



**DON'T
LIMIT
GOD**

Small Group Host Guide

Small Group Host Expectations

- Complete Growth Track
- 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 on Sundays, Jan 16/Jan 23 by connecting with people and inviting them to sign up at 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)

DON'T LIMIT → GOD

Week 1

Catching Up

What are you hoping to get out of this study, Don't Limit God?

FOCUS VERSE

²⁰Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us.

Ephesians 3:20 (AMP)

WHAT DOES IT MEAN TO LIMIT GOD?

To grieve God by erasing the imprint of God's destiny on the inside of you.

⁴⁰How oft did they provoke him in the wilderness and grieve him in the desert!

Psalms 78:40 (KJV)

WAYS THAT LIMIT GOD:

1. Falling short of God's will and God's plan for your life.
2. Not remembering what God has done within your life.
3. Not remembering God's miracles and God's power in your life.

⁴¹Yea, they turned back and tempted God, and limited the Holy One of Israel.

⁴²They remembered not his hand, nor the day when he delivered them from the enemy.

Psalms 78:41-42 (KJV)

HOW TO LIMIT GOD:

1. Small thinking limits God.

⁴³How he had wrought his signs in Egypt, and his wonders in the field of Zion.

Psalms 78:43 (KJV)

DON'T LIMIT → GOD

Week 2

“God wants us to have a growth mindset and have attitudes that cause growth.”

Discover Questions

1. What does it mean to limit God?

2. How do you take the limits off of God?

3. What can you do this week to remember God's power and faithfulness in your life?

Challenge: Journal how God answered your prayer and/or how God's favor was given in a specific situation.

Diving Deeper

1. Read the Focused Verse, Ephesians 3:20, every day this week as part of your daily devotions. Challenge yourself to have the verse memorized before your next Small Groups meeting.
2. Share with someone outside of your Small Group one thing that you learned this week.
3. Invite a friend to your next Small Groups meeting.
4. Invite people from your Small Group to sit together during a Sunday service.

Catching Up

Share one meaningful thing that you learned last week from this study, Don't Limit God?

FOCUS VERSE

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Psalms 78:40 (KJV)

“The biggest barrier to your future is living in the past.”

⁴¹Yea, they turned back and tempted God, and limited the Holy One of Israel.

Psalms 78:41 (KJV)

HOW TO LIMIT GOD:

1. Small thinking limits God.
2. Wrong Attitudes Limit God.
 - “Only what we do constantly makes a difference in our life.”
 - “God wants us to have a growth mindset and have attitudes that cause growth.”

²³and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude].

Ephesians 4:23 (AMP)

DON'T LIMIT → GOD

Week 3

“God meets us on the level of our expectations.”

Discover Questions

1. What are ways you can change from small thinking to thinking big?

2. How can you develop attitudes that cause growth?

3. What can you do this week to get 1% better in your thinking?

Diving Deeper

1. Read the Focus Verse, Ephesians 3:20, every day this week as part of your daily devotions. Challenge yourself to have the verse memorized before your next Small Groups meeting.
2. Journal ways you are changing your thoughts and attitudes.
3. Find a Bible Reading Plan for 2022 and commit to it.

Catching Up

Share one way that you got 1% better in your thinking last week.

FOCUS VERSE

²⁰Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us.

Ephesians 3:20 (AMP)

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⁴¹Yea, they turned back and tempted God, and limited the Holy One of Israel.

Psalms 78:40-41 (KJV)

HOW TO LIMIT GOD:

1. Small thinking limits God.
2. Wrong Attitudes Limit God.
3. Unbelief Limits God.

2 KINDS OF UNBELIEF

1. Ignorance
2. Rebellion

CHARACTERISTICS OF UNBELIEF:

1. Negativity
2. Blaming
3. Always looking back
4. Unwilling to wait
5. Ungrateful
6. Put pressure on people
7. Fearful

⁶ Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief.

Hebrews 4:6 (KJV)

Discover Questions

1. What are ways you can eliminate unbelief in your life?

2. Pastor shared that we can't build our faith when we are negative. How can you build your faith?

3. What can you do this week to show gratitude to someone?

Diving Deeper

1. Read the Focus Verse, Ephesians 3:20, every day this week as part of your daily devotions. Challenge yourself to have the verse memorized before your next Small Groups meeting.
2. Journal what you are grateful for.
3. Share your 2022 Bible Reading Plan with someone in the Small Group.

DON'T LIMIT → GOD

Week 4

"What you say determines what God can do."

Catching Up

Share one way that you showed gratitude to someone last week.

FOCUS VERSE

²⁰ Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us.

Ephesians 3:20 (AMP)

WHAT DOES IT MEAN TO LIMIT GOD?

To grieve God by erasing the imprint of God's destiny on the inside of you.

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⁴¹ Yea, they turned back and tempted God, and limited the Holy One of Israel.

⁴² They remembered not his hand, nor the day when he delivered them from the enemy.

Psalms 78:40-42 (KJV)

HOW TO LIMIT GOD:

1. Small thinking limits God.
2. Wrong Attitudes Limit God.
3. Unbelief Limits God.
4. Words Limit God.
 - A. "What you are saying is so vitally important to what you end up believing."
 - B. "What you say determines what God can do."

²³ For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

Mark 11:23 (KJV)

²¹ Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21 (KJV)

DON'T LIMIT → GOD

Week 5

“You can’t focus on obstacles and expect to overcome and fulfill what God has called you to do.”

Catching Up

Share God’s promise you selected to confess last week and how it changed you.

FOCUS VERSE

20 Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us.

Ephesians 3:20 (AMP)

WHAT DOES IT MEAN TO LIMIT GOD?

To grieve God by erasing the imprint of God’s destiny on the inside of you.

40 How oft did they provoke him in the wilderness and grieve him in the desert!

41 Yea, they turned back and tempted God, and limited the Holy One of Israel.

42 They remembered not his hand, nor the day when he delivered them from the enemy.

Psalms 78:40-42 (KJV)

HOW TO LIMIT GOD:

1. Small thinking limits God.
2. Wrong Attitudes Limit God.
3. Unbelief Limits God.
4. Words Limit God.
5. Having a Victim Mentality Limits God.
 - “You can’t be in faith and have a victim mentality.”
 - “You can’t focus on obstacles and expect to overcome and fulfill what God has called you to do.”

34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

Matthew 12:34 (KJV)

37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

Matthew 12:37 (KJV)

27 How long shall I bear with this evil congregation, which murmur against me? I have heard the murmurings of the children of Israel, which they murmur against me.

Numbers 14:27 (KJV)

Discover Questions

1. What are ways you can change your words and not limit God?

2. How does confessing God’s Word change your perspective?

3. What scripture verse are you committing to confess this week?

Diving Deeper

1. Read the Focus Verse, Ephesians 3:20, every day this week as part of your daily devotions. Challenge yourself to have the verse memorized before your next Small Groups meeting.

2. Complete the Daily Challenge.

- Find a promise in the Bible.
- Put God’s promise in your mouth and confess it daily.
- Ask yourself this question: What words am I saying?

²⁷ And they told him, and said, We came unto the land whither thou sentest us, and surely it floweth with milk and honey; and this is the fruit of it.

²⁸ Nevertheless the people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there.

²⁹ The Amalekites dwell in the land of the south: and the Hittites, and the Jebusites, and the Amorites, dwell in the mountains: and the Canaanites dwell by the sea, and by the coast of Jordan.

³⁰ And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.

Numbers 13:27-30 (KJV)

Discover Questions

1. What determines if you are an “overcomer” or a “victim”?

2. How can you change a “victim mentality” to becoming an “overcomer”?

3. What can you do this week to watch what you are thinking, saying, and focusing on?

Diving Deeper

1. Read the Focus Verse, Ephesians 3:20, every day this week as part of your daily devotions. Challenge yourself to have the verse memorized before your next Small Groups meeting.

2. Journal this question: Am I an overcomer or a victim?

Catching Up

Share God's promise you selected to confess last week and how it changed you.

FOCUS VERSE

²⁰ Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us.

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Psalms 78:40-42 (KJV)

HOW TO LIMIT GOD:

1. Small thinking limits God.

– “Thoughts create emotions. Heal emotions by changing your thought life.”

⁴³ How he had wrought his signs in Egypt, and his wonders in the field of Zion.

Psalms 78:43 (KJV)

2. Wrong Attitudes Limit God.

– “Attitudes show through our behavior.”

²³ and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude].

Ephesians 4:23 (AMP)

3. Unbelief Limits God.

4. Words Limits God.

5. Having a Victim Mentality Limits God.

6. Unforgiveness Limits God.

- "Forgiving is a decision."

²⁵ And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

Mark 11:25 (KJV)

³¹ But the men that went up with him said, We be not able to go up against the people; for they are stronger than we.

³² And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature.

³³ And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.

Numbers 13:31-33 (KJV)

Discover Questions

1. Pastor shared that forgiving is a decision. How are you choosing to forgive?

2. Pastor shared that forgive means to "let it drop" and "let it go." When you make the decision to forgive, how are you letting it drop and letting it go?

3. What can you do this week to walk in forgiveness?

Diving Deeper

1. Read the Focus Verse, Ephesians 3:20, every day this week as part of your daily devotions. Challenge yourself to have the verse memorized before your next Small Groups meeting.

2. Journal how forgiving transforms your life and your relationship with God.

Small Group Report Example

- Alex Maldonado
- Breanna Wright
- Jaime Chipman
- Joe Flowers
- Josh Wright
- Kameron King
- Luis Forgas
- Mark Supak
- Noemi Forgas Avalos

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

-Joe messaged beforehand & shared he couldn't make it but will be there next week!

-Alex brought Kameron. It was his first time and he loved it plan to come back!

-Noemi started Growth Track last week!

-We prayed Jaimes uncle who has surgery coming up.

-We shared with everyone on the 21 day fast!

Question: Our group shared in two weeks that majority cant come on Tuesday could we reschedule our group to Friday the 16th and have it at Red Robin?

SAVE

CANCEL



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

Ideas to Help People Grow

- Invite them to sit with you in a Sunday Service
- Share your personal story and what God has been teaching you
- Invite them to a City-Wide Prayer on Saturday afternoons 2pm
- Share how Growth Track can help them grow and join a team
- Invite them to check out the COTR Backstage podcast (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 & died for us (1 John 4:15, John 1:1,14, Romans 5:8)
 - Confess Jesus is Lord of your life (Matthew 10:32, Romans 10:9)

Tips / Tools

- **When is childcare available?**

We have childcare available on campus on Thursday nights at 6pm 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 Growth Track.
- **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.

COTR Small Group 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 & 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 Sundays and Thursdays)
- 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

COTR Small Group Offsite (At Home) 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