

## **What is a Small Faith Group?**

*Being a member of a SFG is a unique experience, it cannot be easily described, and each one's individual experience may be different. The experience may also be different according to your life's situation. You may not know what it is until you experience it. Join with an open mind. What you get out of it, is what you put in.*

*The main emphasis of a SFG is to make you aware and improve your spiritual life. You can do it alone, but it is much easier to do it with others who are seeking the same experience.*

*A SFG is small and faith-based. That is, it comprises of no less than 6 and no more than 10 members. This has found to be an ideal size. Couples can be counted as one.*

*The time and place of the meetings will depend on the group members. Ideally, it would be once or twice a month. It needs to be continuous and not only once or twice a year. That assurance of continuity is necessary for the spiritual growth of its members.*

*A SFG is not a scripture study, adult religious study or a fellowship group. Scripture may be used as a prop, but the main purpose of the meeting is based on the spiritual experiences of its members.*

*A SFG may take a long time to form and be very fruitful; however, it all depends on the commitment, sincerity, faithfulness and the amount of involvement of its members. You may have to give the group time to fully form, as it takes that much time for the members to know one another and able to share their life experiences.*

*No two SFG's are identical, each has its own flavor, depending upon its composition. You can be a member of one or more groups, depending on your needs and commitment.*

*A SFG is not an alternative to going to church, or prayer. It is meant to enhance your church experience and your personal and prayer life.*

*To become a part of a Small Faith Group, or just to learn more information, please do not hesitate to contact one of our Small Faith Group Coordinators, Sandy Daheim or Errol Rebello, by emailing: [sfgcoordinator@saintlukesparish.org](mailto:sfgcoordinator@saintlukesparish.org).*