

What is a MIC Group and why should I get involved?

“Small, men-only life-on-life groups in MIC can offer a place where guys can be real with each other without feeling like they have to put on a front. Life can be tough, and it’s easy to feel like you have to handle everything on your own without letting the “mask” slip, but these groups provide a space where men can drop the act, open up in confidence with one another, and find trust and support. Whether it’s dealing with struggles, figuring out faith, or just needing solid Christian friendships, these groups create a community where guys can encourage each other and grow together. It’s about building real connections, having honest conversations, and helping each other become better men—whether that’s as husbands, fathers, friends, or just in everyday life.”

“As iron sharpens iron,
so one man sharpens another.”

-Proverbs 27:17

How will they work?

- ❖ FBC men will step up and volunteer to host – not lead every discussion at every get together.
- ❖ From the list of people who wish to participate, hosts will be assigned 6-8 men who signed up as participants, hopefully those who live reasonably close to a host.
- ❖ Your group decides when, where, how often, and how long to meet. And most important, what to talk about.
- ❖ Example of a meeting: open with a worship song or short devotion, have a check-in to see how guys are doing, pray for someone with an acute need, have a discussion about ethical temptations in the workplace.

Hosting

- ❖ Open up your home for a 1 hour, weekly or every other week, for 6-8 guys.
- ❖ Brew a pot of coffee.
- ❖ Facilitate, not manage everything. Give others the opportunity to lead a discussion.
- ❖ Get grounded in understanding where everyone is coming from.
 - ❖ Consider using a life/spiritual milestones timeline
- ❖ Listen. Help ensure everyone feels heard.
- ❖ Communicate to the group ongoing logistics.

Participating

- ❖ Commit to show up consistently.
- ❖ Be present.
- ❖ Be transparent when sharing.
- ❖ Encourage and pray for others.



How to get plugged into a MIC Group

- ❖ Email MIC, men@fbccincy.org, expressing your preference to either host or be a participant.
- ❖ Include your name and street address, and day(s) and time of day meeting preferences.
- ❖ Phil Ayala will follow-up with you.