



## GET SIGNED UP

Sign-up at [www.MorphOnline.org](http://www.MorphOnline.org) to:

- Watch weekly videos
- Use online Scripture tools
- Add comments and thoughts for other Morph participants
- Get answers to FAQs
- Check out related resources
- And much more...

### Steps to sign-up:

- You'll need to create an account on the [www.MorphOnline.org](http://www.MorphOnline.org) site to gain access to the full MorphOnline content.
- Use the User Login menu on the left of your screen to get started.
  - If you're on Facebook, click "Connect with Facebook" to sign-up for MorphOnline using your Facebook login.
  - If you're not on Facebook, just click "Create New Account" to sign-up.
- Once you've provided the minimal registration information, check your e-mail for a one-time login password. Follow the link within this e-mail to login for the first time and to set your own permanent password.

## DESIGN YOUR MORPH GROUP

### Gather a group of 3 or more

Morph is designed for Small Groups and/or Running Partners. If you're not already in a small group, or your small group is not interested in going through Morph right now, you can go through Morph by simply finding two people and going through a module together. It need not be a formalized group.

### Set aside some time

Each Morph module lasts eight weeks and involves three broad categories:

1. Weekly exercises – Completed as an individual in an hour to an hour and a half
2. Daily exercises – A brief daily Scripture reading with a suggested time of prayer
3. Community time – A weekly gathering with either your Small Group or Running Partners

### Plan your meeting schedule

If your group is as small as three people, you're encouraged to meet every week. If your group is larger than three people, your group as a whole is encouraged to meet every other week, and running partner groups within the small group are encouraged to meet on the weeks in between. In other words, small groups are encouraged to meet one week as a small group and the off week in sub-groups of three.

### Get a couple of running partners

Running Partners are clusters of 2 to 4 people joining together in friendship to encourage each other spiritually just as physical running partners encourage each other in their running. For small groups taking Morph, we suggest Triad Running Partners (groups of three) that form out of the existing group. In other words, on the week opposite the group, participants are asked to meet with two others from the group. This can be done over lunch, in local coffee shops, or in some cases, small groups choose to all meet under one roof, but sub-group in different rooms. This is new for most groups, so don't let it intimidate you. Included in the Morph materials are weekly Conversation Guides. Use these to enrich your conversations.

## CHOOSE A MODULE

### First experience Morph: Love God

Morph is designed as a four module experience (Love God, Build Character, Love People, and Be the Body). If your

group is new to Morph, start by completing the Morph: Love God module together first. Other modules can be completed in any order.

### **Exceptions**

If you are new to a group that has already done Morph: Love God (and you have not), then you will want to read the Love God Primer before beginning any of the other modules. This primer includes selected readings from Morph: Love God that provide important context for the overall Morph experience. Many of the exercises in the Build Character, Love People, and Be the Body modules assume prior familiarity with the Love God content. The Love God Primer provides a more direct avenue for acquiring this general familiarity. **The Love God Primer is available as a free pdf download at [MorphOnline.org](http://MorphOnline.org). See sign-up instructions below.**

## **GET MORPH MATERIALS**

### **Buy at the front desk of Gateway Church, McNeil Campus**

If you live in the Austin area, you can purchase Morph Binders and Scripture Card packs at the front desk (upstairs above the Garage) of Gateway Church, McNeil Campus. See [www.GatewayChurch.com](http://www.GatewayChurch.com) or call (512)837-2162 for directions. Binders and Scripture Cards together are \$16. Scripture Cards alone are \$6.

### **Buy online**

Morph Binders and Scripture Card packs are also available for purchase online at [www.MorphOnline.org/Buy](http://www.MorphOnline.org/Buy). Binders and Scripture cards together are \$16 + shipping. Scripture Cards alone are \$6 + shipping.

### **Download e-version of the Morph materials**

Free pdf copies of the Binder content and Scripture cards are also available online at [www.MorphOnline.org/GetMaterials](http://www.MorphOnline.org/GetMaterials). You must be logged in to access these downloads. See sign-up instructions above.

\*\*\*Note: No cost to download, but you will need to provide your own binder and cut your own Scripture Cards.

## **START YOUR GROUP**

### **Read Week 0**

Before your first group meeting, all group members should read the material from Week 0 of the appropriate Morph module. This important preparatory reading lays out both the inspirational and practical vision for each module and should not be skipped.

### **Meet with your group**

Your group as a whole should meet together for the first meeting to discuss the content from Week 0. The group guide will lead you through a time of both talking about your individual expectations and also tending to practical matters such as running partner groups and regular meeting times.