



Welcome to the second week of *Connection Groups* here at Journey Church! For those of you who have not been a part of *Growth Groups* before, this is a *Travel Guide*. At Journey Church, we have committed to a message-based Curriculum in our Growth Groups. A message-based curriculum means that the topic you will be discussing in your Growth Groups will be directly related to the message on Sunday morning. The primary reason we have committed to using this approach is to make it easier for your groups to include new people, because they will not feel like they are stepping into an in-depth study halfway through and be lost. We hope your group commits to taking advantage of this approach to our studies by inviting more people to be involved.

Since we are still in the *Connection Groups* phase of getting the new Growth Groups started, we realize that your group still has a lot of logistical issues to discuss, so the following Travel Guide is brief. We have provided this Travel Guide to give you a taste of what your Growth Group will be like in the coming weeks. Next weeks' Travel Guide will be another step closer to what you will experience when your Growth Group launches out into a home the following week.

This week, we continue our "Blueprints for Your Life" series by discussing a Blueprint for Your Body:

- **Complete the "M&M's" ice-breaker.**
- ***Ephesians 5:29*: "no one ever hated his own body, but he feeds it and cares for it, just as Christ does the church." On a scale of 1 to 10 (10 being high), how would you rate the quality of how you are "feeding your body?" What is one goal you can set for the coming week to move one or two steps up that scale?**
- **On a scale of 1 to 10, how would you rate the quality of how you are "caring for your body?" What is one goal you can set for the coming week to move one or two steps up that scale?**
- **Begin discussing the elements of the "Growth Group Covenant" and continue to work out the logistics of your group including place, time, childcare, food, etc.**