



## **How to Form a Discipleship Group for your Teens**

1. Identify which of your child's friends to invite to participate in a small group.
2. Reach out to their parents and invite them to meet with you to discuss. A St. Mary's youth ministry team member will be willing to join if requested.
3. Meeting: Explain the vision and purpose of the group with the other parents.
4. Identify one-two mentor(s) for the small group. St. Mary's will assist with finding one if needed.
5. Determine content for your first study, possibly from attached resources
6. Schedule a recurring meeting time and place

### **Tips for a Successful Small Group**

- Groups should be single-gender.
- Aim to have 5-8 teens in a group.
- Choose a comfortable environment for your teens.
- Be flexible with group meeting times.
- Keep parents involved, but not as the mentor.
- Small groups should participate in other activities together, including youth group and other parish activities
- Try new discussion topics and resources!

Please e-mail [symbrockville@gmail.com](mailto:symrockville@gmail.com) to discuss forming a discipleship group for your teens!