

Icebreaker: My Fall Vibe Check

This is a quick and fun way to get everyone sharing their current mood and setting the tone for the season. The focus is on a quick, creative answer rather than a deep explanation.

Instructions: 5–10 minutes

1. Ask everyone to share their **name** and answer the following question:
"If your personal growth for the fall could be summed up by a **movie title**, what would it be and why?"
 - **The Goal:** It should reflect their *hoped-for* state or their *current need* for growth in a fun, non-serious way.

Example Answer

Movie Title: The Fast and the Furious: "Because I need to kick my spiritual journey into high gear this fall!"

The 4 R's: A Guide to Intentional Growth (15-20 min)

The following sections will guide your group in using the **4R's** (*Reach, Renew, Raise-Up, Release*) as a simple framework for spiritual and personal growth. The goal is for each person to honestly assess where they are and commit to a specific area of focus for the fall.

Step 1: Understanding the 4R's

Read through each of the following sections and briefly discuss the provided Scripture verses.

REACH

Theme: Starting a relationship with Jesus; living out our faith publicly.

We boldly reach our world with the hope of Jesus—one life, one story, one soul at a time.

- Scripture to Discuss: Matthew 5:14 NIV - "You are the light of the world. A town built on a hill cannot be hidden."
- What's the point?: This is about being the light! For some, the REACH is about starting a relationship with Jesus. For others, it's about courageously inviting and sharing their faith.

RENEW

Theme: Healing, restoration, and life-change.

We walk with people as they renew their faith, find healing from life's wounds, and rediscover the grace that restores.

- Scripture to Discuss: 2 Corinthians 5:17 NIV and Romans 12:2 NIV
- What's the point?: What needs a reset? This covers everything from finding emotional healing from the past to establishing a consistent quiet time, or even renewing your physical health. Stop conforming and start transforming!

RAISE-UP

Theme: Spiritual maturity, discipleship, and being equipped.

We intentionally invest in raising up disciples—equipping them to live out their God-given purpose with confidence and conviction.

- Scripture to Discuss: Colossians 1:28 NIV
- What's the point?: It's time to level up! This is about growing in maturity. What knowledge or spiritual skills do you need to learn to grow deeper in your faith? (e.g., deeper Bible knowledge, learning how to serve, improving your prayer life).

RELEASE

Theme: Identifying and living out your God-given purpose and calling.

We joyfully release people into their calling, sending them out to reach the world with the love and truth of Christ.

- Scripture: 1 Peter 4:10 NIV and 2 Timothy 2:2 NIV
- What's the point?: Your gifts aren't just for you! This is about taking everything you've learned and releasing it into action—using your gifts to serve, lead, and make an impact on the world.

Step 2: Personal Assessment & Commitment (45 Min)

Provide a few minutes for silent reflection. The goal is for everyone to focus on **one R** for the season, making their growth measurable.

1. Take Your 'R' Temperature

Look at the four R's. Be honest:

- **Which "R" is your primary focus this fall?**
- Which "R" is the key stepping stone you need right now?
(You can't do all four perfectly, so pick the one that will create the most momentum for you.)

2. Make a Specific Fall Focus Commitment

Based on the 'R' you chose, write down a concrete goal. Make it **SMART** (Specific, Measurable, Achievable, Relevant, and Time-bound).

Examples:

- *Focus: **REACH***
 - **Commitment Example:** "I am in the **REACH** phase and I commit to pursuing Jesus with my whole heart this Fall, by reading my bible daily, and committing to this group."
- *Focus: **RENEW***
 - **Commitment Example:** "I will **RENEW** my mind by choosing one area of media I will fast from for 30 days and replace that time with a focused 15-minute devotional."
- *Focus: **RAISE-UP***
 - **Commitment Example:** "I will focus on maturing as a disciple of Christ and focus on being **RAISED-UP**"
- *Focus: **RELEASE***
 - **Commitment Example:** "I will **RELEASE** my gift of service by committing to volunteer with the children's ministry team once a month this entire fall."

3. Lock in Your Accountability Partner

Growth happens in community, not isolation!

- **Identify the name of one person** you will ask to hold you accountable to this specific commitment.
- **ACTION STEP:** Commit to sharing your goal with them by the end of the week and checking in with them at least once a month.