

# LifeGroup Time Guide

This LifeGroup Guide is intended to help our LifeGroups establish consistent practices of (1) reflecting on and sharing our spiritual lives, (2) praying & working together as Christ's witnesses, (3) discussing and applying God's Word to our lives, and (4) actively fighting against sin together. We believe that being consistent with these practices will help us grow and mature as disciples.

## 1. God Sightings & Spiritual Practices: (30 Minutes)

**Purpose:** This section is designed to help us **reflect** on our past week through a Godward lense and **share** with the group how our week has been from that Godward perspective.

**Note:** *This is not a time to simply share how your day or week has gone. Rather, it is a time to update each other on either how you have been seeking Jesus and/or what Jesus has been doing in your life.*

To help you think of what you can share, if its helpful, you can simply choose to answer one of these questions:

- What has my prayer life looked like during the last week?
- Have I meditated on God's Word by reading the bible, doing a personal devotional, listening to sermons, or in any other way?
- How have I seen God answer prayer in the last week?
- How have I seen God at work in me and around me in the last week?

## 2. Review the Mission: (10-20 Minutes)

**Colossians 4:3** *At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ,*

**Purpose:** This section is designed to help us **pray** and **plan** for God to work through us

and our church as we join Him in His mission.

We are witnesses of Christ's goodness and love. We review the mission each week so we can collectively join Jesus in His mission as we follow Him together.

## **PRAY**

Use the link below to find prayer prompts related to the Young Life: Downtown Columbia Ministry (an Outreach Ministry that our church partners with through financial support and prayer) and the students across Columbia that have been impacted by ministry efforts. You can find the prompts by using this [link](#).

## **PLAN**

**Discuss as a LifeGroup whether or not you can do one of the following:**

- Plan something fun/enjoyable to do together that you want to invite people outside of our church to
- Serve high school or college students at a Young Life: Downtown Columbia Dinner (for more information contact the Young Life: Downtown Columbia Area Director Cortnie Francis at cortniems@gmail.com)

## **3. Bible Study & Sermon Discussion: (20-40 Minutes)**

**Purpose:** The purpose of this section is help LifeGroup Members grow as followers of Jesus by weekly (1) **utilizing a bible study method** that LifeGroup members can utilize in their own time and (2) **discussing the application** of the preached Word of God.

Pray that God would open your hearts and eyes to His truth and that He would make this time fruitful, encouraging, and transformative.

**Read the text:**

### **2 Corinthians 6:19-20**

*19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.*

### **Genesis 2:7**

*then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.*

## Bible Study

**Note:** *We ask the same three questions each week during Bible Study time to help our LifeGroups discuss God's Word and to help you have a method of studying the bible that you can practice in your daily life as you read and meditate on God's Word.*

**Spend some time silently reflecting and journaling** the following questions as a LifeGroup:

1. What stands out from the passage?
2. What does this passage reveal to us about God?
3. What does this passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

### **Sermon Discussion:**

**Note:** *These questions are intended to help us consider and apply the preached word of God to our lives. We value this discussion time because when we share with others what God is showing us, it helps us encourage each other through God's Word.*

1. What was said in the sermon that was beneficial for you?
2. How should the truth that God created our bodies and knows everything affect the way we consider and wrestle with his commands regarding our bodies?
3. Read 1 Corinthians 6:19-20 again. How should the truth that our bodies are a temple and that we were bought with a price encourage us as Christians to obey God regarding our bodies?

## 4. Engage the Heart: (20-40 Minutes)

**Purpose:** This section is designed to help us grow as followers of Jesus through the

biblical practices of (1) confessing sin, (2) Encouraging one another in the truth of God's Word, and (3) praying for each other.

**Hebrews 3:12-13** *Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. 13 But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin.*

**Proverbs 28:13** *One who conceals his wrongdoings will not prosper, but one who confesses and abandons them will find compassion.*

Use this time to:

1. Confess sin in your life and victories over temptation that you've experienced
2. Encourage, exhort, and admonish each other with the Word of God
3. Pray for each other

If you are having difficulty thinking of what you can confess, consider the questions below:

- Where have you been yielding to sin in your life?
- What are you struggling to trust God with this week? How can you give God control of it?
- Has the Holy Spirit been prompting you to do anything that you've been resisting?
- What steps do you need to take to obey God?

Use this [link](#) to access a resource you can use to find scriptures for encouraging each other in various areas of sin and unbelief in your lives. There is also a video provided to help you use this resource.