

WHAT TO EXPECT IN A LIFEGROUP

WHAT IS A LIFEGROUP?

A Life Group is a group of people committed to experiencing life together, with the Scriptures as their guide. Life Groups meet in homes throughout our city, but they are not simply once-a-week meetings, Sunday School classes, or bible studies. The people in a Life Group do study the Scriptures and encourage one another, but they also eat together, play together, serve together, and become like family with one another. We believe Life Groups are one of the best places to experience Jesus, so our Life Groups are open to everyone - whether you'd call yourself a follower of Jesus or not.

HOW OFTEN DO LIFEGROUPS MEET?

Life Groups have one night a week that they meet in homes to study Scripture and discuss the teaching together (usually called "group time"). But the goal is for their lives to intersect more often than that. In addition to that one night a week, Life Groups frequently attend Sunday Gatherings together, and spend other time together outside of Gatherings and their once-a-week meeting.

WHAT HAPPENS DURING LIFEGROUP TIME?

Group time is focused on intentional training to push each other toward Jesus. Typically, group time will involve most or all of the following elements:

Catching up on life: Checking in with each other, asking and answering the question, "How have you seen Jesus at work this week?"

Reviewing the mission: Talking through relationships with our friends, coworkers, and neighbors, asking "how can I bring them around?"

Discussing Scripture: Discussing a passage from the bible and/or the teaching from Sunday's Gathering.

Engaging the heart: Being honest about our sins, struggles, and suffering. Praying for one another and speaking truths about Jesus to one another.

WHAT ARE "RHYTHMS"?

"Rhythms" are just intentional ways to intersect our lives with other people in our Life Group in a given week or month. Rhythms are where we intentionally do things together with regularity and intentionality. They are practical ways we can be involved in each other's lives. We encourage both intentional rhythms (planned and established, on a weekly or monthly basis), and impromptu rhythms (unplanned but intentional). A rhythm might be meeting someone for lunch during your lunch break, grabbing coffee between classes, playing trivia together at a local pub once a week, taking kids to the playground together, or any number of other things. One important thing to remember about rhythms is that it's not as much about adding things to your calendar, as it is adding people to your life.

WHY DO YOU ENCOURAGE RHYTHMS?

We believe that discipleship (growing and maturing as a follower of Jesus) happens best in the context of everyday life. For people to best help me grow, they need to see me in normal, everyday type settings, not just once a week in a small group setting. By spending regular time with one another outside of Gatherings and group time, we understand best how to encourage and challenge each other with who Jesus is.

HOW LONG DO I STAY IN THE SAME LIFEGROUP?

There is no set end date for groups, but groups should never stay the same. Life Groups always have a purpose—to help people take next steps towards Jesus. This means two things: 1) groups are always inviting new people into their group to experience Jesus through that community and (2) groups are always developing new leaders to help launch new groups.

WHAT IS A HEALTHY GROUP?

A healthy Life Group a) speaks the truths about Jesus to one another, b) lives everyday, ordinary life together, and c) actively pursues the mission of God together.

Find out more at: midtownwonotch.com/lifegroups