



## PULSE CHECK

The Life Group Pulse Check is a series of questions that will help you reflect on the inward and outward impact God has had in your life through your Life Group. It will also help you identify areas of growth so that your group can continue to provide life-changing community where people can belong, believe, and become.

Before doing the Pulse Check with your Life Group, have the leaders of the group answer the questions in the section below. This will give you an initial pulse of how the group is doing and help you prepare for the group discussion.

### LEADER REFLECTION

*Reflect on your RidgeGroup's last three months. Look at the three statements below and indicate what color you would give your group.*

**RED:** This would not describe us.

**YELLOW:** We have done this some.

**GREEN:** This describes us.

**BELONG:** Our RidgeGroup members are regularly inviting new people and intentionally create a safe environment for new people to feel welcomed and accepted.

**BELIEVE:** Our RidgeGroup is gathering frequently to discuss the Bible and is experiencing interactive life-changing discussion.

**BECOME:** Our RidgeGroup members are growing in their faith and relationships with one another by contributing to the group through one of the RidgeGroup Roles.

### GROUP DISCUSSION

*For your group discussion one week, use the following questions. This discussion should be encouraging as your people reflect on their walk with Jesus and the importance of the group.*

**INWARD IMPACT** - How has God used your RidgeGroup to help you grow in your faith during this season? In your life, what has been the most beneficial aspect of this group?

**OUTWARD IMPACT** - Who in your life doesn't have a group like ours and would benefit from joining us? Why? How could we create a welcoming and accepting environment for your friends to join us in the future?

**NEXT STEPS** - If you want to get more involved in the group and grow in your relationship with Jesus, consider the following opportunity:

- **Contribute in RidgeGroup:** What is a simple way that you could help make our RidgeGroup an even better experience? (Host, share prayer requests, coordinate snacks, communicate reminders, plan Hangout Nights, send encouraging texts, etc.)