

50 Grow Groups Icebreaker Ideas

You do not need to use these every week, and you certainly do not need to use them perfectly. Think of these ideas as tools to help break down walls, create energy, and help people move from strangers to friends. Some activities are lighthearted and funny, while others help people share more personally and intentionally.

As a leader or host, your goal is not simply to fill time, but it is to create a welcoming environment where people feel seen, valued, and connected. Often, the strongest moments of discipleship begin with simple conversations and shared experiences.

Feel free to adapt, simplify, or expand any of these ideas to best fit your group's personality, size, and comfort level. Most importantly, have fun and help your group enjoy being together.

1. **Two Truths and a Lie** — Each person shares three statements about themselves: two true and one false. The rest of the group tries to guess which statement is the lie. This is a great way to learn surprising facts about people and usually creates a lot of laughter and follow-up conversations.
2. **Would You Rather** — Go around the room asking fun or ridiculous “Would you rather...” questions like “Would you rather always be 15 minutes late or always 30 minutes early?” Great for quick energy and easy participation.
3. **Highs and Lows** — Each person shares one good thing and one difficult or stressful thing from their week. This works well because it naturally moves people beyond surface-level conversation without feeling too heavy.
4. **Desert Island** — Ask everyone what three items they would bring if stranded on a deserted island. Encourage people to explain their choices for extra conversation and humor.
5. **Name Story** — Each person shares the story behind their name, nickname, or what they wish their name was. This often reveals family stories or funny personal history.
6. **Speed Introductions** — Pair people up for one-minute conversations before rotating. Give prompts like favorite vacation, dream job, or weird talent to keep things moving quickly.
7. **Human Bingo** — Call out categories like “has been to another country,” “plays an instrument,” or “hates coffee.” Participants must quickly find someone who matches each category.
8. **This or That** — Read quick choices like “Mountains or beach?” “Texting or calling?” or “Netflix or YouTube?” Participants quickly choose a side or raise a hand.
9. **Favorite Things** — Have everyone share favorites like movie, food, hobby, or season. Easy, low-pressure, and surprisingly helpful for building connections.
10. **First Job Stories** — Everyone shares their first job and one funny or terrible memory from it. This often leads to hilarious stories and shared experiences.
11. **One Word Check-In** — Ask everyone to describe their current week, mood, or season of life using only one word. Then allow optional explanation afterward.

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12. **Rose, Thorn, Bud** — Share a “rose” (something good happening), a “thorn” (something difficult), and a “bud” (something you’re looking forward to). Great for both connection and reflection.
13. **Emoji Life** — Have people describe their current life or week using only emojis while the group guesses what they mean.
14. **Common Ground** — Break into small groups and challenge them to discover five unusual things they all have in common besides obvious answers like “we go to church.”
15. **Guess the Fact** — One person shares an unusual fact about themselves while the group decides if it’s true or made up.
16. **If I Could...** — Finish prompts like “If I could instantly master one skill...” or “If I could live anywhere...” Simple prompts often create meaningful conversations.
17. **Memory Lane** — Share favorite childhood cartoons, toys, snacks, or games. Nostalgia creates easy bonding and funny stories.
18. **The Perfect Day** — Ask everyone to describe their perfect day from morning to night with no budget or time limits.
19. **Hot Seat** — One person sits in the “hot seat” while the group asks fun, lighthearted questions for one minute before rotating.
20. **Bucket List** — Everyone shares one thing they hope to do before they die. Encourage explanation for deeper conversation.
21. **One Minute Story** — Tell the funniest or craziest story you can in only one minute. The time limit keeps the energy high.
22. **Acronym Game** — Pick random words or initials and have people create ridiculous fake meanings for them.
23. **Movie Casting** — If your life became a movie, who would play you and why? Bonus points for funny or unexpected answers.
24. **If I Had a Superpower** — Share what superpower you would choose and how you would use it in everyday life.
25. **Most Likely To** — The group votes on categories like “most likely to get lost” or “most likely to survive a zombie apocalypse.”
26. **Backward Introductions** — Introduce yourself by sharing something random or unexpected before saying your name.
27. **The Question Ball** — Toss an imaginary or real ball around the room. Whoever catches it answers a random question.
28. **Personal Theme Song** — Ask everyone what song best describes their life right now and why.
29. **Silent Line-Up** — Challenge the group to line up by birthday, age, or alphabetical order without speaking.
30. **One Item Challenge** — If your house was on fire and everyone was safe, what one item would you save?
31. **Finish the Sentence** — Use prompts like “People would be surprised to know...” or “One thing I’ve always wanted to try...”
32. **The Best Meal Ever** — Describe the best meal you’ve ever had and where it happened.
33. **Dream Vacation** — If money were no issue, where would you go and what would you do?

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34. **Celebrity Dinner Party** — Pick three famous people you'd invite to dinner and explain why.
35. **Photo in Your Head** — Describe one memorable picture from your phone camera roll without actually showing it.
36. **The Laugh Challenge** — Try to make someone laugh without touching them. Funny faces, noises, and awkward dancing are encouraged.
37. **Guess the Hobby** — Silently act out a hobby while the group guesses what it is.
38. **Personal Mascot** — Pick an animal that best represents your personality and explain your reasoning.
39. **The Trade Game** — If you could switch lives with someone for 24 hours, who would it be and why?
40. **Story Builder** — One person starts a story with one sentence, and each person adds another sentence until it becomes ridiculous.
41. **Rapid Fire Favorites** — Go quickly around the room asking favorite candy, restaurant, TV show, or holiday.
42. **Unpopular Opinions** — Share harmless unpopular opinions like "Cereal is better at night" or "Summer is overrated."
43. **The Time Machine** — Would you rather travel to the past or future? What specific time period would you visit?
44. **Meme Your Week** — Describe your week using a meme, movie title, or GIF concept.
45. **Secret Talent** — Share or demonstrate a hidden or unusual talent no matter how silly it is.
46. **The Survival Game** — Choose one person in the room you'd want with you during an apocalypse and explain why.
47. **Phone-Free Life** — If phones disappeared tomorrow, what would you miss most?
48. **The Mystery Question** — Everyone writes anonymous questions on paper. Mix them up and take turns answering them.
49. **Human Knot Lite** — In small groups, everyone grabs random hands and works together to untangle without letting go.
50. **One Word About You** — Pick one word that best describes your personality or current season of life and explain why.