



# How to Remain Spiritually Engaged as a Facilitator

As a Connect Group facilitator, you have the blessing of being able to disciple, encourage, and uplift your group members, and that's an exciting thing! However, it's important to remember that you too need spiritual development and reassurance — as your group members grow, you should be growing, too. Here are some ways to ensure you're not only helping others, but also continuing your spiritual journey and growing closer to God:

1. **Pray.** Prayer is our best way to communicate with God. Commit some time each day (ideally the same time so it becomes a routine) to intentionally put away all distractions and commune with your Savior. Consider following the PRAY model:
  - **Praise:** Thank God for all He's done for you recently and give glory to His majesty. You may just sit humbly and recognize His goodness and power.
  - **Repent:** Confess your sins and ask for forgiveness. 1 John 1:9 says God is faithful, so He will forgive our transgressions and cleanse us.
  - **Ask:** What are you struggling with right now? Do you know someone who could use prayer? Bring your petitions to God and confidently request His mighty help.
  - **Yield:** What's something in your life you need to give up and submit to your Heavenly Father? If God is calling you to release something, yield it to Him.
2. **Get in the word.** Ensure you're reading the Bible consistently, ideally daily. This is God's instruction manual for our lives. It teaches us, encourages us, challenges us, and strengthens us. A reading plan is a great way to create a consistent schedule, and you can pick one that allows you to learn more about specific topics (if you wish). Or you can simply sit down and pray, then open the Bible to where God leads you.
3. **Develop an accountability partner or group.** Identify someone that you trust deeply (they may or may not be in your Connect Group). Meet with this person at least once a week to uplift, challenge, and support one another. You should be completely honest with this person, both in admitting your own faults and struggles and in edifying them. These bonds will allow you to grow spiritually and intellectually while energizing your spirit and keeping you both accountable to one another.
4. **Listen to a podcast or audiobook.** You can learn as you drive, work out, and do chores by listening to a spiritual podcast. There are hundreds available, and they allow you to use "dead times" to be filled with Biblical teaching.

5. **Join another Connect Group.** Being a group facilitator is different than being a participant. The hosting, preparation, and group facilitation duties — while a blessing — can take your mind away from the subject matter somewhat. Joining another group allows you to solely focus on the topic at hand and your relationship with your Savior. Plus, you might encounter cool things other Connect Group facilitators are doing that you could incorporate into your group meetings.