

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 it's 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

EZ Ministries is a ministry that our church partners with through financial support and prayer. Use this [link](#) to find monthly prayer prompts provided by staff and volunteers at EZ Ministries. Please choose three of the prayer prompts provided as you pray for EZ Ministries. You can find more information about EZ Ministries [here](#).

PLAN

Are there any rhythms we can plan that can help us share the love of Christ with someone we've prayed for during Review The Mission?

- Attending game night as a lifegroup and inviting people who may need a church home
- Planning a Lifegroup time or Rhythm activity that focuses on intentionally discipling our kids

3. Bible Study, Sermon Discussion, & Engage The Heart: (40-60 Minutes)

Because of the nature of the sermon discussion this week, we are combining the Bible Study, Sermon Discussion, and Engage The Heart portions of the LG Guide. Additionally we ask that your LifeGroup separate into single-gendered groups for this portion of LifeGroup time.

Read the text: [Proverbs 5](#)

Bible Study

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 & Engage The Heart

1. What was said in the sermon that was beneficial for you?
2. In what ways are you tempted to not fully embrace and live in God's design for sex?
3. Read Proverbs 5:8 again. In what ways can you do a better job of distancing yourself from the temptation of sexual sin.
4. What proactive steps should you take going forward to more fully practice and live in God's design for sex in your life.

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.

Married Couples: You can use this [link](#) to access a discussion guide to help you communicate effectively about cultivating a healthy sex-life.