



## How to Start Your First Small Group

There are as many ways to start small groups as there are parishes and leaders. Here is just one example of how you can use YDisciple to get your first small group started.

1. Parish Leader or Lead Parent identifies one or more teens who are hungry for “something more.”
2. Parents and teens work together to identify other teens to invite into a group.
3. Teens are invited through their parents to be a part of a small group for just 5 weeks.
4. Teens and parents identify and invite a faithful adult to be the mentor.
5. Mentors are trained with videos provided by YDisciple.
6. Mentors go through necessary background checks and training required of your local diocese.
7. Families are invited to host their teen’s small group in their home (if permitted) or in another comfortable environment at the parish or local coffee shop.
8. The group meets 4 weeks in a row, ideally, to do introductory study, The Invitation together.
9. After completing The Invitation, the group gets together to do an activity such as going to adoration, doing a service project, or simply socializing.
10. Once the initial 5 weeks are over, teens are invited to continue with the group and are challenged to become disciples.
11. Group continues to meet at least twice a month.

**“The kingdom of heaven is like a mustard seed....It is the smallest of all the seeds, yet when full-grown it is the largest of plants.” - Matthew 13:31a-32**