



What: Bands are groups of 3-5 people who meet regularly for intentional faith conversations about the wellbeing of each other's soul. With a set of guiding questions, bands focus on supporting and encouraging each other through discussing their life and faith.

How: Gather 3-5 people who will commit to regularly meeting once a week. Each week guiding questions (see below) are used to support and grow each other's faith.

Why: Intentionality and community are key for spiritual growth. Bands focus our intentions with a small group of people so that we can better grow personally and communally with others.

Why, now? Your Sunday School or Community group may need to explore ways to connect in smaller groups for two reasons. 1. Smaller groups are safer environments. 2. Smaller groups can ensure deeper connection in a time when isolation is problematic for all. Current groups are set up well to immediately start bands because relational trust is already present in your existing group. Bands may be a great supplement to larger group meetings or as a short-term replacement for groups that cannot meet at all.

Here is an example of questions to be asked each meeting*:

- How is your soul today?
 - o Where is their ache?
 - o Where is there energy?
 - o How is God present in what gives you ache or energy?
- How is your faith in God and what are you looking for in your faith?
 - o What are you looking to fill that search?
 - o Is anything currently filling or prohibiting that search?
- What do you need this week for encouragement, support, or accountability?

*This is an example of questions that create intentional conversation to explore the state of our soul and faith. Your group may choose to adapt or create similar questions that help you create an intentional faith conversation. These questions aim to think about the condition of our life in connection with God's work in our life. They also seek to identify that which is causing ache or prohibiting us from faith in God. To identify this is a way to practice confessing sin and turning our life to that which helps us find God.

Additional notes:

- **Bands are a spiritual practice.** Like prayer or scripture reading, sometimes this will create eye opening moments. Other times it will seem ordinary. As a practice, continuity and consistency is what will create long lasting growth and support.
- Scripture is not excluded from playing a part in bands. However, bands are not a bible study nor a book study. **The curriculum is people.** It is a focus on the self and supporting those in your group.
- While someone may serve as a leader for coordinating meetings or guiding discussion, **consider each other as mutual facilitators** in the discussion. There are no experts, but equal partners supporting, encouraging, and keeping each other accountable.

Need help? Contact Mark at mkimbrough@katyfirst.org