

*“The first and most basic thing we can and must do is to keep God before our minds, which is the fundamental secret of caring for our souls.*

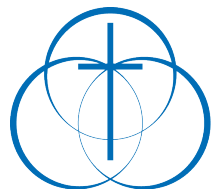
*Our part in this practicing the presence of God is to direct and redirect our minds constantly to Him.*

*In the early time of our ‘practicing’ we may well be challenged by our burdensome habits of dwelling on things less than God. But these are habits — not the law of gravity — and can be broken.*

*A new, grace-filled habit will replace the former ones as we take intentional steps toward keeping God before us. Soon our minds will return to God as the needle of a compass constantly returns to the north.*

*If God is the great longing of our souls, He will become the pole star of our inward beings.”*

DALLAS WILLARD



**TRINITY  
CONFERENCE**  
Global Methodist Church

A FAMILY OF CHURCHES IN TEXAS, LOUISIANA, AND ARKANSAS

# CLASS MEETINGS



Class Meetings are where  
people do *life together* in a  
relationship with God.



Starting a class meeting is *easy*.  
Just have your group start with  
the resources provided freely at  
[TrinityGMC.org/class-meetings](https://TrinityGMC.org/class-meetings)

## WHAT IS A CLASS MEETING?

A Class Meeting is a small group of people who meet regularly to give testimony to and encourage one another in the pursuit of developing a transformational relationship with the living God who cares deeply for each of us.

## WHY ARE CLASS MEETINGS IMPORTANT?

Class meetings help us to grow in our loving relationship with God through a commitment to intentionally pursue how He would best like us to live our lives through the example and teachings of Jesus Christ. They give us space to surrender and follow the lead of the Holy Spirit, and to join with others on our journey.

## HOW DO CLASS MEETINGS WORK?

- 10-12 people meet weekly for 1½ hours. Groups are encouraged to be diverse, with members with a range of ages, both men and women, different walks of life.
- 1-2 leaders facilitate (preferably trained laity — seven (7) week class and continuing pastor-led periodic leadership meetings).
- All members share their weekly life by responding to a question such as “How is your life in God? Or “How is it with your soul?” Your soul is your mind, your will, and your emotions.
- Each week, this general question may be used, or the leader may select a different question to help members consider various aspects of their spiritual life and walk with God using Jesus Christ’s teachings and the Holy Spirit’s leading.
- Members pray aloud for one another as members ask and are led by the Holy Spirit.

## WHAT ARE SOME FAQs?

- Do I have to pray out loud?
  - » No, you do not have to pray out loud.
  - » However, God’s word calls us to pray out loud.
  - » The class meeting will give you the opportunity to practice praying aloud.
- Do I have to share if I am uncomfortable?
  - » No, you do not have to share.
  - » As you become comfortable, you will find opening up and sharing is freeing and can be life-giving for you and others.
- Does the meeting have to happen at a certain time and place?
  - » The meetings can take place at someone’s home, at a neutral location, or at church.
  - » The important aspect is consistency. A day, time, and place which encourages regular attendance is the key.
  - » Childcare is an important consideration.
- How long do class meetings go?
  - » Timing. 45 minutes to 1.5 hours. The time limit is decided by the group, and is committed to by everyone.
  - » Frequency. Meeting weekly is best, some groups commit to bi-weekly, adding social events as well.

***Remember it is really about people doing life together in a relationship with God.***