

LifeGroup Discussion Guide

The following is a guide to help structure your time as a group together. Group time is made up of 4 elements: Catching Up On Life, Daily Habits Check-in, Teaching Discussion, and Engage the Heart. You **do not** have to cover **all 4** elements each week, the goal is to cover all 4 of them *over time*.

Catch Up On Life

As a church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between (1 Thessalonians 2:8, Romans 12:10,15).

Suggested time: 10-20 minutes

- How are you doing? Do you have any practical needs?
- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

Review the Mission:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

- Are there people in your life that you regularly interact with, who don't yet follow Jesus? If so, who are they?
- In what ways can you be more intentional with those people?
- Spend some time praying for our non-believing friends by name. Pray for boldness to introduce them to the good news of Jesus.

Teaching Discussion

God uses the Scriptures to reveal Himself to us, equip us to live the good life he's designed for us, expose our sin, and strengthen us as we follow Him. Additionally, we want to make sure that we aren't just hearing teaching from the Scriptures on Sundays, but also applying it to our lives throughout the week." (Matthew 7:24-27, 2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Suggested Time: 20-40 minutes

- Read [Deuteronomy 5:12-15](#). Why is it important that followers of Jesus take opportunities to “stop” (i.e. rest)?
- Is practicing the Sabbath a part of your weekly rhythm? If so, what does a Sabbath day typically look like for you?
- How might you piece together aspects of the following for your Sabbath:
 - Upward (remembering God)
 - Inward (resting)
 - Outward (being with God's people)
- What are the current practical barriers to you taking a regular Sabbath? What would help you overcome those? How can other people help?

Engage the Heart

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

- What sin do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?
- Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?
- What is God doing in your life and heart in light of the current situation and circumstances?

Pray

Close your time together by praying for one another

- Pray for the Spirit to work in you as you take steps of repentance
- Pray for God to meet the needs of those in your group
- Pray for the sick and vulnerable