

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 requests for our neighbors in the Colony Apartments that our Prayer Walk team has met and prayed for. Please pray for 3 or more of the neighbors you see on the prayer list, [here](#).

PLAN

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

- Prayer Walk together as a lifegroup. If this is something you are interested in doing, have a representative from your lifegroup email Executive minister Dom Francis at DFrancis@midtowncolumbia.com with a list of names and the Sunday that you plan to join prayer walk
- Planning something fun/enjoyable to do together that you want to invite people to (more specifically people you hope come to know Jesus)

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:

Genesis 2:24-25 *24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.*

1 Corinthians 7:3-5 3 The husband should give to his wife her conjugal rights, and likewise the wife to her husband. 4 For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. 5 Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

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:

For sermon discussion this week, we recommend that you break into single gendered groups because of the nature of what will be discussed.

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. Share things that you have thought, witnessed, or experienced that make it difficult (for you or others) to appreciate, embrace, and submit to God's perspective and design for sex.

3. What are some benefits of embracing and submitting to God's perspective and design for sex?

Additional Resources

If you would like to access the Married Couples Conversation Guide that was mentioned in the sermon, you can use this [link](#).

If it would be helpful for you to listen to a sermon about a biblical perspective on sexual abuse and how we should respond to it, you can use this [link](#).

Submit Your Questions

Are there any questions that come to mind on the topic? If you have a question, text "Two Notch" along with your question to 855-855-0655. In the final week of this series, we'll choose a few of the texts we've received to discuss and answer.

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.