



# Gathered

*Leader  
Guide*

# Group

THE HILLS WOMEN



# Group Member Covenant

I am making a covenant commitment to the following:

- 1 I recognize that this mentoring process is based upon Jesus, His message, and His plan for our lives. I desire to grow in my relationship with Jesus to fulfill the purpose for which God has called me. I will be open to feedback and will endeavor to receive it in love and learn from it. I want to grow to be more like Jesus in every aspect of my life.
- 2 I commit to attending all meetings and participate in the group discussions. I understand that attendance is a vital part of the group dynamics. I will attempt to schedule other activities around these dates to the best of my ability.  
  
\*If you know you will miss a meeting, we ask you to participate in another season.
- 3 I affirm that my responsibilities and family obligations will allow me the time and energy required to commit to this group.
- 4 I commit to total confidentiality. What is said in the group stays in the group.
- 5 I desire to deepen relationships with other women in my group and will honor the different stages of faith and life of the members in my group. I am committed to helping others in my group grow in their relationship with God and others in order to better reflect Christ.
- 6 I understand that time in this group will help me to identify how I can serve and lead in our church community based on my gifts, season of life and passions.

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*Welcome to*

# Gathered Group

One of the goals of Ask for Nations and Generations is to establish an intergenerational mentoring program for men and women on every campus, aiming to develop 300 influential leaders for the kingdom.

**The purpose of Gathered** is to build community among our women at The Hills Church. To help our women to connect and know other women and to be known. As women, we know that we are our best self when we have strong, healthy relationships with other women in Christ.

“I am fully convinced, my dear brothers and sisters, that you are full of goodness. You know these things so well you can teach each other all about them.” Romans 15:14

Thank you for partnering with us to Ask for Nations and Generations.

# Purpose & Design

## *What do our Gathered Groups look like?*

Groups will be hosted by an older & younger leader once a month, preferably on the same day each month. Each group will have 6 to 8 women.

- The groups will meet monthly from September through April (No December).
- December is an optional, gather-together at your campus Women's Ministry Christmas Gathering.
- Enjoy a meal together.
- Use the conversation cards for quality 'getting to know you' and discipleship time.
- All group leaders will participate in an orientation meeting and be given a packet of materials that includes leader and group guidelines, conversation cards for each month, recipes, and information regarding resources offered at The Hills Church.
- We desire for all women at The Hills Church to belong and grow. We trust the Lord is gathering His daughters to the table. You will be blessed to meet new women each year.

*Note:*

*\*Gathered Groups are for women 21 years and up. Childcare is not available.*

*\*We have a strong desire to create a safe space for all women. It is our expectation that Gathered Groups would remain both an alcohol free and politics free space.*

**Gathered Sign-Ups/Registration:** Registration will be done through The Hills Connect for all campuses. Space is limited and expected to fill up. Registration will begin in early August. Verbal announcements are scheduled at all campuses.

**Prayer and Follow-Up:** Coaches plan to meet and pray with each set of leaders during the year. Our ministry team will survey our leaders at the end of the year to hear their stories and thank them.











# Coach Responsibilities

## *What is the role of a Gathered Group coach?*

Coaches identify, empower, and develop other leaders. Coaches are accountable to the Campus Ministry Leader and/or Women's Minister. Coaches ensure group leaders are equipped to lead and welcome to ask for help. Coaches must be active members of The Hills Church.

## *Responsibilities:*

1. **Disciple and pray for group leaders.** Check in with leaders monthly to influence, train and provide care and support.

How can I pray for you?

What challenges are you having?

How can I support you?

Share a WIN.

2. **Text Group Leaders** a prayer and a word of encouragement on their meeting day.
3. **Liaison** between group leaders and Campus Ministry Leader and/or Women's Minister (to ensure women get the care, support, and resources they need to be emotionally, mentally, and spiritually mature).
4. **Help recruit group leaders.**
5. **Be present** at trainings and debrief sessions.

## *Leadership Characteristics:*

Mentor

Proactive

Humble

Committed to prayer

Trustworthy

Experienced at leading groups well





# Leader Qualifications

- 1 A committed follower of Jesus
- 2 An active member of The Hills Church
- 3 Group life has positively impacted life
- 4 Not highly reactive
- 5 Able to listen well
- 6 Respect peoples different spiritual journeys and pathways
- 7 Sensitive to peoples different personalities, temperments and life experiences
- 8 Able to share out of vulnerability and weakness
- 9 Strong desire to mentor women and equip women to walk through the seasons of their lives with a deep relationship with God

# Leader Responsibilities

Lead a monthly gathering of 6-8 women around your host leader's table.

Create a welcoming environment for the women in your group to feel at home and like they belong. Prepare a meal. Set your table. You can make your meal with your co-leader, a potluck, or takeout. Keep it simple.

Note: this is an alcohol free and politics free zone. Gathered Groups will not serve alcohol before, during, or after sessions.

Facilitate discussion with conversation cards provided, which help group members to feel seen and known by sharing their walk with Christ.

Start and end each meeting with a prayer. Take prayer requests from your group members at each meeting.

Contact your group at the start of each month via text or email to remind them about your gathering and get a headcount for your meal. You can quickly contact your group through the LEAD app.

**Meet with your co-leader before the first group meeting to discuss your strengths and which leader will initiate each task.**





# Leader G

*As Gathered Leaders, we encourage you to:*

**Be consistent**

Meet at the same time each month - stick to it - come rain or shine - even when only a few can come.

**Be punctual**

Please honor everyone's time. Start and end on time.

**Remain connected with your group**

Pray for your group and touch base monthly via email/text/phone. Only use group email to communicate prayer requests, etc., to your group members if they have their private email addresses (not shared with spouses or family members).

**Gently enforce the group guidelines**

Help create an environment that is open and safe. Read the group guidelines to your group on week one. \*E-mail everyone in your group a copy to keep (this will be e-mailed to you).

**Use the conversation cards provided for each month**

Conversation cards are a great way to dive deep quickly. Gently guide the conversation card responses so that all participants have an opportunity to share.

**As a leader, be careful not to speak too much**

It's not necessary to talk after each woman shares.

**Be prepared to interrupt** if someone monopolizes the discussion time.

Please feel free to say something like, "I appreciate your willingness to share, but let's see how \_\_\_\_\_ would answer this question."

**Be careful not to fall into a routine of giving advice**

Try not to counsel the women in your group; instead, point them to the Lord by asking them, "What do you hear the Lord telling you about this?"

# Guidelines

## **Refer difficult situations and/or people to your coach**

We will connect you with your campus ministry leader or women's minister.

## **Prepare for your gathered time by spending time in prayer**

Each time you meet with your ladies, set aside time to pray before you end your evening. Seeking the Lord for direction in ALL we do. You might want to encourage your women to keep a prayer journal throughout the year to see how God is moving.













# Group Guidelines

## **Prepare Yourself**

Clothe yourself with compassion, kindness, humility, gentleness, and patience.

## **Speak for Yourself**

We encourage you to share with “I” statements. We are only experts on ourselves. For example: Instead of saying “Everyone is busy,” say “I am busy.” Or instead of saying, “We all struggle with forgiving,” say, “I struggle with forgiving.”

## **Respect Others**

Be brief in your sharing, remaining mindful that there are time limitations and others may want to share. This shows value to every woman in your group.

## **No Fixing, Saving, No Setting People Straight**

Respect people’s journeys and trust the Holy Spirit inside them to lead them to all truth – in his timing. Resist the temptation to offer quick advice as people share in the group.

## **Turn to Wonder**

If you feel judgmental or defensive when someone else is sharing, ask yourself: I wonder what brought her to this belief? I wonder what she is feeling right now? I wonder what my reaction teaches me about myself?

## **Trust and Learn from Silence**

It is okay to have silence between responses as the group shares, allowing members to reflect. Remember, there is no pressure to share.

## **Observe Confidentiality**

To create an environment safe for open and honest participation, anything someone shares within the group should not be repeated outside the group. However, feel free to share your own story and personal growth.

## **Punctuality**

Resolve to arrive on time.

## **Delight in One Another**

Above all, enjoy your sisters and delight in the Lord.



# Sample T

*Sample Meeting Time:*

*7:00-9:00pm*

Co-leader arrives to help and pray

Women begin to arrive.

- Even if you are busy, try to welcome each woman as she walks in. Set the tone for the evening that this is not about making everything a perfect dinner, but it is about loving each person who is present.

*7:00*

**Evening Begins!**

- Even if someone is late, it is important to begin the evening on time!
- Ask someone in the group to thank God for the evening and the food.

At the first gathering:

- Have the women go around the table and introduce themselves.
- Ask them to give any information that would be helpful to know. For example,
  - “How long have you attended The Hills Church?”
  - “Who else lives in your home?”, or
  - “What attracted you to Gathered Groups and what do you hope to gain from GG?”
  - See *Ice Breaker Questions*. Use as needed during the first few months.

# Timeline

7:30

**Begin turning the conversation toward spiritual matters.**

- For example,
  - Ask people to give updates on prayer requests from the previous month.
  - Be creative with your monthly scriptures. Reading it out loud is a great way to transition to your questions.
  - Ask people to share ways that God used their memory verse to make a difference in their lives that month.

7:45

**Discussion Questions:**

- Your group may stay at the table or move to a living area for dessert, but keep the discussion questions in front of you.
- The Leader and Co-leader keep an eye on the time and keep the discussion moving in order to leave time for prayer!

8:30

**Prayer Time (See idea sheet about ways to vary prayer time.)**

9:00

**Dismissal**

- Ending on time honors the members of your group. Some may have work or need to rise early the next morning, while others may need to linger for a few minutes.





# Ice Breaker Questions

*If you need help getting the conversation going during your meal -*

What is your love language?

(Gifts, Acts of Service, Words, Touch, or Quality Time)

Who in your life has helped you know and love Jesus more?

How do you like to rest?

What's your most valued quality in a best friend?

What are three activities or things that give you life?

If you could travel anywhere right now, where would you go?

If you won a million dollars, what would you do first?

What's something you want to do this summer that you've never done before?

# Questions adapted from “Life in His Presence” *by Sarah Young*

## **SEPTEMBER - Finding Jesus**

*Hebrews 5:8 “But God proves his love for us. While we were still sinners, Christ died for us.”*

- Tell the group how you found Jesus, or how you are finding him now.
- What are you grieving? How can we be praying for you?

## **OCTOBER - Restoration**

*Matthew 11:28-29 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

- Is there a part of your life that you are holding back from God and if so, why?
- How might prayer focused on letting go and just receiving from God lead to rest and restoration?
- Take turns sharing how you can find time each day to rest in Jesus.

## **NOVEMBER - Thanksgiving**

*1 Thessalonians 5:18 “Give thanks in all circumstances for this is the will of God in Christ Jesus for you.”*

- How does a focus on thankfulness defeat worry and offer opportunity for praise?
- When our minds are negatively focused, we don’t see God or His gifts clearly. How do negative thoughts interfere with your perception of God’s blessings?
- How might praise work to clear a disconnect you might feel between you and God?

## **JANUARY - Goals and God’s Will**

*1 Chronicles 16:11 “Look to the Lord and His strength; seek His face always.”*

- Are you pursuing any goals that you need to surrender to God’s will? What are they?
- Anything we desire more than Jesus becomes an idol. What idols do you have in your life, and how do you relinquish your time, money, and energy to these idols?
- How can we turn our focus back to God?

## **FEBRUARY - Time with Jesus**

*Psalm 89:15 "Blessed are those who have learned to acclaim you, who walk in the light of your presence, Lord."*

Luke 10:38-41 Mary and Martha – share at the beginning of discussion or between questions 2 and 3

- How does time in Jesus' presence heal and bless us?
- What tempts us to "skimp on our time together" with Him?
- How can you set aside the demands of tasks around you and relax in his healing presence?

## **MARCH - Adversity**

*Psalm 91:1 "He who dwells in the shelter of the Most High will rest in the shadow of the Almighty."*

- In times of adversity, how does knowing that you are empowered by God help you carry on?
- Many people like to plan out everything, down to the tiniest details, especially in times of trouble. Yet God asks us to trust Him with our troubles and simply do the "next thing." What is the "next thing" for you?
- Spend time with your sisters praying for God to empower you and work on your behalf in the midst of your trial.

## **APRIL - Following Jesus**

*John 10:4 "When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice."*

- What is a truth from God's Word that you rely on to defeat the lies of the enemy?
- Our verse for the month, John 10:4 says Jesus' sheep follow him because they know his voice. How can you be more intentional about listening for the voice of Jesus?



# Prayer Practices & Prompts

One of the most powerful facets of what we do together with our Gathered Group is to pray. Praying changes things in the heavenly realms and here on earth! As leaders of your Gathered Group, you may want to have a traditional way that your group prays each month, and that is fine. There is often comfort in the familiar paths. On the other hand, you may want to mix up the forms of your group's prayer times to give your women exposure to new experiences. Here are a few ideas to prompt your creativity...

Remember that God is honored by the posture of our hearts, and he gives us great freedom in the posture of our bodies and the format of our words.

- 1      **Prayer Journal:** You may want to encourage each woman to keep a prayer journal for the Gathered season, or you might prefer to keep a group prayer journal, where you can go back and revisit past months' requests to celebrate what God has done.
- 2      **Birthdays:** Pray for one another on your birthdays.
- 3      **Days of the Week:** Have your entire Gathered Group pray together (even though you aren't physically together) for one or two people each day of the week, cycling through everyone over the course of the week.
- 4      **Random Shuffle:** Have everyone write their prayer request on a card, then shuffle the cards and distribute them, then for the whole month each person will pray for the person whose card they randomly got.

- 5 **Focused Topic:** You might decide to focus your prayer time on one topic, such as healing, where everyone shares a prayer request for healing of health or healing in a relationship. Or she might say, “This month we are going to make a list of the people we are praying for to come to know Jesus.” the names of the people they are praying for, e.g., “my son Jacob” or “my neighbor Michelle”.
- 6 **Conversational Prayer:** Point out to the group that the Lord is present and part of our conversation, so we are praying to Him as we are talking to each other about our petitions and praises. We don’t have to make a list and then repeat it formally back to God for Him to hear it. When your prayer time is closed, one of you can thank God conversationally that we know we are always welcome to come before His throne to end the prayer.
- 7 **Praying Psalms:** Choose a Psalm for the group to read together, and then ask each person to talk to God about a part of that Psalm that is meaningful to her. As an alternative, you could also let each woman choose a verse she would like to pray about.
- 8 **Listening Prayer:** Ask everyone in the group to sit in silence for 5-10 minutes. One of the leaders can choose a question that each woman will ask God, like, “What is a lie I am believing?”, or “What do You want me to see about this troubled relationship/situation/etc.” Prompt the women to be alert for any picture, word, scripture, etc. that comes into their mind in the silence. If they are comfortable, ask people to share what they heard or saw. Use your imagination and feel free to share your ideas with other leaders.





# Monthly Challenges

## **September - Finding Jesus**

Disconnect for an afternoon or weekend and spend some time meditating and journaling about who Jesus is to you and what He has been doing in your life.

## **October - Restoration**

Feelings often overwhelm us. Write down a few Bible verses that bring you peace when you feel anxious, worried, or uncertain.

## **November - Thanksgiving**

Write a letter of gratitude to someone in your life. Let them know how they have impacted your life and why you are so thankful for them.

## **January - Goals and God's Will**

Pray about and write down one thing you would like to change or remove and one area in which you would like to grow. What steps can you take towards making that happen?

## **February - Time With Jesus**

Write a letter to Jesus describing who you want to be in 5, 10, or 15 years. Ask Him to shape you into the person you hope to become.

## **March - Adversity**

Pray and turn a matter that concerns you over to God. Be very specific in your prayer. God can handle the details. If God has a better way of answering your prayer or handling your problem, you can trust Him.

## **April - Following Jesus**

Get together with one or two people and share about the ways the Lord has worked in your life this last year and dream of what you hope for this next year.

# Counseling & Wellness

Do you need a wise and knowledgeable person to help you in your journey?

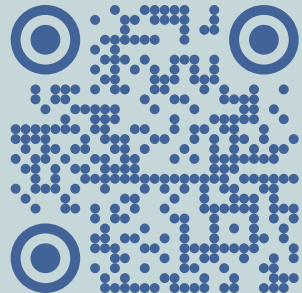
Our Counseling & Wellness Ministers provide direction, prayer support and connections with helpful resources. If you are seeking ongoing counseling, we will meet with you and set you up with counseling services through our Christian Therapist Network. We even offer financial assistance. Schedule an in-person or video appointment with one of our Counseling & Wellness Ministers at:

[thehills.org/counseling](https://thehills.org/counseling)  
817.765.8148

*Questions?*

*Call or email us at*

*[counseling@thehills.org](mailto:counseling@thehills.org)*



# Support Resources

817.765.8148  
[thehills.org/counseling](http://thehills.org/counseling)

## HEALTH & LIFE

### Counseling Services

We provide spiritual guidance, prayerful support and counseling referrals. We offer financial assistance for counseling, if needed 817.839.8528 or [thehills.org/counseling](http://thehills.org/counseling).

DAL, KLR,  
NRH, WFW

### Cherished (Valiant Hearts)

We're a weekly place to find others who understand your story. The group is for current and past escorts, strippers, webcam girls, porn stars, or any woman who has been prostituted or trafficked. *Questions? Contact Emily at 855.524.3747 or [emily@valianthearts.org](mailto:emily@valianthearts.org).*

NRH

### Conflict Resolution Center

We help resolve conflict through confidential equipping, coaching and mediation. Perfect for individuals, couples, families or businesses. *Email [conflict.resolution@thehills.org](mailto:conflict.resolution@thehills.org) for your personal appointment.*

DAL, KLR,  
NRH, WFW

### Dementia Caregivers Support

Has your loved one been diagnosed with Dementia or Alzheimer's disease? This group provides education and support to YOU, the caregiver. *Email [shelly.young@alz.org](mailto:shelly.young@alz.org).*

NRH

### Grief Recovery

This 6-week group will take a deeper look at grief and provide tools to help you process your grief. *Registration required: 817.765.8148 or at [thehills.org/supportgroups](http://thehills.org/supportgroups).*

NRH, WFW



## ADDICTIONS

### **Celebrate Recovery**

NRH

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, habit, pain or addiction of any kind. Find freedom from the issues that are controlling your life. [thehills.org/cr](http://thehills.org/cr)

### **AA-Tuesday Night Speaker Meeting**

NRH

This open meeting of Alcoholics Anonymous is an encouraging time designed for special speakers to bring a word of hope. [tuesdaynightspeakermeeting.org](http://tuesdaynightspeakermeeting.org)

### **Authentic Men's Recovery**

WFW

This is an addiction recovery group for men struggling with unwanted sexual behavior. It is a place where Men can bring their full selves and find other Men willing to listen without judgement or condemnation. A Samson Society group.  
Contact Mark S. at [azsocal2021@gmail.com](mailto:azsocal2021@gmail.com)

### **NAR-ANON Family Groups**

NRH

12-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative/friend. Contact [naranon24hrprogram@gmail.com](mailto:naranon24hrprogram@gmail.com)

### **Pure Desire Groups**

KLR

Devoted to healing men and women who have become addicted to sexual behaviors harmful to their social, family, and spiritual well-being. Participants will learn about the bio-psycho-social aspects as well as acquire spiritual coping skills.  
Registration Required – call 817.991.5518

### **Pure Iron Men**

NRH

FOR MEN ONLY: Leave pornography and sexual addiction behind. Get the support you need to win the battle. This group focuses on accountability, prayers, safety and accessibility.  
Contact [khtrain61@yahoo.com](mailto:khtrain61@yahoo.com) or call 214.906.5744

### **SAA – Men Only Group**

KLR

Overcoming sexual addiction with the help of others in this 12-Step program of recovery. Contact [dfwsouthlakesaa@gmail.com](mailto:dfwsouthlakesaa@gmail.com)

**RELATIONSHIPS**

**Enriching Your Marriage**

An exciting 8-week journey to get to know your spouse at a deeper Level and develop new relationship skills to enrich your marriage. Cost: \$35. Register at [thehills.org/marriage](http://thehills.org/marriage)

DAL, KLR,  
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**Marriage Mentoring / Premarital Mentoring**

Are you interested in having a couple that is a little bit further down the road to share life with you? Sign up at [thehills.org/marriage](http://thehills.org/marriage)

DAL, KLR,  
NRH, WFW

**Nearly Wed Seminar**

Engaged or about to be engaged couples learn a new perspective for maintaining a healthy relationship. An online assessment is included. Cost: \$40 per couple. Register at [thehills.org/marriage](http://thehills.org/marriage)

NRH

**Reconciling Your Marriage**

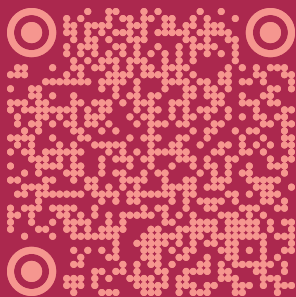
The Marriage Reconciliation Ministry offers an 8-week course for those who are struggling with separation, divorce, or a seemingly hopeless marriage to learn God's principles and experience God's power in restoring relationships For couples and individuals. Cost \$10. Register at [thehills.org/marriage](http://thehills.org/marriage)

NRH, WFW

# Recipes

Remember, the purpose is to gather and connect relationally. Never underestimate the comfort of a pot of soup and some warm bread. Feel free to delegate salad and dessert to group members.

Xoxo,  
Gathered Group  
Ministry Leader Team





# Notes

This image shows a full page of dot grid paper. The background is white, and it is covered with a regular pattern of small, dark grey dots. The dots are arranged in straight horizontal and vertical rows, creating a grid-like appearance. There are no margins, text, or other markings on the page.

