

# LEADERSHIP

AT THE RIDGE

## Ridge Group Leader // Module 2

### **Core Competency 2**

Connect with Group Members Relationally, Emotionally, and Spiritually

### **Read, Watch, and Reflect**

Read this document for [monthly and seasonal Ridge Group Rhythms](#)

Prepare to discuss the following:

- PLAY:
  - Why is this rhythm important?
  - What could this look like to do in your group on a monthly basis? Examples?
- PRAY:
  - Why is this rhythm important?
  - What could this look like to do in your group on a monthly basis? Examples?
- EAT:
  - Why is this rhythm important?
  - What could this look like to do in your group on a monthly basis? Examples?
- GROW:
  - Why is this rhythm important?
  - What could this look like to do in your group on a monthly basis? Examples?
- GO:
  - Why is this rhythm important?
  - What could this look like to do in your group on a monthly basis? Examples?
- How are these Ridge Groups Rhythms are amplified within each seasonal focus
  - Fall
  - Winter
  - Spring/Summer
- Are there any questions that you have around the monthly and seasonal Ridge Group Rhythms?

[Read Ch.26, "Listen", p.152-157 from the book, \*Making Small Groups Work\*](#)

<https://drive.google.com/file/d/1t9oGEsvd099wDXjBy7akN1BTf109XdYY/view?usp=sharing>

- Be prepared to discuss the concepts of active listening, empathy and validation after your huddle.

Watch this video on empathy:

<https://www.youtube.com/watch?v=1Evwgu369Jw>

- What stood out to you about the video?

## Exercise

Identify a friend or Your ONE who needs support. Take the time to listen to them using what you learned in this module. Journal how the experience was for you.

## Discuss

Think through how you would answer these questions. Your mentor will guide you through these.

- PLAY:
    - Why is this rhythm important?
    - What could this look like to do in your group on a monthly basis? Examples?
  - PRAY:
    - Why is this rhythm important?
    - What could this look like to do in your group on a monthly basis? Examples?
  - EAT:
    - Why is this rhythm important?
    - What could this look like to do in your group on a monthly basis? Examples?
  - GROW:
    - Why is this rhythm important?
    - What could this look like to do in your group on a monthly basis? Examples?
  - GO:
    - Why is this rhythm important?
    - What could this look like to do in your group on a monthly basis? Examples?
  - How are these Ridge Groups Rhythms amplified within each seasonal focus...
    - Fall
    - Winter
    - Spring/Summer
  - Are there any questions that you have around the monthly and seasonal Ridge Group Rhythms?
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- Talk about your experience of listening to your friend or Your ONE. What did you do well? What can you improve?
  - What are some ways you can foster connection with your group members outside of group?
    - What are some challenges to connecting or creating connection?
    - How can we overcome these challenges? How can we help each other?

Based on our conversation this evening, create an “I Will” statement. An “I Will” statement is a statement you create based on how you can apply/put into practice what we talked about within the next week in your life.

- i.e. “I Will, identify who my ONE is...”
- i.e., “I Will be intentional about listening and connecting emotionally with 1 person in my life this week...”