



Thursday Night Meeting Standard Operating Procedure (SOP)

Purpose:

To ensure every Thursday meeting is Spirit-led, structured, discussion-centered, and aligned with Within His Heart Ministries' mission and Spirit • Mind • Body framework.

Meeting Length:

75–90 minutes

Core Principles:

- Confidentiality is required
- Mentors facilitate, not counsel
- Deeper issues are handled in follow-up sessions

Meeting Flow:

1. Welcome & Opening Prayer (5 minutes)

- Welcome participants and introduce theme
- Brief overview of evening flow
- Short prayer inviting the Holy Spirit

2. Teaching / Curriculum Lesson (15–20 minutes)

- Follows approved Spirit • Mind • Body curriculum
- No live Q&A during teaching
- Ends with reflection questions for breakout rooms

3. Breakout Rooms (40–45 minutes)

- 1 trained mentor per room
- 1 prayer / 1 prophetic mentor per room (sensing what's going on in the room)
- 4–6 participants maximum
- Check-in, discussion, and prayer

4. Regroup & Closing (5 minutes)

- Brief encouragement or Scripture

- Announcements and optional closing prayer