



THE POWER OF  
PATIENCE



SMALL GROUP  
HOST GUIDE





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SMALL GROUP

# REPORT EXAMPLE

Uprising Youth - High School Small Groups Attendance

<b>Attendance For</b> Wednesday, September 3, 2025	<b>Schedule</b> Wednesday at 7:00 PM
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We Did Not Meet


**All** **Present**  Search  **Add Note**

**How did the small group go and do you have any questions?**

Today' group went well! We are praying for Briyonna and her family as they relocate to O'Fallon. We are also planning to sit together in the upcoming Sunday service.

**JE**  **Pending**  
Member

 **Montgomery, Briyonna**  
Leader

  **Pending**  
Member

**JW**  **Pending**  
Member

**Back**

 To eliminate confusion when managing your roster, we suggest to keep members pending until they show up to your group.

# HELLO LEADER!

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## It's through good works that we influence the culture!

I want to personally welcome you and thank you for saying “yes” to leading a small group this fall at Church on the Rock. Your willingness to open your heart and lead others is such a vital part of our mission to lead people to a God who is for them and help them discover His purpose for their life.

This fall, our focus will be on The Power of Patience. Together, we'll discover from God's Word that patience is not passive, it's endurance, steadfastness, and perseverance. It's what we need to fulfill God's will for our lives and to receive all the promises He has made to us.

I believe these sessions will be transformational, not only for those in your group, but for you as a leader. My prayer is that through your leadership, people will grow stronger in their faith, build lasting relationships, and experience God's presence in a greater way.

Thank you again for leading. I'm excited to see how God will use you and your group this season.

Never forget, God is for you!

Pastor David Blunt



## SESSION ONE

# THE NEED FOR PATIENCE

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### OVERVIEW:

LIKE MOSES, WE ENDURE BY KEEPING OUR GAZE ON GOD AND HIS FUTURE FOR US, LETTING THAT VISION SHAPE HOW WE LIVE NOW.

### KEY SCRIPTURES

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<sup>36</sup> Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.

<sup>37</sup> "For in just a little while,  
the Coming One will come and not delay.

<sup>38</sup> And my righteous ones will live by faith.  
But I will take no pleasure in anyone who turns away."

**HEBREWS 10:36-38 (NLT)**



### KEY POINTS

LEAVE THE PAST BEHIND; FOCUS ON THE BIGGER FUTURE GOD HAS FOR YOU.

YOUR FUTURE VISION SHOULD FILTER YOUR PRESENT DECISIONS.

KEEP YOUR GAZE (NOT JUST A GLANCE) FIXED ON GOD.

GOD'S VISION FOR YOUR LIFE IS FOR AN APPOINTED TIME,  
PATIENCE IS ESSENTIAL.

# DISCUSSION



1 Why do you think patience is so difficult in our culture today?

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2 Can you share a time impatience caused you to miss out on something God had for you?

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3 How might patience strengthen your walk with God in this season?

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## **ACTION STEP:**

IDENTIFY ONE AREA IN YOUR LIFE WHERE IMPATIENCE IS HOLDING YOU BACK. PRAY DAILY FOR ENDURANCE IN THAT AREA.

## **PRAYER FOCUS:**

ASK GOD TO HELP YOU PERSEVERE SO YOU CAN FULFILL HIS WILL AND RECEIVE HIS PROMISES.



## SESSION TWO

# PATIENCE COMES FROM KNOWING GOD

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### OVERVIEW:

PATIENCE GROWS WHEN WE FOCUS ON GOD'S CHARACTER, HIS PROMISES, HIS PLAN, AND HIS TIMING.

### KEY SCRIPTURES

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<sup>36</sup> Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.

**HEBREWS 10:36 (NLT)**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup> Meekness, temperance: against such there is no law.

**GALATIANS 5:22-23 (KJV)**



### KEY POINTS

GOD'S CHARACTER (FAITHFUL, GOOD, MIGHTY) BUILDS OUR PATIENCE.

GOD'S PROMISES ARE UNBREAKABLE; BELIEVING THEM STRENGTHENS US.

GOD'S PLAN IS ALWAYS FOR OUR GOOD, EVEN WHEN UNSEEN.

GOD'S TIMING IS PERFECT – IT RARELY MATCHES OURS, BUT IT'S ALWAYS RIGHT.

# DISCUSSION



1 Which attribute of God most encourages your patience?

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2 How can you remind yourself daily of God's promises?

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3 In what area do you need to surrender your timing to God?

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## **ACTION STEP:**

CHOOSE ONE PROMISE FROM SCRIPTURE AND MEDITATE ON IT DAILY THIS WEEK.

## **PRAYER FOCUS:**

THANK GOD FOR HIS PERFECT PLAN AND TIMING IN YOUR LIFE.





## SESSION THREE

# LET YOUR FUTURE FILTER YOUR PRESENT

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### OVERVIEW:

LIKE MOSES, WE ENDURE BY KEEPING OUR GAZE ON GOD AND HIS FUTURE FOR US, LETTING THAT VISION SHAPE HOW WE LIVE NOW.

### KEY SCRIPTURES

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<sup>27</sup> [Motivated] by faith he left Egypt behind him, being unawed and undismayed by the wrath of the king; for he never flinched but held staunchly to his purpose and endured steadfastly as one who gazed on Him Who is invisible.

**HEBREWS 11:27 (AMP)**

<sup>3</sup> For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

**HABAKKUK 2:3 (KJV)**



### KEY POINTS

LEAVE THE PAST BEHIND; FOCUS ON THE BIGGER FUTURE GOD HAS FOR YOU.

YOUR FUTURE VISION SHOULD FILTER YOUR PRESENT DECISIONS.

KEEP YOUR GAZE (NOT JUST A GLANCE) FIXED ON GOD.

GOD'S VISION FOR YOUR LIFE IS FOR AN APPOINTED TIME,  
PATIENCE IS ESSENTIAL.

# DISCUSSION



1 What's one area of your past you need to stop looking back at?

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2 How can your God-given future change how you live today?

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3 What does "gazing at God" look like for you practically?

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## **ACTION STEP:**

WRITE DOWN A GOD-CENTERED VISION FOR YOUR FUTURE.  
PLACE IT SOMEWHERE YOU'LL SEE DAILY.

## **PRAYER FOCUS:**

ASK GOD FOR CLARITY AND FOCUS ON HIS VISION FOR YOUR LIFE.



## SESSION FOUR

# THE POWER OF THE RIGHT PEOPLE

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### OVERVIEW:

THE PEOPLE AROUND YOU IMPACT YOUR PATIENCE, FAITH, AND ABILITY TO INHERIT GOD'S PROMISES.

### KEY SCRIPTURES

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<sup>12</sup> That ye be not slothful, but followers of them who through faith and patience inherit the promises.

**HEBREWS 6:12 (KJV)**

<sup>12</sup> **So don't allow your hearts to grow dull or lose your enthusiasm, but** follow the example of those who fully received what God has promised

**HEBREWS 6:12 (PASSION)**

<sup>12</sup> In order that you may not grow disinterested and become [spiritual] sluggards, but imitators, behaving as do those who through faith (by their leaning of the entire personality on God in Christ in absolute trust and confidence in His power, wisdom, and goodness) and by practice of patient endurance and waiting are [now] inheriting the promises.

**HEBREWS 6:12 (AMP)**



### KEY POINTS

FAITH AND PATIENCE WORK TOGETHER (“BIBLE TWINS”).

WE IMITATE THE HABITS OF THOSE WE'RE AROUND.

RIGHT RELATIONSHIPS INSPIRE PERSEVERANCE;  
WRONG ONES BREED IMPATIENCE.

WE NEED ROLE MODELS TO REACH THE NEXT LEVEL.

# DISCUSSION



1 Who in your life inspires your faith and patience?

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2 How have relationships influenced your spiritual endurance?

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3 What qualities should you look for in people you allow in your inner circle?

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## **ACTION STEP:**

THIS WEEK, SPEND INTENTIONAL TIME WITH SOMEONE WHOSE FAITH AND PATIENCE YOU ADMIRE.

## **PRAYER FOCUS:**

PRAY FOR DISCERNMENT IN BUILDING RELATIONSHIPS THAT STRENGTHEN YOUR WALK WITH GOD.



## SESSION FIVE

# BUILDING TRUST IN GOD

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### OVERVIEW:

PATIENCE GROWS WHEN WE PLACE ABSOLUTE TRUST IN GOD'S POWER, WISDOM, AND GOODNESS, NOT IN PEOPLE OR CIRCUMSTANCES.

### KEY SCRIPTURES

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<sup>12</sup> In order that you may not grow disinterested and become [spiritual] sluggards, but imitators, behaving as do those who through faith (by their leaning of the entire personality on God in Christ in absolute trust and confidence in His power, wisdom, and goodness) and by practice of patient endurance and waiting are [now] inheriting the promises.

**HEBREWS 6:12 (AMP)**



### KEY POINTS

TRUST IS BUILT BY FOCUSING ON GOD'S:

— POWER: HE IS ABLE.

— WISDOM: HE KNOWS BEST.

— GOODNESS: HE HAS YOUR BEST INTEREST AT HEART.

THE LAW OF ASSOCIATION STILL APPLIES, THE RIGHT PEOPLE HELP REINFORCE TRUST IN GOD.

SELECTIVE RELATIONSHIPS LEAD TO EFFECTIVE LIVING.

# DISCUSSION



1 Which of God's attributes (power, wisdom, goodness, etc.) do you need to focus on most right now?

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2 What's one way you can remind yourself daily of God's goodness?

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3 Are there relationships in your life that undermine your trust in God?

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## **ACTION STEP:**

CREATE A "GOD'S GOODNESS" JOURNAL, WRITE DOWN WAYS YOU SEE HIS POWER, WISDOM, AND GOODNESS THIS WEEK.

## **PRAYER FOCUS:**

THANK GOD FOR HIS POWER, WISDOM, AND GOODNESS, AND ASK HIM TO DEEPEN YOUR TRUST IN HIM.

## SESSION SIX

# PATIENCE THROUGH THE HOLY SPIRIT

### OVERVIEW:

PATIENCE IS STRENGTHENED BY OBEDIENCE AND SURRENDER TO THE HOLY SPIRIT. HIS PRESENCE GROWS THE FRUIT OF PATIENCE IN OUR LIVES.

### KEY SCRIPTURES

<sup>16</sup> But I say, walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God).

<sup>22</sup> But the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness,

<sup>23</sup> Gentleness (meekness, humility), self-control (self-restraint, continence). Against such things there is no law [that can bring a charge].

<sup>24</sup> And those who belong to Christ Jesus (the Messiah) have crucified the flesh (the godless human nature) with its passions and appetites and desires.

<sup>25</sup> If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit we have our life in God, let us go forward [c]walking in line, our conduct controlled by the Spirit.]

**GALATIANS 5:16, 22-25 (AMP)**

### KEY POINTS

IMPATIENCE IS OFTEN A SIGN WE'RE NOT BEING LED BY THE HOLY SPIRIT.

HABITS SHAPE OUR CHARACTER; HABITS OF SPIRIT-LED LIVING PRODUCE PATIENCE.

IN GOD'S PRESENCE, PATIENCE GROWS.

THE FRUIT OF THE SPIRIT SHOWS WHEN WE'RE WALKING WITH HIM.

# DISCUSSION



1 How can you become more aware of the Holy Spirit's leading in daily life?

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2 What habit can you start to cultivate greater patience?

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3 How does worship or time in God's presence affect your patience?

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## **ACTION STEP:**

SPEND AT LEAST 15 MINUTES DAILY THIS WEEK IN INTENTIONAL WORSHIP AND LISTENING TO THE HOLY SPIRIT.

## **PRAYER FOCUS:**

INVITE THE HOLY SPIRIT TO LEAD AND GUIDE YOU, PRODUCING PATIENCE IN EVERY AREA OF LIFE.



# IDEAS TO HELP PEOPLE GROW

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- Invite them to sit with you in a Sunday Service.
- Share your personal story and what God has been teaching you.
- Share how God is for You Classes can help them grow and encourage them to join a team.
- Invite them to check out the COTR Backstage podcast ([backstage.cotr.org](http://backstage.cotr.org)).
- Invite them to be water baptized (encourage your Small Group to be there).
- Share your spiritual habits; how you find time regularly to pray, worship, and read God's Word. Encourage them to make their own time with God.
- Invite them to come to special events at COTR.
- Tell them about our COTR Website, COTR App, and One Year Bible reading plan.
  - Watch past messages
  - Give
  - Stay connected
- If they are ready to receive Christ, offer to pray with them.
  - Ask God to forgive you of your sins ( Romans 6:23, Romans 3:10, Titus 3:5-7 )
  - Believe Jesus is God's Son and died for humanity ( 1 John 4:15, John 1:1,14, Romans 5:8 )
  - Confess Jesus is Lord of your life ( Matthew 10:32, Romans 10:9 )
  - Declare that you are filled with the Holy Spirit ( Acts 1:4-8 )
- **Example Prayer:**

"Heavenly Father, I repent. I believe Jesus Christ is the Son of God, He died for me and He rose again. Jesus, come into my heart. I receive you now as my Lord and my Savior. Fill me with the Holy Spirit. Take my life and make a difference. Amen."

# TIPS / TOOLS

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- **When is childcare available?**

We have childcare available on campus on Saturday afternoons at 2pm and Sunday mornings during our 11am service.

- **Where can I host my Small Group?**

You can host online, at church, and off site. Some of the most common meeting places are homes, restaurants, parks, coffee shops, and office buildings.

- **What are things we avoid in Small Groups?**

- Self-promotion
- Take offerings
- Unapproved materials or speakers
- Controversial topics and politics

- **How to prepare for your group?**

- Arrive early
- Creating the right environment
- Test and have video ready
- Welcome everyone
- Warm up the group with an ice breaker (Tell me about your week)
- Discuss this week's questions
- Ask for prayer requests
- Pray
- Encourage them to grow (look at ideas to help people grow)

- **What should I do if someone asks a question I can't answer?**

It's okay to not have all the answers. Thankfully, we can find guidance through prayer, God's Word, and the Holy Spirit. Encourage them to spend time reading the Bible and praying. Also, let them know that you will do your best to get some information and get back with them at your next Small Group meeting. Do some personal research and call your Coach to get advice.

- **Questions to ask yourself when your group attendance is inconsistent:**

- Does the meeting day/time work for everybody?
- Are you doing everything you can as a leader to help people engage outside the group?
- Are you texting them?
- Have you connected with them on a personal level? (Anniversary, birthdays, trips)
- Have you asked members for feedback?

- **How do I get my group serving?**

Encourage your group to get plugged into the Dream Team, by leading the way, talking about it, and inviting them to start by attending God is for You Classes.

- **What should I do if someone in my group shares something with me (or the group) that requires attention beyond what I (or we) can provide?**

If you encounter a difficult situation within your Small Group, please know that you are not alone. If a member is going through a crisis, you can rally the group around them to provide prayer and encouragement. Use wisdom and be sensitive to the situation. If you are unsure of what to do, don't hesitate to ask your Coach. Also, you and/or the group member can call the church office to the Small Groups Department at 636-294-7841 if needed.

- **Need a tip we didn't cover?**

Contact your Coach, they are there to serve you.

# SMALL GROUP HOST EXPECTATIONS

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## GENERAL EXPECTATIONS

- Complete God is for You Classes
- Complete Background Check.
- Fill out Small Group online form (day, time, location).
- Attend and have your picture taken at the Small Group Training.
- Connect with your coach.  
My coach's name:  
My coach's contact info:
- Be open and honest with your group.
- Love your group well.
  - Pray for them
  - Lead them in discussion
  - Be full of grace
  - Invite members to attend every week
- Recruit members.
- Fill out your weekly report after each group meeting.
- Plan a party for the group's final meeting.
- Prioritize Sunday mornings (worship one, serve one).
- Contact those who sign up, introduce yourself, and share with them what to expect.
- Follow 70/30 Rule (70% of the group should talk / 30% of leadership should talk).
- Keep discussion positive (avoid politics, divisive issues, and negative talk).
- Respect boundaries (men minister to men and ladies minister to ladies).
- Serve at Small Group Rally by connecting with people and inviting them to sign up at [cotr.org/groups](http://cotr.org/groups) for a Small Group.
- Stay up to date and connected to the culture by listening to the COTR Backstage podcast ([backstage.cotr.org](http://backstage.cotr.org)).

# ZOOM EXPECTATIONS

- Make sure to have a computer or laptop (iPad or tablet will not work).
- Select a separate day with your coach or co-leader to test Zoom and Pastor's video.
- If you have trouble with your internet while playing the video from the website, use the special link to download the videos onto your computer.
- Arrive on Zoom 15 minutes before starting time.
- Make sure you have emailed and texted each person in your group the Zoom link.
- If your group is meeting over 40 minutes, we recommend you purchase a Zoom subscription (but not required).
- Make sure to keep your camera on and facing you so your group can see you the entire time.
- Lead your group in a room that has good lighting where your group can see you.
- Encourage them if possible to put their camera on so you can see each other.

# ONSITE (AT CHURCH) EXPECTATIONS

- Come early to prepare your room.
- Make sure lights are on in the room and everywhere your group will be (halls and areas near bathrooms).
- Leave the room as you found it (If you need to move chairs or tables, take a picture so you can put it back in the right spot).
- Take the trash out after your group finishes.
- Leave things better than you found them.
- Stay on time with your group (keep in mind that there could be a meeting right before or after your group).
- If something feels or looks wrong, please make a staff member aware immediately.
- Do not allow children to attend your group. Please utilize childcare (on Saturdays and Sundays).
- If an incident happens, please inform COTR staff member present and write up an incident report and also please contact your Small Group Coach immediately after your group.
- Avoid being alone with just one person at any time.

# OFFSITE EXPECTATIONS

- Must have enough parking at the site for the people to attend.
- Make sure there's no object near the activity that can cause harm to anyone or cause any damage.
- Keep your pets contained and away from people to avoid bites and/or allergic reactions.
- The site must look like our church culture. House must be clean, no obscene pictures, or improper music.
- Avoid being alone with just one person at any time.
- Provide a private room for one person to change clothes (if needed for activity).
- Do not allow children to attend unless you have childcare staff member and approval from church leadership.
- If an incident happens, please write up an incident report and contact your Small Group Coach after your group.

 church on the rock