Community Building

Start off the time and have people give some background about themselves. You can have everyone answer these few questions.

1. Tell us a bit about yourself and what you're currently doing (i.e. work, school, family, etc)
2. What do you like most about Austin? What do you like least?
3. Give the back story of how you ended up in Austin and how you got connected with Vox.

Share Midweek Groups Vision

Our hope for our Midweek Groups is that they will allow us to more effectively live the church throughout the week. Meeting in these smaller groups will hopefully facilitate our spiritual development and care for each other in the messiness of life.

Rhythm of Life

As a church, we've talked through different rhythms that are essential and extremely helpful to us individually and communally as we try to live in the way of Christ. We feel that it's healthy for each of us to develop a Rhythm of Life that can help facilitate that process. There are different areas and categories that reflect living in the way of Christ and we've left the actual expression of what that looks like up to each person.

Each person can either fill out a paper form or do the online form for their Rhythm of Life. *(http://bit.ly/voxrhythmoflife)*

Directions are on the forms and the online version. But emphasize that we want to be as specific and practical in describing goals for each area. And only think in terms of the Fall season (so be realistic in terms of what's doable)

For the Personal areas, for example, under Solitude, "once a month, unplug from all electronics for 2 hours to spend in a time of reflection and solitude". Or for Scripture, "3 times a week, reflecting on Scripture through the website Examen.me and once a month, memorizing a passage of Scripture".

For the Communal areas, most of them are more just reminders that we should be observing and practicing these things together on a weekly/monthly basis.

And for the Missional areas, maybe there are overlapping interests in different local/global partners that you can be involved with as a group.

Give everyone about 30 minutes or so to complete their own form.

Spend the rest of the time having each person share their Rhythm of Life and talk through ideas and ways to support each other or even collaborate on similar areas of focus.

This is a chance for people to share maybe areas they need to pull back from and be more intentional about resting from. This will also be a good chance to hear others thoughts and ways of incorporating rest into their lives.

Logistics

Our plan is to start these groups as biweekly meetings (every other week), but it's entirely up to each group if they would like to meet more often. Schedule your next meeting (time and place) where everyone can be able to attend.

Encourage people to fill out and submit the online form when they get home so that we can have a copy in the database and can share it with the group so you can support each other together.

Prayer

Close your time in prayer and also allow space for any personal areas that require care and prayer.