



LEADER'S TRAINING #3

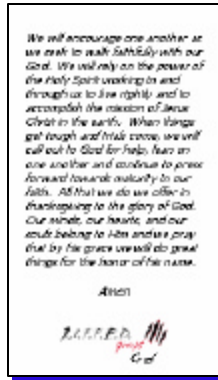
THE FIRST MEETING

EXPLAINING THE RIPPED GROUP CONCEPT — USING THE COVENANT CARD

In your first meeting you will want to share with the people the purpose of your ripped group
 You may use the Ripped Group Covenant Card as an aid in this process.

ACROSTIC

The Covenant Card can be used to explain the "Ripped" acrostic — the main themes of a Ripped Group. You can communicate to your group that you will value these things together.



CREED

The Ripped Group Creed can be read together to voice the groups commitment to God and one another. It can be used as a prayer for the group as well.

Remember to communicate that the group must be committed to one another—meeting together, honoring each other, establishing honesty and trust, etc.

The following chart can help you communicate to a busy student-athlete that there is time in the day if she manages her time well.

1 WEEK = 168 HOURS

ACTIVITY	TIME REQUIRED
Sleeping	7 days x 8 Hours = 56 Hours
Meals/Hang Time	3 meals, 1 Hour x 7 days = 21 Hours
Time in Class	Five 3 hour courses = 15 Hours
Studying	7 days x 3 Hours = 21 Hours
Practice/Film	7 days x 4 Hours = 28 Hours
Social/Goofing off	7 days x 2 Hours = 14 Hours
Total Time	155 Hours
Extra Time	168 Hours – 155 Hours = 13 Hours

What you do with the "Extra Time" in your life will dictate whether your life is lived in mediocrity or greatness for the Kingdom of God.

CONNECTING WITH YOUR GROUP SPIRITUALLY

In the first meeting it will be good to hear each other's personal testimony—when they became a Christian and/or made a decision to really follow Christ. Keep in mind that some in your group may be in the process of making such a decision to be a disciple/follower of Christ and your group will most likely be at different points in their spiritual journey. This will help you assess the groups spiritual needs and get to know one another better. The important thing is to talk to one another about each of your desire to walk with God and grow as a Christian believer. You may want to jot down some questions or ideas to help break the ice in the first meeting in the space provided.

IDEAS TO CONNECT

You will want to close your meeting in prayer, thanking and honoring God together — If your group is uncomfortable praying together at this point in time take the initiative to close the time in prayer.