



REALITY

Intro to Community Groups

As our vision statement says, “we are a *community* following Jesus, seeking renewal in our city.” We value community at Reality because we believe that Jesus uses fellowship between his followers to continue the work he began of creating a new family, a new body of his disciples.

In devoting ourselves to the way of Jesus, we seek to become more like Jesus. We believe that this change is possible, and that it happens through [truth, practices, community, and the Holy Spirit](#).

In Genesis 1:18, just after God made the world and a human being and called everything good, He suddenly declares, “It is not good for man to be alone.” Human beings are hardwired for community. And that’s because we are made in God’s own image, who Himself is a community of Father, Son, and Holy Spirit (Matthew 28:19).

At the center of all reality is relational love. So in order to grow to become more like Jesus, we need deep relational connection. Jesus saves us into a community of people, the Church, so we should expect that our process of becoming more like Him will happen in the midst of community. So, as we move closer to Jesus, we find ourselves closer to one another as well.

Community Groups at Reality SF

Community Groups (CG’s) are just one of the ways that we experience connection and practice community.

Community Groups are intentional communities committed to seeking to know God, and one another, while practicing the way of Jesus together.

Practice

Because we believe that change is possible in our discipleship and spiritual formation to become more like Jesus, Community Groups are a space where we get to practice the way of Jesus together.

Community Groups are focused around seasonal rhythms, or alternating times, of *table fellowship* and [way of life practices](#). Over the course of two years, a Community Group will

go through each of our eight spiritual practices together. These include four practices of presence (Prayer, Scripture, Sabbath, and Fasting) and four practices of participation (Community, Generosity, Vocation, and Hospitality).

Groups will also enjoy times of sabbath rest and weeks of gathering with our larger community.

Week to Week

Each week, Community Groups will focus on the intentional elements of gathering, learning, practicing, and reflecting.

Gather: A meal & fellowship at the table
Learn: Learning about one another and the practices
Practice: Intentionally seeking to understand God and each other better
Reflect: Praying for, and praising and mourning with one another

Expectations

As *intentional* communities, every member makes the commitment and choice to actively participate and practice together – not only when your group is gathered, but in your everyday life.

- Commit to being present and participate weekly, in person.
- Commit to the year-long season of table fellowship, practice, and sabbath. (Every year, you will have the opportunity to commit for another season.)
- Commit to focusing on your group's, as well as your own, formation and discipleship to Jesus – *seeking to know God and one another*.

Next Steps:

1. Agree to the commitment towards intentionality, discipleship, and formation as outlined in the guide above.
2. [Request to join](#) a Community Group of your choice. (Please *only* select up to two groups.)
3. A Community Group Leader will be in contact for next steps thereafter – including details of the first week of table fellowship.

If you have any further questions, please email our [Community Group Team](#).