

# Frequently Asked Questions About Soul Care Groups

## 1. What exactly is a Soul Care Group?

A Soul Care Group begins with perhaps 8 to 10 members formed around a covenant that is not time-limited nor is it focused around one topic or curriculum. They operate in much the same way as a larger community church in terms of its function and mission. A Soul Care Group provides pastoral care and ongoing discipleship training through its leaders and members, becomes involved in service projects and missions, engages in worship, fellowship, and prayer, and creates an environment for encouragement, accountability, and ongoing emotional, relational, and physical healing for all its members. But its ultimate purpose is not only for the well-being of its members, but also for those who have not yet experienced the love and truth of God manifested in Jesus Christ.

By creating a small, loving, grace-filled community of followers of Jesus, the expectation is that members will want to invite friends, neighbors, and family members to come and see for themselves what real Christian community is all about. As these Soul Care Groups grow beyond 15 or 16 members they will divide into two Soul Care Groups and the process will continue again.

## 2. Who can lead a Soul Care Group?

All Soul Care Group leaders must be active members of Trinity Baptist Church and approved by the Board of Elders. When the time comes for the group to “reproduce,” it will be a matter of prayerful consideration for the Soul Care Group to determine who will be recommended to the Board of Elders as the leaders of the new Soul Care Group. All Soul Care Groups must have at least two leaders – a married couple, two men, or two women.

## 3. Will there be a set curriculum that all Soul Care Groups will use?

To get started we will be recommending that all Soul Care Groups use a curriculum that will help get their group established. In time, we will be recommending certain resources for discipleship training that Soul Care Group leaders and members will be able to choose from to meet their particular needs. Soul Care Group leaders may recommend other resources, but these must first be approved by the Board of Elders.

## 4. What about children and teens? Can they become part of a Soul Care Group?

Definitely, although they aren't counted as part of the 15 or 16 members needed before a group can reproduce. Some Soul Care Groups may in fact be “family friendly” so that they meet at a time that works for children and includes them in much of what they do. Some provision would need to be made for times when the children would be involved in their own activities while the adults did their thing. Other Soul Care Groups may choose to be for mostly for adults, with only occasional times that children are included.

## 5. I don't live in a very big house. Would I be able to be a Soul Care Group leader?

Sure, you'll just need someone in your Soul Care Group who is willing to be the host/hostess.

## 6. How often do Soul Care Groups meet, and do they always meet in the same place?

We're recommending that Soul Care Groups meet once a week to get started, but they will be free to work out among themselves both the frequency and the places of their meetings based on their group covenant.

7. I'm interested in becoming a Soul Care Group leader. How do I get started?

Please contact Pastor Dan, our Soul Care Group coordinator, via the church office (203-255-3977) or email him at [Dan@TrinityFairfield.org](mailto:Dan@TrinityFairfield.org). There will be ongoing training for Soul Care Group leaders throughout the year as well as ongoing support once you start leading a Soul Care Group.

8. I'm interested in becoming part of a Soul Care Group. How do I sign up?

Places and times for meetings, along with whether they are adult focused or family friendly, are posted on our website: [TrinityFairfield.org](http://TrinityFairfield.org) (click on "Ministries" then "Soul Care Groups"). This information is also posted on the Community Board at church. Decide which Soul Care Group you'd like to join and then contact the group leader or Pastor Dan.

9. I'm not sure I want to make this kind of commitment yet. Can I try it for a couple of months before I actually join a Soul Care Group?

Yes, in fact people won't be asked to sign the Soul Care Group covenant until the group has had at least 8 meetings. Copies of the "Group Covenant," along with the ongoing evaluation questions used to keep the Soul Care Groups on track, are available in the church office and on our website for you to read and prayerfully consider.

**If you are interested in joining a Soul Care Group, please contact Pastor Dan:  
203-255-3977 (the church office) or [Dan@TrinityFairfield.org](mailto:Dan@TrinityFairfield.org).**