

# 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*

- What commitments in your life most often keep you from having the margin to rest?  
Why do they keep you from rest?
- How do you typically handle interruptions and/or inconveniences to your schedule?
- Evaluate how consistently you use the following "filters" in discerning what to say yes and *no* to:
  - Prayer
  - Community
  - Season
  - Calling
- Are there any areas of your life right now where you need to grow in saying *yes* or *no*?  
How can we help you do that?

# 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