

O2 GROUPS

O2 Group Aim- To empower and equip believers to be and make followers of Christ

What are O2 Groups?

O2 Groups are small groups of Christ-followers that are both Organized and Organic in structure and nature, hence the name **O2**.

These O2 Groups are Organized in that~

- ~O2 Group Facilitators agree to receive regular coaching
- ~O2 Group members agree to meet for a specified number of months before reassessing
- ~O2 Groups all pursue 5 central goals:

1. Growth in studying the Bible
2. Growth in listening to the Spirit through praying the Word & fasting
3. Growth in living on Mission
4. Growth in living in Community
5. Growth in applying the Gospel

O2 Groups are Organic in that the group size, frequency of meetings, length of meetings, content of meetings, etc... may vary according to what the Facilitator discerns will best serve and encourage O2 Group members toward pursuit of the 5 Goals.

There is, however, a strong preference toward 3-4 total people in each O2 Group, because:

1. Scheduling a group around more than 3-4 people has proven difficult
2. Too many people minimizes the amount of intimate care, counsel, and prayer per person during meetings
3. Having only 2 people feels more teacher to pupil, whereas having 3-4 people promotes an atmosphere of learning from one-another
4. More than 2 people fosters greater humility in all involved

Why O2 Groups?

While Community Groups at TCC are the primary care structures and a necessary means of developing Family and pursuing Mission, O2 Groups provide for a deeper level of intimacy, accountability, and equipping for several reasons:

1. Fewer people leads to more intimate Gospel application
2. Bible/book studies are specifically tailored to address group needs
3. O2 Groups provide for life on life meetings & modeling
4. There is a clear aim toward reproduction

How do O2 groups function to meet the goals?

O2 Group Facilitators, supported by an O2 Coach, prayerfully discern how to best structure their group in order to assist group members in pursuit of the 5 goals. Having received input from their group, the Facilitator decides on regularly scheduled times to meet. Upon deciding on a meeting schedule, the Facilitator (with the Coach's help if desired) will prayerfully discern what the group should begin studying. This decision will be based upon perceived weaknesses and areas of needed growth regarding the pursuit of the 5 goals. The group may study the Bible together or an appropriate book and the O2 meetings will ideally include application, accountability, and prayer. O2 Group structure also includes regularly scheduled "informal meetings" for fellowship, modeling, and life on life time. Go to the website under "Community Groups" for a Sample Meeting Plan & Leader Resource Document. This document displays only one of many possible schedule & structural options for O2.

How are O2 Group Facilitators Supported?

O2 Group Facilitators receive support and training in 2 primary ways:

O2 Coaching

Each O2 Group Facilitator is assigned an O2 Coach who will contact them regularly (every 6-8 weeks) for updates, encouragement, care, and counsel. These phone meetings will be opportunities for Facilitators to ask questions, share leadership struggles, etc. The Coach will function to remind the Facilitator of the 5 goals & to assist them in assessing group strengths/weaknesses. The Coach will also be available to provide counsel regarding the direction for the group if the O2 Facilitator so desires.

O2 Leader Invest Training

O2 Group Facilitators will be invited to attend 3-4 Invest trainings per year. These training times will be specifically constructed for the support of O2 and Community Group Leaders. They will include praise/worship, as well as teaching and training on a topic pertinent to O2 Group leadership, such as "How to study and help others study their Bible." These trainings do have childcare provided.

Who can Start/Facilitate an O2 Group?

All followers of Jesus are called to be and make disciples of Christ, and all followers of Jesus have the Holy Spirit dwelling in them to help them in this created purpose. Therefore, any Christ-follower can start and facilitate an O2 Group. O2 Groups are best formed when there are 3 or so people who desire to go deeper into accountability and pursuit of Christ together. Experience has proven that O2 Groups are more likely to flourish when there is some prior relationship or common interest that connects those who plan on forming a new group. (some examples of common interest groups have been groups pursuing the goals while also enjoying the life on life of hunting, sports, hiking, cooking, stay-at-home moms, etc.) In order to start/facilitate an O2 Group, the person who will serve as the O2 Facilitator simply needs to *fill out our online form*, send an email with their name and contact info to our Director of Community Life, [Heather Graig](#), along with the names of those desiring to participate in the new group. If a person desires to facilitate a group but doesn't yet have others willing to participate, then that person should pray for God to bring others who want to be a part of the O2 Group. Ideally, these will be people who enjoy the Facilitator's influence or with whom the Facilitator has a prior relationship, common interests, or a similar life situation. Once the O2 Group Facilitator and members have been identified and the Facilitator has notified TCC via email, the Facilitator will then be contacted for further information, prior to being assigned an O2 Coach. The O2 Coach will walk with the new Facilitator as the group begins and then the Facilitator will be invited to attend Invest trainings.

How do I form/join an O2 Group if I don't want to be the Facilitator?

If you're interested in forming/joining an O2 Group, but don't desire the role of Facilitator, the first step is to pray about the people to whom God may be leading you to form the new group with. You should pray for a couple of people to join with, one being a person who desires to Facilitate the new group. As noted above, these will ideally be people with a prior relationship, common interests, or similar life situation. Often Community Groups provide a good relational context for spawning O2 Groups. Next, approach others about participating in the group. Once the O2 Facilitator and members are identified, and the Facilitator notifies TCC via email, the Facilitator will be assigned a Coach as the group begins.

What will my commitment be if I join an O2 Group?

Each O2 Group member commits to strive for faithful attendance at O2 meetings. The length of the initial commitment period varies from group to group but is ideally 10 months to 1 year. (Go to the website under "Community Groups" to view the [O2 Group Contract](#) that each group member is asked to sign) While this commitment is to be taken seriously, it will be subject to change at any point

depending upon an individual's life situation. As one important aim of O2 Groups is reproducing disciple-makers, O2 Group members should be in prayer throughout their commitment period as to whether or not to renew the commitment with the same group or reproduce by facilitating their own future O2 Group.