

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?

Daily Habits Check-in

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him (2 Timothy 3:16-17, Colossians 1:9-12, and James 1:22-25).

Suggested Time: 10-20 minutes

- How are you abiding with Jesus (Bible reading and prayer) this week?
- What does it look like for you to grow more in abiding with Jesus in this new season?
- What has Jesus been teaching you through these practices?

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

Leaders: don't forget to read this outloud each week:

- **Be ready to dialog and not debate.** The point is not to argue the finer points of how the politically Left or the Right thinks about racism, or even how our families think about racism. The point is to honestly wrestle with what the bible teaches about racial justice.
- **Be honest about your own sin,** even when it paints you in a less-than-favorable light.
- **Be ready to encourage each other** with the gospel and hope that is found in Jesus. It will be easy to be overwhelmed with the amount of brokenness in our hearts and in our world, so let's look for every opportunity to encourage and reset on the realities of the gospel.
- **Be ready to mourn with those who are mourning** and grieving over racial injustice. You may only be inclined to think about these issues when you see a headline related to it in the news, but for many people it is a daily reality.
- **Don't expect the person(s) of color in your group to be the spokesperson for all people of color.** In fact, don't expect them to speak up at all unless they choose to. It can be intimidating and uncomfortable to be one of the only people of color represented in the room. So if they choose on their own to speak up, be prepared to listen and listen well. If they choose not to speak, don't pressure or ask them to.

Discussion Questions

- When you think of America's history of racial oppression, what emotions come up?
- In the teaching we defined **oppression as "using your power at someone's expense"**. Can you think of any times in your life you have intentionally (active) or unintentionally (passive) participated in any type of oppression?
- Do you regularly spend time lamenting the injustices and brokenness of our world? If so, what does that typically look like?
- Why is it important to lament sins and injustices before taking action?
- Take time to lament as a group in prayer. Lament over the history of racial oppression in our country and any present day oppression.

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