



Saline Process Online Training (SPOT) Small Group Discussion Guide

Getting Started: Frequently Asked Questions

What is the Saline Process Online Training (SPOT)?

SPOT is an online version of the Saline Process witness training—an interactive training process designed for Christians working in the healthcare field. SPOT is uniquely designed for individuals but can be utilized for small groups. It usually takes about 6 hours to complete. After completing the course, individuals should be able to assess a patient’s attitude toward Christ and know how to respond appropriately, applying the ethical principles of permission, sensitivity and respect. Ultimately, SPOT helps prepare healthcare workers to be part of the Lord’s work in our world as salt, light and witnesses so that our Father in heaven is glorified. (Acts 1:8; Matt 5:13-16; Matt 28: 19-20; John 4:39-41).

Who can facilitate a SPOT discussion group?

A SPOT discussion group can be facilitated by anyone who is committed to pray and guide a small group for 7 weeks. You do not need to have any previous Saline Process or SPOT training experience. You do not have to be a healthcare worker by profession, but it can be very helpful in helping in identifying with others in the group.

How often should we plan to meet?

This guide is designed for 7 consecutive weeks. Since the training is focused on application, this helps provide an intensive period of learning, application and encouragement with your peers. However, you may decide as a group to spend extra time on a certain topic or meet every other week. The most important thing is that the group is unified in what you choose.

How big should the group be?

There is no rule, but groups of 3-10 people are best. This gives good time for discussion and feedback from each member. Any larger, and you may want to consider having multiple groups, or breakout groups at each meeting.

Where can I find more resources related to SPOT?

For more information about SPOT, please visit: www.ihsglobal.org/SPOT or contact a local Saline Process trainer. If you would like user support while you are taking the course, write spotsupport@ihsglobal.org.

We have completed SPOT together. What comes next?

One of the most important things with any training is to *continue in what you have learned*. Following the training, you may find it helpful to schedule monthly prayer meetings to review previous concepts or skills, or simply pray and encourage each other. You may also consider connecting with a certified Saline Process trainer, so you can try the live training experience. If you are interested in a live training and do not know a trainer, please write saline@ihsglobal.org.



Tips for Leading a SPOT Small Group

- **Pray for your group.** True learning and spiritual growth only occur by the Holy Spirit. We depend on Him to lead and guide us. As a leader, your biggest responsibility and privilege will be to pray for this growth in the lives of your peers.
- **Consider co-leading or rotating the leadership** for the discussion each week. Help each other grow and share the load by alternating who leads your group time.
- **Consider who can host.** The discussion leader does not necessarily need to be the host. If you are meeting in person, consider who can host and help your group feel comfortable. If you are meeting virtually, consider who within your group is comfortable with technology and running video calls as virtual host. If no one in the group can fill these roles, consider asking someone in your church or community if they would be comfortable hosting or helping, as a way of serving you.
- **Set a realistic length of time** for your group discussion. IHS Global recommends 1.5 – 2 hours per meeting.
- As a leader, complete the week’s homework ahead of time and review the discussion questions. Prayerfully **consider additional or substitute questions** that may help your group in their unique context. You are also not required to utilize every question. Choose what is best for your group.
- **Focus on the course content.** SPOT is Biblical, simple and designed to meet Christian healthcare workers where they are, regardless of their denomination. As Christians, we are one in Christ. If you have gathered a group of Christians from different church backgrounds, it may be wise to focus on the course, and steer away from unrelated theological discussions.
- **Pray intentionally.** During prayer times, make note of the group members’ needs. Write yourself a note or set aside a specific day of the week to intentionally follow up with your brothers and sisters. Pray for them, text or call them, and encourage them.
- **Make plans to encourage others.** During times of application or commitment, make a note of individuals’ action items. Encourage them to make their goals simple and measurable. At subsequent meetings or during the week, follow up and encourage individuals on these items.
- **Make plans for group follow-up.** Scripture exhorts believers to ‘continue in the things you have learned’ (2 Tim. 3:14) and to ‘not neglect meeting together’ (Hebrews 10:25). When you are finished with SPOT, discuss as a group how you would like to reinforce what you have learned. You may decide to meet weekly, monthly or quarterly in order to remind yourselves of your training experience. The group may decide to review training concepts, share stories or pray. You may plan to take the live Saline Process training together. You may create new small groups and keep engaging with SPOT. Whatever your group decides, choose something simple and measurable, then appoint someone to organize the group toward your shared goal.



Discussion Guide

How to prepare **BEFORE** the first meeting:

- Each person register for the course at spot.ihsglobal.org.
- Each person download the SPOT companion workbook.
- Each person complete the first module of the training. This includes three lessons: Welcome, Orientation and Introduction. Complete workbook pp. 6-7 as part of the Introduction lesson.
- If your group has any technical questions, please write spotsupport@ihsglobal.org for assistance.

Week 1 | Introduction

Discussion Questions

- What is your name, healthcare profession, and place of work? Why did you choose to join this SPOT group?
- In the Introduction lesson, we learned that *to “be” a witness is more than “to witness”*. Do you agree? Does this align with what you have learned before?
- From SPOT workbook p. 7, with which step (cultivating, sowing or harvesting) are you most comfortable, and why?
- From the SPOT workbook p. 6, which statement best describes where you are in your journey of becoming a witness for Christ? Where would you like to be?
- What do you hope to learn through SPOT? Share and pray for each other.

Homework: Ask God for an opportunity to cultivate, sow or harvest. Complete the 7 lessons for Question 1: Why is faith important in healthcare? Complete SPOT workbook pages 8-11.



Week 2 | Question 1: Why is faith important in healthcare?

Discussion Questions

- In this past week, did you see any opportunities to cultivate, sow or harvest? If comfortable or appropriate, share your stories.
- Regarding Question 1, what is your response to the abundance of scientific reason on faith in healthcare?
- Consider the patient John in the video you watched. Have you ever had a time where you saw a patient like John have their deeper needs go unmet?
- Discuss as a group: Do you think the patient John is ready to hear about the Lord Jesus? Why or why not?
- From p. 11 of the SPOT workbook, is there an area that you sense God calling you or challenging you? Share and pray for each other.

Homework: Ask God to for an opportunity to be salt or light in your workplace. Complete the 5 lessons for Question 2: What are the Opportunities...? Complete SPOT workbook pages 12-15.

Week 3 | Question 2: What are the Opportunities for and Barriers to Fulfilling God's Call?

Discussion Questions

- In this past week, did God give you any opportunities to be salt or light in your workplace? If comfortable or appropriate, share your stories.
- From p. 12 of the SPOT workbook, share about a time when your own reactions may have fallen into “dextrose” or “hypertonic” categories. Or, a time when you feel your reaction had the appropriate amount of “salt”.
- From p. 13 of the workbook, describe how you have seen God at work at your workplace (with your patients and colleagues).
- What are the three spiritual barriers that patients face? (Emotional, Intellectual, Volitional). Have you ever encountered patients or colleagues who are facing these barriers? Share and pray for them together.
- From p. 13 of the workbook, are there any barriers that you've realized are hindering you from fulfilling God's call in your life? Identify them out loud. Share and pray for one another.

Homework: Ask God to help reveal where one of your patients or colleagues is on their spiritual journey then show you how to appropriately respond. Complete the 4 lessons for Question 3: What is My Part? Complete SPOT workbook pages 16-19.



Week 4 | Question 3: What is My Part?

Discussion Questions

- In this past week, did God help you understand where a patient or colleague was on their spiritual journey? How did you respond? If comfortable or appropriate, share your stories.
- From the past week of lessons, which was most impactful to you: examining your Spiritual Vital Signs, checking your Spiritual Influence, or Creating a Safe Environment? Why?
- Which of the 5 Cs do you feel strong in? In which area(s) would you like to grow?
- From p. 16 of the SPOT workbook, where would you place yourself on the spiritual “APGAR” chart? Share and pray for one another.

Homework: Ask God for the opportunity to grow in spiritual vitality or the 5 Cs. Complete the first 5 lessons for Question 4: What Tools...? Complete SPOT workbook pages 20-27.

**Facilitator Note: During Week 5 (tools 1-5), your group will explore five new tools that they can use in the workplace. The discussion for Week 5 may take longer than previous weeks. Consider planning ahead to allow your group extra time for this week’s discussion time.*

Week 5 | Question 4: What Tools Help Me Cultivate, Sow and Harvest? (Part 1: Tools 1-5)

Discussion Questions

- In the past week, did God give you an opportunity to grow in spiritual vitality or the 5 Cs? Share with the group and give thanks to God.
- Is Prayer a regular part of your rhythm in the workplace? Do you have a prayer partner, or someone covering you in prayer while you work? How might you practically integrate prayer into your life at work?
- Recall a time when you asked a patient or colleague a Question, and it seemed to open a door. Do you have any helpful questions that you would recommend to others in the group?
- Is the idea of taking a Spiritual History new to you?
- Go around the group, and practice sharing a Faith Story, then a shorter, one sentence Faith Flag that is related to it. Work together to improve your Faith Flags so they are short, effective, and do not contain any language that would be confusing to a non-Christian.

Homework: Ask God for the opportunity to use one of the new tools you learned this week. Complete the remaining 5 lessons for Question 4: What Tools...? Complete SPOT workbook pages 27-31.



Week 6 | Question 4: What Tools Help Me Cultivate, Sow and Harvest? (Part 2: Tools 6-8)

Discussion Questions

- In the past week, did God give you an opportunity to practice one of the five tools you've learned? Prayer, Questions, Spiritual History, Faith Flags, or Faith Stories? How was the experience of using the tool? If comfortable and appropriate, share your stories.
- From the SPOT workbook p. 27, share with the group your example of a Truth Prescription and the appropriate circumstance where you might share it.
- Among the options for the Gospel Presentation, which one is most comfortable for you? When is the last time you were able to share this, in full or in part, with a patient or colleague?
- Were you able to easily identify people who could be on your Spiritual Referral Team? If not, the group could be a good source of brainstorming together.
- From the SPOT workbook, p. 30, where would you say the patient John is on his journey now? Where would you place him on the Engel Scale?

Homework: Ask God for the opportunity to use one of the new tools you learned this week. Complete the 4 lessons for Question 5: Where do I go from here? Complete SPOT workbook pages 32-40.

Week 7 | Question 5: Where Do I Go From Here?

Discussion Questions

- In the past week, did God give you an opportunity to use one of the three final tools you've learned? Truth Prescriptions, Gospel Presentation, or Spiritual Referral Team? If comfortable and appropriate, share your stories.
- Break into groups of 2-3. Share with each other about real people (patients or peers) in your life like John. Pray for them together.
- From the SPOT workbook p. 32, if you feel comfortable, share the vision God has given you for putting this training into action. Also share who you plan to make contact with weekly for prayer and accountability for your vision and action plan.
- Look back to your SPOT companion workbook from Week 1, p. 6. In Reflection 1, you chose a statement that best described where you were at the time. Where are you now? Take time to share and praise God for His work in your life.
- Spend some time in discussion about your next practical step as a group. Perhaps, set a date for one simple follow-up meeting. (Meetings help groups follow-up or refresh each other. They also help us stay engaged in our action plans!) Share any final thoughts. Pray as a group to commission each other in the visions that you have shared.

Homework: Agree on one simple, measurable follow-up step as a group. Assign 1-2 people to organize this step. At your next meeting, choose another small, measurable follow-up step, and continue in what you have learned.