

LIFE GROUP ICEBREAKERS

Sample ideas to break the ice with folks in your group based upon *Leading a Small Group: the ultimate road trip* (Campus Crusade), web searches and general traditions around Grace Point!

Best & Worst

Have each person share their best and worst moment from the previous week. Try to steer your group away from mundane things (“survived 5 days at work,” “got a passing grade on a biology exam”) and towards more substantial elements. The more often you do this the more honesty you’ll draw from your group.

Most Unique

Have each person share one or two things that makes them different from anyone else in the group.

2 Truths and a Lie

Have each person make 3 statements about themselves: two true statements and one lie. For example, “I have five sisters, I have never broken a bone, I was born in Yugoslavia.” The group then is invited to guess which statement is a lie.

Personal Scavenger Hunt

Take 5 minutes and instruct everyone to look through their wallet/purse and find something that: (1) they’ve had for a long time, (2) they’re proud of, (3) reveals a lot about them, (4) reminds them of a fun time, or (5) concerns/worries them. Have each person share each item going around in a circle.

Checking In with the Personal Radar

An exercise best suited for sub-groups of men/women where people already are fairly known, this can allow for a meaningful way to quickly check in, pray, and discuss real issues in life. Put a whiteboard, poster-board or tablet in the middle of the room and draw the following grid:

Job	_____
Marriage	_____
Emotional	_____
Spiritual	_____
God Thirst	_____

As each person to walk up and put a mark with their initials on each line rating how they’d describe the way they feel about that category presently. “Emotional” is a junk drawer of general “feeling” that may or may not be attached to any form category. Discuss what surprised people, how seeing each other on a grid like this reveals how much we can take for granted about what lies beneath the surface of each others life. Pray or celebrate where appropriate.

M&Ms

Pass around a bag of M&Ms and ask everyone to take a few. Before eating any, go around and ask each person to share something about their family for every red piece, their dreams for the future for every green piece, a great memory from the past year for every yellow, a childhood memory for each brown, etc..

You Write the Question / Topical

Choose a topic (i.e. friendship, relationships, family, job) and give each person a 3x5 index card and a pen to write the question about that topic they would want to hear answered from others in the group. Collect the cards, shuffle them and then redistribute them to each person to answer 1 for the group. This can be repeated with different topics depending upon time.

Make Believe

This is a dreaming, fantasy exercise to gain insights into what people are passionate about. Ask each person "If you could go anywhere in the world now, where would you go and why? If you could talk to anyone in the world, who would it be and why? If you could talk to anyone who has died, who would it be? If you could wish one thing to come true in the next 3 months, what would it be?"

Spiritual Journey

Ask each person to share in 3-5 minutes their spiritual journey...what faith background they came from, when they encountered Jesus, what the circumstance of them coming to faith in Jesus was (if they have exchanged their life!), how the journey from that point to today has gone, and what their present area of growth/challenge/excitement is in their walk with God. You may want to just have 2-5 people share each week or dedicate an entire evening to this.

Interview

Pair everyone up in 2s and each person has 2 minutes to find out 3 fascinating facts about their partner. Then regroup and ask everyone to recite what things they learned from memory.

The Times of Change

Spill out some loose change on the floor/table and ask each person to pick up a coin (or 2). Then go around and have everyone share something significant in their life from the year written on that coin.

Newspaper Prophecy

Break people up into groups of 3, give each group a piece of paper and pen. Instruct them to pretend they are writing a news report about this small group for the San Antonio Express-News a year from now. Write out the bullets of what they'd love to have that news report say about this group. Give everyone 5 minutes to work on this. Then reassemble the groups together and have a representative for each group share their news report for the future. As the leader, then discuss what it would take for those news reports to come true.