do you need to focus on right now: discovering, developing, or distributing your gifts?

► **ACTION STEP:**

Write down two or three gifts, strengths, or abilities you believe God has given you. Ask God how you can begin developing and using them to serve His purpose.

► **PRAYER FOCUS:**

Ask God to reveal His purpose for your life and give you the courage, focus, and perseverance to fulfill it.



SESSION SIX

FELLOWSHIP, THE LOCAL CHURCH & SHARING YOUR FAITH

OVERVIEW

Faith was never meant to be lived alone. Being planted in a local church helps us grow, develop our gifts, discover our purpose, and build relationships that strengthen our faith. A strong foundation also moves us beyond ourselves as we share our faith and help others discover Jesus.

KEY SCRIPTURES

²⁵ Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Hebrews 10:25 (KJV)

¹³ Those that be planted in the house of the Lord shall flourish in the courts of our God.

Psalms 92:13 (KJV)

⁸ But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Acts 1:8 (KJV)

KEY POINTS

Fellowship & the Local Church

Fellowship and faith go together.

We need the local church to help us grow spiritually.

Being committed to church sets an example for the next generation.

The local church helps us discover, practice, and develop our spiritual gifts.

The church helps us build habits, disciplines, and routines that strengthen our faith.

Those who are planted in the house of the Lord will flourish.

There is something powerful about believers gathering together that cannot be experienced in isolation.

Sharing Your Faith

Every Christian is called to be a witness.

You do not have to know a lot of Scriptures to share your faith.

Your story is one of your greatest tools.

You can share:

- What your life was like before Christ.
- How you met Christ.
- How your life has changed since meeting Christ.

Relationships create opportunities to share Jesus.

Look for opportunities to connect with people who are hurting, lonely, broken, or going through transitions.

Common interests can create natural opportunities to build relationships.

What we have freely received, we should freely give.



DISCUSSION



1 How has being connected to a local church helped you grow?

2 What does being “planted” in the house of God look like beyond simply attending a service?

3 Who in your life could you begin intentionally building a relationship with and sharing your faith?

4 If someone asked how Jesus has changed your life, what would you tell them?

► ACTION STEP:

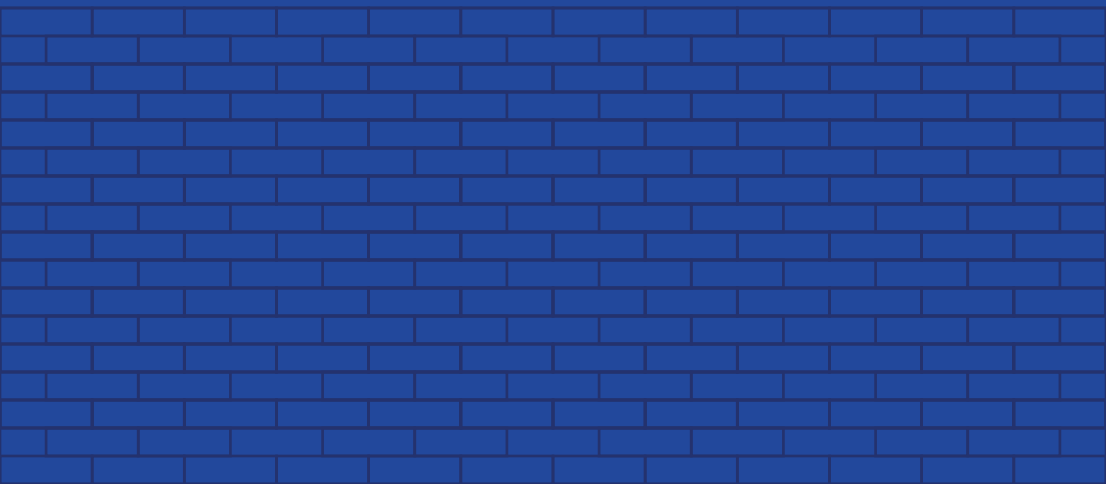
Identify one person you can intentionally connect with this week. Pray for them, look for an opportunity to share your story, and invite them to church or your next small group.

► PRAYER FOCUS:

Ask God to help you stay planted, grow in community, and recognize opportunities to share your faith with the people He has placed around you.



SMALL GROUP LEADER RESOURCES



IDEAS TO HELP PEOPLE GROW

Invite them to sit with you in a Sunday Service.

Share your personal story and what God has been teaching you.

Share how God is for You Classes can help them grow and encourage them to join a team.

Invite them to be water baptized (encourage your Small Group to be there).

Share your spiritual habits; how you find time regularly to pray, worship, and read God's Word. Encourage them to make their own time with God.

Invite them to come to special events at COTR.

Tell them about our COTR Website, COTR App, and One Year Bible reading plan.

- Watch past messages
- Give
- Stay connected

If they are ready to receive Christ, offer to pray with them.

- **Ask** God to forgive you of your sins (*Romans 6:23, Romans 3:10, Titus 3:5-7*)
- **Believe** Jesus is God's Son and died for humanity (*1 John 4:15, John 1:1,14, Romans 5:8*)
- **Confess** Jesus is Lord of your life (*Matthew 10:32, Romans 10:9*)
- **Declare** that you are filled with the Holy Spirit (*Acts 1:4-8*)

Example Prayer:

"Heavenly Father, I repent. I believe Jesus Christ is the Son of God, He died for me and He rose again. Jesus, come into my heart. I receive you now as my Lord and my Savior. Fill me with the Holy Spirit. Take my life and make a difference. Amen."

TIPS / TOOLS

When is childcare available?

We have childcare available on campus on Saturday afternoons at 2pm and Sunday mornings during our 11am service.

Where can I host my Small Group?

You can host online, at church, and off site. Some of the most common meeting places are homes, restaurants, parks, coffee shops, and office buildings.

What are things we avoid in Small Groups?

- Self-promotion
- Take offerings
- Unapproved materials or speakers
- Controversial topics and politics

How to prepare for your group?

- Arrive early
- Creating the right environment
- Test and have video ready
- Welcome everyone
- Warm up the group with an ice breaker (Tell me about your week)
- Discuss this week's questions
- Ask for prayer requests
- Pray
- Encourage them to grow (look at ideas to help people grow)

What should I do if someone asks a question I can't answer?

It's okay to not have all the answers. Thankfully, we can find guidance through prayer, God's Word, and the Holy Spirit. Encourage them to spend time reading the Bible and praying. Also, let them know that you will do your best to get some information and get back with them at your next Small Group meeting. Do some personal research and call your Coach to get advice.

Questions to ask yourself when your group attendance is inconsistent:

- Does the meeting day/time work for everybody?
- Are you doing everything you can as a leader to help people engage outside the group?
- Are you texting them?
- Have you connected with them on a personal level? (Anniversary, birthdays, trips)
- Have you asked members for feedback?

How do I get my group serving?

Encourage your group to get plugged into the Dream Team, by leading the way, talking about it, and inviting them to start by attending God is for You Classes.

What should I do if someone in my group shares something with me (or the group) that requires attention beyond what I (or we) can provide?

If you encounter a difficult situation within your Small Group, please know that you are not alone. If a member is going through a crisis, you can rally the group around them to provide prayer and encouragement. Use wisdom and be sensitive to the situation. If you are unsure of what to do, don't hesitate to ask your Coach. Also, you and/or the group member can call the church office to the Small Groups Department at 636-294-7841 if needed.

Need a tip we didn't cover?

Contact your Coach, they are there to serve you.

SMALL GROUP HOST EXPECTATIONS

General Expectations

- Complete God is for You Classes.
- Complete Background Check.
- Fill out Small Group online form (day, time, location).
- Attend and have your picture taken at the Small Group Training.
- Connect with your coach.
My coach's name:
My coach's contact info:
- Be open and honest with your group.
- Love your group well.
 - Pray for them
 - Lead them in discussion
 - Be full of grace
 - Invite members to attend every week
- Recruit members.
- Fill out your weekly report after each group meeting.
- Plan a party for the group's final meeting.
- Prioritize Sunday mornings (worship one, serve one).
- Contact those who sign up, introduce yourself, and share with them what to expect.
- Follow 70/30 Rule (70% of the group should talk / 30% of leadership should talk).
- Keep discussion positive (avoid politics, divisive issues, and negative talk).
- Respect boundaries (men minister to men and ladies minister to ladies).
- Serve at Small Group Rally by connecting with people and inviting them to sign up at cotr.org/groups for a Small Group.

Zoom Expectations

- Make sure to have a computer or laptop (iPad or tablet will not work).
- Select a separate day with your coach or co-leader to test Zoom and Pastor's video.
- If you have trouble with your internet while playing the video from the website, use the special link to download the videos onto your computer.
- Arrive on Zoom 15 minutes before starting time.
- Make sure you have emailed and texted each person in your group the Zoom link.
- If your group is meeting over 40 minutes, we recommend you purchase a Zoom subscription (but not required).
- Make sure to keep your camera on and facing you so your group can see you the entire time.
- Lead your group in a room that has good lighting where your group can see you.
- Encourage them if possible to put their camera on so you can see each other.

Onsite (at Church) Expectations

- Come early to prepare your room.
- Make sure lights are on in the room and everywhere your group will be (halls and areas near bathrooms).
- Leave the room as you found it (if you need to move chairs or tables, take a picture so you can put it back in the right spot).
- Take the trash out after your group finishes.
- Leave things better than you found them.
- Stay on time with your group (keep in mind that there could be a meeting right before or after your group).
- If something feels or looks wrong, please make a staff member aware immediately.
- Do not allow children to attend your group. Please utilize childcare (on Saturdays and Sundays).
- If an incident happens, please inform COTR staff member present and write up an incident report and also please contact your Small Group Coach immediately after your group.
- Avoid being alone with just one person at any time.

Offsite Expectations

- Must have enough parking at the site for the people to attend.
- Make sure there's no object near the activity that can cause harm to anyone or cause any damage.
- Keep your pets contained and away from people to avoid bites and/or allergic reactions.
- The site must look like our church culture. House must be clean, no obscene pictures, or improper music.
- Avoid being alone with just one person at any time.
- Provide a private room for one person to change clothes (if needed for activity).
- Do not allow children to attend unless you have childcare staff member and approval from church leadership.
- If an incident happens, please write up an incident report and contact your Small Group Coach after your group.

BUILDING
A
LASTING

THEREFORE WHOEVER
HEARS THESE SAYINGS
OF MINE, AND DOES
THEM, I WILL LIKEN HIM
TO A WISE MAN WHO
BUILT HIS HOUSE ON
THE ROCK: AND THE
RAIN DESCENDED, THE
FLOODS CAME, AND
THE WINDS BLEW AND
BEAT ON THAT HOUSE;
AND IT DID NOT FALL,
FOR IT WAS FOUNDED
ON THE ROCK.

MATTHEW 7:24

