



What is a Life Group?

A life group is a group of 8-10 people who love and support each other in their walk in faith. It is built on a foundation of personal growth, supportive prayer, and loving, graceful community.

The seven commitments

- Respect the clock: Do your best to share within 10-15 minutes
- Challenge by choice: You have the permission to skip a question at any time without any questions.
- No cross-talk: Don't give advice or interrupt.
- One Counselor (the Holy Spirit): Listen and pay attention to how the Holy Spirit might prompt you to pray.
- Comfort with empathy: Hold space for others to open their hearts. Rather than offering pity or sympathy, show up and tune in – bless, encourage, and build up.
- Community of grace: Commit to being a non-judgmental space where anyone can encounter the grace and love of Christ.
- Strictly confidential: Everything is to be held in complete confidence and not to be shared outside the group without permission.



Opening Prayer (unison)

God, we invite you here with us. Strengthen our time together as we open our lives to each other and to you. Help us to be vulnerable and graceful. Unite us as brothers and sisters in you. We give you this time together and welcome you among us. Come, Holy Spirit, and continue the transformation you have started in us that we may become the disciples of Christ we were created to be. Amen.

The Questions

Each person takes about 10-15 minutes to share around the questions below.

- How is it with your soul?
- What are you doing daily to grow in Christ?
- What can we pray for you or celebrate with you?

When you are ready to go deeper...

- Is there something you need to do/stop doing to become a better you?
- Is God telling you to do something new?

Closing Prayer (unison)

As we go out, O God, may you walk ahead of us to light the way, beside us to guide us, behind us to catch us if we stumble, and within us that we may reflect your love and grace. Amen.