



What would I change if I knew I had only one month to live?

The One Month Challenge

Suggestions for Leading a One-Month Discussion Group

- **Invite** three or four friends or neighbors to join you for refreshments once a week for four weeks to discuss a concept that really captured your heart: living as if you only had one month to live.
- **Refreshments:** Serve something simple and easy, like coffee and pie, popcorn and soda or fruit and bottled water. Don't allow food to become the focus. Don't make people feel guilty if they don't want to nibble.
- **Meet** in an informal setting, such as in the living room or on the patio. Allow the conversation to flow naturally.
- Keep in mind that this is not a Bible study *per se*; it's a **discussion group**. Give everyone a chance to share, but don't force everyone to share. Don't allow one person to dominate the conversation. Just say, "Let's hear what someone else has to say." You can give everyone a copy of each week's discussion guide (you can download the PDF from our web site and print it yourself, or we can make copies for you), or you can just use it as a guide without giving anyone else copies. Don't give out the discussion guides ahead of time.
- **Be sensitive** to those who don't know the Lord. Follow the leading of the Holy Spirit and share with them gently as He gives opportunity.
- The "**Questions for Personal Reflection**" should be just that. Ask your friends to think about those questions over the coming week. They don't have to share their answers with the group. Challenge them to ask themselves every day, "What would I change if I knew I had only one month to live?"
- **Be aware of time.** Limit your group time to an hour or an hour and a half at the most. It's better for people to leave wishing the time had been longer than to leave wishing it had ended an hour sooner. Keep them wanting more.
- **Close with prayer** if you feel it is appropriate for your group. Keep it short. This isn't the time to pray for a long list of prayer requests. If you feel there are many needs in your group, have each person write down a prayer request and exchange them so each of you prays for someone else's concerns during the coming week.
- **Relax and allow God to help you.** You are doing something monumental, but it is only God who can reach a heart. Just concentrate on loving people and He will do the rest.



What would I change if I knew I had only one month to live?

The One Month Challenge

Suggestions for Leading a One-Month Discussion Group

- **Invite** three or four friends or neighbors to join you for refreshments once a week for four weeks to discuss a concept that really captured your heart: living as if you only had one month to live.
- **Refreshments:** Serve something simple and easy, like coffee and pie, popcorn and soda or fruit and bottled water. Don't allow food to become the focus. Don't make people feel guilty if they don't want to nibble.
- **Meet** in an informal setting, such as in the living room or on the patio. Allow the conversation to flow naturally.
- Keep in mind that this is not a Bible study *per se*; it's a **discussion group**. Give everyone a chance to share, but don't force everyone to share. Don't allow one person to dominate the conversation. Just say, "Let's hear what someone else has to say." You can give everyone a copy of each week's discussion guide (you can download the PDF from our web site and print it yourself, or we can make copies for you), or you can just use it as a guide without giving anyone else copies. Don't give out the discussion guides ahead of time.
- **Be sensitive** to those who don't know the Lord. Follow the leading of the Holy Spirit and share with them gently as He gives opportunity.
- The "**Questions for Personal Reflection**" should be just that. Ask your friends to think about those questions over the coming week. They don't have to share their answers with the group. Challenge them to ask themselves every day, "What would I change if I knew I had only one month to live?"
- **Be aware of time.** Limit your group time to an hour or an hour and a half at the most. It's better for people to leave wishing the time had been longer than to leave wishing it had ended an hour sooner. Keep them wanting more.
- **Close with prayer** if you feel it is appropriate for your group. Keep it short. This isn't the time to pray for a long list of prayer requests. If you feel there are many needs in your group, have each person write down a prayer request and exchange them so each of you prays for someone else's concerns during the coming week.
- **Relax and allow God to help you.** You are doing something monumental, but it is only God who can reach a heart. Just concentrate on loving people and He will do the rest.