

**BMI – Body Mass Index**  
Small Groups  
Hebrews 10:19-25

The common critique among the postmodern generations is that ‘you don’t need church to believe.’ The Baby Boomers and Silent Generation might say, ‘I don’t need a small group to believe.’ And yet the scriptures are very clear that community is important, both communal worship AND life together in small groups.

Today’s scripture was written for the second generation of Christians who were most likely facing persecution. These early believers struggled with their commitment to Christ in the face of persecution and the absence of the Second Coming. The subtitle for these verses is often, A Call to Persevere; the author intends these verses as encouragement for the sometimes heavy journey of faith. While some are indeed falling away, these words stress the importance of accountability groups in our lives. *“Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.”* (Hebrews 10:24-25 NLT)

And as we encourage people in our small group, these places are to be a safe space where we can be real with each other. So much in our world is about wearing a mask or hiding our true feelings; it is in small groups where we grow in our faith and share our ‘real’ struggles.

**Possible Preaching Activities:**

- Begin the sermon by sharing how your small group has affect your life and faith
- Begin a small group based bible study and announce it during the sermon
- Have a testimony of someone who has a powerful small group