

GROUP LEADER RESOURCES

9 Signs of a Healthy Group

So you've got a good group. Everyone gets along and participation is pretty good. But sometimes it feels like something is missing. Check out these signs of a healthy group. Maybe there is an area or two you want to focus on.

1. People show up. Even with busy schedules, people make every effort to attend meetings. They prioritize coming to group meetings.
2. They want to grow. They show a desire to stretch themselves spiritually and relationally. You can tell by their interaction and participation.
3. People feel safe. They know they can be vulnerable with everyone and trust that what they share will be held in confidence.
4. Members want to connect. They value fellowship and show genuine interest and care for each other, even outside of the meeting time. They check in with each other and follow up on prayer requests.
5. The discussion is balanced. Everyone shares (even introverts) and no one monopolizes conversations.
6. People are serving. Whether serving on a team at church (always needed!) or supporting a family in need, group members have the desire to serve others.
7. They don't try to fix others. They reflect and focus on themselves, taking personal ownership of their thoughts and actions.
8. They rely on God's word more than personal opinion. *Hebrews 4:12*
9. They have fun! People enjoy laughing and playing together.