

# Inspire

## Building faith in the everyday

GUIDE TO RUNNING A SMALL GROUP

kitchen  
table  
project



Inspire a faith that lasts

## Introduction

It's great that you're considering running an *Inspire* session. The leader's guide will give you more details about the content, but here are some general pointers to help you as you prepare.

## A place to meet

Parents will relax and enjoy the session in an atmosphere where they feel welcomed and safe. A comfortable room with chairs placed so that everyone can see each other (and the TV screen) works well. A table for the discussion cards will help. Don't forget some light refreshments.

A home venue can contribute to the informal feel of the *Inspire* session, but don't discount running it at your church. You will need to check with the venue about times for setting up and use of equipment, for example.

## Who can attend?

In families where both mum and dad are Christians, the session would work best if both are able to attend so that they can think together about how they would like to inspire their children's faith.

However, the timing of the session or child care arrangements might mean that this is not possible. You may want to consider running two *Inspire* sessions. It is often mums who are able to attend, but wherever possible encourage dads to attend and make them welcome – their role is vital.

Each group will probably have a variety of family structures represented. As you discuss ideas together, it will be important that everyone has the opportunity to talk about how it might feel in their own situation.

## Some dos and don'ts when leading

**DO** try to prepare well. Read the session notes and watch the video beforehand. Think about how the discussion might go, but be prepared to be flexible.

**DON'T** feel you have to have all the answers.

**DO** make a big effort to put everyone at ease at the beginning of the session.

**DON'T** let one person dominate the discussion or criticise another parent.

**DO** try to summarise people's contributions to the discussion.

**DON'T** use the group as a sounding board for your own challenges.

**DO** feel able to share an appropriate personal experience. This can give others the confidence to speak more honestly and openly.

**DON'T** feel you have to use every word of the notes, or cover every point.

**DO** end by encouraging parents. As parents we need all the encouragement we can get!



## What shall I do if someone becomes upset or angry in a session?

A parent may sometimes get distressed when certain topics or experiences are discussed. They may feel they have failed in some way or painful memories may be reignited. If their partner or children are struggling with or rejecting the faith that is so important to them, feelings of anger and grief are normal.

It is important to acknowledge their difficult feelings. The rest of your group will follow your lead in being supportive. It is OK for a parent to have a 'quiet moment' before they re-join the discussion.

It helps to have a box of tissues available!

At the end of the session, ask them gently how they are now. If appropriate you could ask whether they would like to talk further (with yourself or someone else who would be suitable).

## Safeguarding

We all have a duty of care for children and vulnerable adults. Should you hear something that gives you concern that a person may be at risk of harm (abuse or neglect) you can seek advice from NSPCC Child Protection Helpline (available 24 hours a day) on 0808 800 5000, or CCPAS (Churches' Child Protection Advisory Service) on 0303 003 11 11.



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