

ESSENTIAL MEETING COMPONENTS

Life Groups are designed to be intimate settings in which people cultivate community centered on following Christ. (Acts 2:42, John 13:34-35).

GENERAL STRUCTURE AND COMPONENTS

1. **Weekly Meetings:** Life Groups typically begin in September and end in May and typically meet in homes or at the church building. Summers are opportunities to rest and recover from serving but also affords chances to intentionally build community informally, through park play dates, camping together, cook-outs, bonfires, etc.
2. **Bible Study, Book Study or Sermon-Based Discussion:** Life Groups include either a Bible study or book study with outside preparation time or base their discussion on that week's sermon. For groups that choose to do a separate Bible study or book study, we encourage you to communicate up front the expectation of outside preparation to your Life Group members.
3. **Gender-Based Accountability and Prayer:** Life Groups devote time to accountability and prayer in a gender-based format. We believe men meeting with men and women with women fosters the transparency needed for meaningful accountability. The goal of accountability is growth over time, which requires both sharing in an honest and in-depth way and spurring one another on to growth in godliness.
4. **Social Time:** We encourage groups to hang out at least a couple of times a semester in an informal context. This can be in place of or in addition to your regular Life Group gathering. This fun time together is an aspect that helps groups bond and provides an ideal context for inviting in friends who do not follow Jesus.

GENERAL MEETING SCHEDULE

- 6:30-7 p.m.: Relationship-building time
- 7-7:45 p.m.: Bible/book study
- 7:45-8:30 p.m.: Accountability and Prayer

It is important to be flexible within this typical schedule. Some weeks, it may be good to go longer in the study time, while other weeks it is wise to lengthen the accountability time.

MEETING RHYTHM IDEAS

- **Rhythm 1:** Weeks 1-4: All together for fellowship and Bible study; split for gender-based accountability. Week 5: Social hangout.
- **Rhythm 2:** Week 1: All together. Week 2: Women only. Week 3: Men only. Week 4: All together. Week 5: Social hangout.