



SHERWOOD OAKS CHRISTIAN CHURCH

SOUL STRENGTH GROUPS

PURPOSE

Soul Strength Groups are a 12-month intergenerational discipleship journey that foster a consistent community where you are fully known, learn to recognize God's voice, and take intentional steps of obedience together. This is a place for soul care—where you can wrestle with real issues about life, relationships, and faith.

GROUP COMPOSITION

Each Soul Strength Group is made up of 2 Premium Adults and 3-5 Young Adults. Premium Adults are people a stage or more ahead and Young Adults are college students, grad students, and young professionals age 18-30. Each member participates fully bringing their own Delights, Drains, Dreams, and Discernments.

PILLARS

- **Live Vulnerably:** be fully known in community marked with honesty, humility, and courage
- **Discern Next Steps:** learn to recognize God's voice and respond with peace and confidence
- **Authentic Community:** build consistent relationships where people are known, supported, and challenged toward growth
- **Multiplication:** shift from consuming community to creating it for others

YEARLY RHYTHM

- **Launch Experience:** intentional time to help your group build trust, share stories, and establish the foundation for your year together
- **Monthly Meetings:** Connection, The 4 D's (Delight, Drain, Dream, Discern), Intercessory Prayer
- **Commissioning Experience:** reflect and be commissioned to facilitate a group yourself

WHAT TO EXPECT

FOR FACILITATORS

- **Administrative Ownership:** own the calendar and group communication
- **Facilitate & Guide Conversation:** facilitate conversations and guard the time
- **Authentic Modeling:** embody Christ and be willing to go first
- **Quarterly Huddles:** attend facilitator gatherings to collaborate with others

FOR MEMBERS

- **Be Active in the Word:** commit to personal Scripture study and prayer
- **Commit to Showing Up:** prioritize this monthly rhythm as a key part of your spiritual growth
- **Vulnerability and Confidentiality:** be real about your life and protect the stories of others
- **Multiplication Mindset:** Enter with "open hands" preparing to move from member to facilitator when the 12-month journey concludes