

Introduction to the session outlines

While **Discover** can be used by individuals or adapted for use in a church service or large gathering, the resource is primarily intended for small groups, in a discussion format. The session outlines that follow are designed with such groups in mind. They provide the group leader with a framework for each session and have been written with the aims of helping people engage with the material and prompting lively discussion. Of course, the questions can be adapted for use in different contexts.

Each session comprises the following elements:

Open – An activity or question that acts as an ‘entry point’ for the session; introducing a key issue for the session and helping people to engage their minds. Depending on the make-up of the group and the time available, this part of the session will normally last for 10-20 minutes.

Engage – The relevant film should be shown at this point. These short films summarise the material in the book and generally last 8-10 minutes. Group members should be encouraged to listen out for anything that they find particularly striking, surprising or challenging. They may even want to jot down a key word or phrase as they watch. After the film, some groups will have very fruitful discussions without the need for specific questions – the leader can simply ask for any responses to the film, then facilitate the ensuing conversations. For some groups however, it may be more appropriate to simply use the questions in the ‘Explore’ section.

Explore – For each session, a series of questions is provided to help prompt discussion after the film. These always include questions that relate specifically to the content of the film, but there are other questions to help broaden the discussion. The ‘Explore’ section is the main focus of each session, so plenty of time should be given for the discussion at this point – anything from 40 minutes to an hour and a half, as appropriate for the context. Group Leaders should feel free to pick and choose questions as they see fit and not feel obliged to use everything that’s provided.

Respond – Each session finishes with a challenge or an activity for individuals to engage with in their own time, as a personal response to the things that have been discussed. If time permits, it may also be worth finishing the session by re-watching the film – as a summary and reminder of the material that has been discussed.

Going deeper

For groups in which every group member has their own copy of the book, it may be worth suggesting that the group read each chapter of the book *after* the session, rather than before. This may help to bring together some of the issues that were discussed in the session.

Please Note: For each session outline, text in grey italics is intended as a guide for the Group Leader. Plain text (generally questions) can be read to the group.