

FORM

Group
Guide



MOSAIC
CHURCH

The Purpose Of FORM Groups

WHAT IS A FORM GROUP?

A FORM Group consists of 3-5 people—men with men, women with women—who meet together regularly. These micro gatherings meet to get to know each other, grow as followers of God, and support each other through the ups and downs of life.

“FORM” is an acronym that reminds us of the key components of apprenticeship to Jesus at Mosaic Church:

- **Friendship:** Most of us are looking for meaningful friendships, yet our lives inadvertently skew towards isolation and FORM Groups provide an opportunity to grow in connection so we can experience life together.
- **Organic:** Rather than a rigid, one-size-fits-all approach to spiritual growth, we all need the flexibility to be led and guided by the Holy Spirit.
- **Rhythms of Grace:** Groups are invited to practice Mosaic’s Rule of Life together as they provide grace-filled support and encouragement towards growth.
- **Movement:** Life in God’s kingdom is rarely static. While we treasure the times of gathering, there are often times where Jesus provides us with opportunities to serve others and invite them into what he is doing in and through your group.

We envision our FORM Groups being a significant factor in our growth as an apprentice—that is, someone who is seeking to be with Jesus, to be like Jesus, and to do the things Jesus does.

WHAT HAPPENS IN A GROUP?

Group members agree to meet regularly, ideally every week but at least twice per month, for around 90 minutes. The FORM Group will agree on their approach to reading of Scripture (more on that below) and come prepared to discuss it with the others.

These meetings consist of sharing personal stories of breakthrough and struggle, asking questions, listening to each other, discussing Scripture, praying, speaking the truth in love, confessing struggles and sin, and listening to the voice of the Holy Spirit. Beyond the weekly meeting, however, FORM Group should seek to build trusting relationships by sharing everyday life together—as much as you’re able without it becoming burdensome.

WHY SHOULD I BE IN A GROUP?

As apprentices of Jesus who have been rescued and redeemed, Paul exhorts us to “be transformed by the renewing of your mind” (Romans 12:2). This requires life-on-life interaction, and can only happen in community. A FORM Group can be a key catalyst for growth and transformation as well as support and encouragement to help us endure the ups-and-downs of life.

One of the main ways this happens is by giving each other regular reminders of the truth of the good news of Jesus. Hebrews 3:12 warns, “See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God.” We are often tempted to forget who God is, what he’s done for us in Jesus, who we are as a result, and how we live out of our new identity. Hebrews 3:13 says one of the major ways to prevent this is to “encourage one another daily...so that none of you may be hardened by sin’s deceitfulness.”

Every single day we need to be encouraged with the truth that we are deeply loved and accepted by the Father through the redeeming work of Jesus. Our identity as sons and daughters of God shapes everything about our life as apprentices of Jesus. Understanding this new identity also gives us the boldness and humility to be honest with our FORM Group when we are tempted to hide in shame or to blame others for our struggles. Regular encouragement from our FORM Group can be a significant help in our battle against sin and against the lies of the enemy.

Participating In A FORM Group

WHAT IS THE GOAL OF A FORM GROUP?

The overall goal of a FORM Group is to foster apprenticeship relationships that help each person grow to become more like Jesus by the power of the Holy Spirit. The goal is not merely to hang out, though that is certainly encouraged. The goal is to challenge one another to “grow in the grace and knowledge of our Lord and Savior Jesus Christ” (2 Peter 3:18).

As apprentices, we should experience transformation at every level, affecting our whole person: head (what we believe), heart (how we relate to ourself and others), and hands (how we behave in our actions).

We will also know God’s heart for those not connected to him or to Christian community. We, like the Good Samaritan, will be prompted to ask each other, “Who have we stopped for recently?” In other words, as we follow Jesus, he will constantly be highlighting people to us we can connect with, looking for ways to serve them and even invite them into your group.

WHAT SHOULD A GATHERING LOOK LIKE?

At each meeting, a FORM Group should walk through the following four steps.

Focus on *Friendship* to build connection. When you meet, pause to be present with each other, checking in to see how the group is doing.

Example questions:

- Where have you seen God at work this week?
- What setbacks have you experienced?
- What is your emotional temperature right now?
- Do you feel more or less connected to yourself than the last time we met?
- How is the health of your close relationships?

Embrace *Organic* to follow the Spirit's leading. While it's good to have regular meeting times, locations, and routines, be open to what God is doing in the moment. For example, if someone needs prayer, be open to pausing to attend to them—or even relocating the group to another place to provide privacy.

Example questions:

- What do we sense the Spirit is up to right now?
- In what areas is God asking me to demonstrate greater surrender?
- What is one thing you hope to take away from our time together?
- How can we be praying for each other? (Often best asked at the end of your time)

Practice *Rhythms of Grace* to grow together. There are two things that should be the bedrock of your group's rhythms: Scripture and our Rule of Life. To grow, we need the illumination of the Scripture by the Spirit. And we need a scaffolding to support that growth through our church's Rule of Life (You can find information on Mosaic's Rule of Life [here](#)).

Example questions:

- How are your Rule of Life practices going?
- What did you learn about from Scripture? (Or, What are we reading together?)
- What do you sense God doing in you that you need to respond to?
- Where are you experiencing more or less freedom in your life?

Look for ways God's *Movement* is extending you outward. As God grows and matures us, his grace compels us to serve and share with others. Our hope is that as these groups grow to six people, we can see them multiplied again and again.

Example questions:

- Who is God stirring me to reach out to?
- Who can I invite to this group or to church?
- Where can we serve and share God's goodness to others?
- How can we multiply our group to reach others?

WHAT SHOULD WE READ TOGETHER?

We don't lack for many great options when we are learning about God. We know, though, the greatest source of wisdom is the Bible itself—especially in activating people to follow Jesus with their whole lives. So, we encourage you to practice regular rhythms of Bible reading together and then talk about what God is showing you.

There are two approaches to Scripture reading your group may want to consider. The first is reading short sections together, listening for the voice of God. This method is an ancient way called *Lectio Divina*, or Divine Reading. Here are some Bible reading plans to help ground you in the *Lectio Divina* way of reading Scripture:

- [The Lectio Course](#)
- [Intro to the Lectio Divina](#)

Another approach is reading larger portions of Scripture on your own and then bringing thoughts back to your group. Here are some examples to get you started:

- [The Gospel of John in a month](#)
- [Proverbs in a month](#)
- [Read the New Testament in a month](#)
- [Read the Bible in a year](#)

With either way of reading the Bible, we encourage you to journal your thoughts. That way, you can remember what you've read and any moments where you felt God speaking to you, as well as what insights you can share with others. Here are four questions you can use as journaling prompts:

- *Who Is God?* - What do we learn about his character and nature through this passage?
- *What Has He Done?* - What stands out to you about the work of God?
- *Who Are We In Light Of That?* - What is our identity as a result of God's work?
- *How Do We Live?* - Practically, how do we get to live in light of our new identity?



APPRENTICESHIP TO JESUS

means to be with him,
to become like him,
and to do the things he does.

