



CPR: CHECK-IN, PRAY & REMEMBER

A Quick Guide to Small Groups





Summary

How to come alongside your small group and help your small group members accept ownership as you CPR: check-in, pray & remember.



Small Group Commitment #3
Accept Ownership



Two Minute Read



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I'm not a fan of acronyms, except when they are actually helpful to remember something that is important. There is a reason that acronyms are used in crisis situations—they tell you exactly what to do, when to do it and how to do it. They're clear, specific and enable you think on your feet so you are able to respond and help someone in need. That's why I chose "CPR" as a way to help you think about how to care for your small group.

As our world is tangled up in a giant knot of uncertainty, chaos and confusion. Life has been completely disrupted. Daily and weekly routines have been smashed. From fear of COVID-19 to losing a job, people are increasingly afraid. From missing graduation to cancelling vacations and other milestone moments, people are grieving their losses and trying to settle into a new normal—whatever that is, as we're all trying to figure out life at home and with our families. From learning how to work remotely to being thrust into teaching your kids e-learning, life is just all out of whack.

As we are staring down the barrel of these new realities, this is a great opportunity to care for one another and point one another to Jesus.

As a small group, this is the time to go beyond surface relationships and have the courage to enter the lives of one another. I know this sounds like one more thing to do when some of us are already overwhelmed, but this will help reorient our lives. This will be life-giving. I'm confident these conversations will be mutually edifying and rewarding.

In reaching out and initiating these intentional conversations, you will be strengthened and encouraged. Remember, the hardest part is starting.

It's not up to you to reach out and call every person in your small group. As a leader, it's your job to start this with one or two people and model it with your group. After you reach out to one or two people, ask them to help you stay connected and follow up with someone else in your group. Trust me. People are longing for this. Let's help them.



Theological Truth

No one person is meant to shoulder the demands of ministry alone. Most of us can barely manage our own lives, let alone the daunting reality of trying to shepherd and disciple others. This is why the believers in the New Testament were commanded to minister to one another 59 times. It's all about mutual ministry.



Idea to Consider: CPR

CHECK-IN

- How are you doing? No, really, how are you doing? Nothing in the world is fine.
- I just want to reach out and see how you're doing. This is a strange time for all of us.
- I care for you. This is a great time to process and talk about what's happening.

PRAY

- Is there anything you are struggling with or worried about right now?
- I think it is important that we cry out to the Lord together. Can I pray for you?
- Let me pray first and then would you like to pray after me?

REMEMBER

- I'm so encouraged that you are willing to share with me. Thank you so much.
- Let's remember who God is and His attributes as we navigate the coming days!
- Would you be willing to help me stay connected with the small group by calling someone else in the group and praying with them this week?



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