



Nurture Groups

“Encourage one another and build each other up” 1 Thessalonians 5:11 (NIV)

A nurture group is typically 3 or 4 people spending regular time together, exploring what it means to be disciples of Jesus Christ. For some people, same-sex nurture groups are their preferred way to talk about life issues and pray for one another. For others, a couples' nurture group may be the safe space that allows mutual flourishing. St Mark's also encourage family nurture groups and youth nurture groups. *St Mark's practices a strong Safeguarding culture – more details from our website.*

We suggest that you meet monthly for an hour or so, although you may agree to meet more regularly. It's important to listen well before praying. When you pray, allow the Holy Spirit to direct your prayers.

The first time you meet, you may find it helpful to share your stories, rather than diving into questions. Equally, you might meet a couple of times and sense it's not working... that's OK.

Each time you meet, choose one or two questions from this list:

1. How are you being led by the Holy Spirit, every day?
2. Has God been speaking to you from a particular Bible passage?
3. What's God saying to you at the moment, and what are you going to do about it?
4. How are you using the gifts and talents that God has given you?
5. How is your prayer life?
6. How do you spend your spare time?

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7. Is there anybody whom you fear, dislike, disown, criticise, hold a resentment toward or disregard? If so, what are you doing about it?
8. How are you moved to help those who are less fortunate than yourself?
9. When did you last speak to somebody about Jesus?
10. Do you pray about how you spend money and how much you give away?
11. What is your biggest dream that you would like God to bring into being?
12. Are you honest?
13. Are you a slave to work, friendships, hobbies or habits?
14. When is the last time you encouraged somebody?
15. Do you grumble or complain constantly?
16. Is there a politician or local leader you could challenge or affirm?
17. What are you struggling with at present?
18. Where do you see yourself in 1, 5, 10 years' time?
19. What do you get up for each morning?
20. What's your biggest challenge at the moment?
21. Are you getting enough sleep and exercise?
22. How do you rest and does it replenish you?
23. Where have you seen God at work since we last met?
24. When was the last time you were angry?
25. Who or what is influencing you most?
26. What do you imagine heaven is like?
27. What brings you peace?