

WHAT IS A JOHN WESLEY COVENANT GROUP

WESLYAN CONCEPT: John Wesley believed that small groups of congregants meeting weekly, usually no more than 5 or six people in a group, was a way for people to help each other share their weeks' challenges, review their spiritual journeys and establish self-accountability for their path with God. Wesley's Covenant groups met to discuss "how was it with your soul this past week." Covenant members meet in complete confidentiality with each other. "What happens in Covenant, stays in Covenant."

HOW DO THE GROUPS FUNCTION?: They help participants connect to their own spiritual growth, embellish their discipleship and encourage them to support each other. The participants use prayer, the Bible, other inspirational readings, concern and love for each person in the group, which creates an atmosphere of trust, intimacy and partnership. There is no judgment in the group...supportive words work best. Because Covenant groups allow you to open your souls, it is strongly suggested that your group be either all male or all female members. You establish your own meeting time/day and whether you wish to meet weekly or every other week. Your meeting can last for an hour and one half or two hours. It is best to meet in a quiet and private setting as opposed to a restaurant or library room. You can meet in each others' homes on a rotating basis if you wish. Your group may decide to read spiritual and inspirational materials, focus on portions of the Bible, review documentary videos on different spiritual topics and share each others' thoughts.

MY COVENANT EXPERIENCE: I was invited into a Covenant group four years ago because I wanted a deeper relationship with God and to grow in my spirituality. We discuss the weekly challenges to our spirituality and relationship with God, offer thoughts and support to help each other through tough times and relish the good times we share. We care deeply about each other's well-being and do what we can to help each other.

HOW IS IT WITH MY SOUL? Have you ever thought about furthering your spirituality but was not sure how to go about it? You attend weekly services and maybe you are in a Sunday school group, but you still wish to enhance your relationship with God. You may feel your spiritual journey is stalled, stagnant or you are curious to learn more and grow deeper in your faith.

LEARN MORE ABOUT IT: My Covenant group has changed my life and my walk with God. You will be surprised how it changes your life as well. If you have an interest in learning more about how Covenant groups work and how they change you, Pastor Bass and/or I am available to chat with you, answer your questions and, if you wish, help you get started forming a Covenant group. You are not the only one who is curious and looking for more on your spiritual journey. If you wish more information, check out www.seedbed.com Modeling John Wesley's Small Groups.