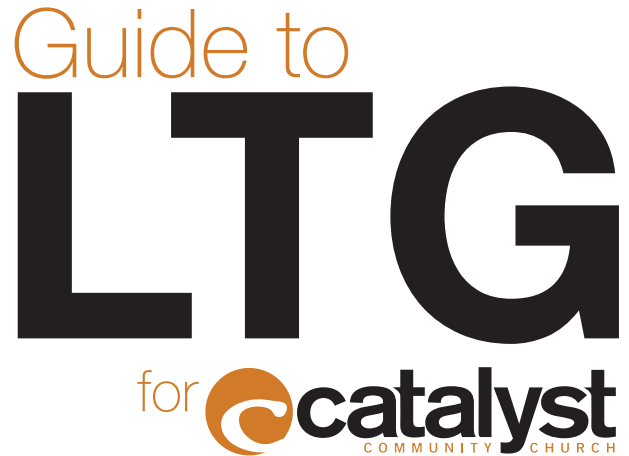


LTG Prayer Guide

Praying together is essential for your LTG. Before you pray, ask each other these questions. Make notes so you can continue to pray for each other throughout the week.

1. How can your LTG partners celebrate with you in prayer?
2. How can your LTG partners pray for you?
3. Who in the Catalyst community needs prayer?
4. Who in your personal circles (but outside the Catalyst community) needs prayer?
5. How can you pray for the larger world? (Persons, communities, issues, etc.)



*Life
Transformation
Group*

LTG F.A.Q.

What is a Life Transformation Group (LTG)? An LTG is made up of 2-4 persons who meet weekly. These groups commit to work together toward spiritual growth.

How does it work? By design, LTGs are not structured. Your group decides how you will proceed together, what habits and practices work for you. The three core practices are reading Scripture together, Accountability and Prayer. The rest of the guide gives you some tips for how to engage those practices, but the important thing is to find something that works for your group.

How do I join? There is no sign-up process because LTGs should form out of existing relationships. The best way to find people to form an LTG with is to connect with other people in your C-Group. You can also reach out in the Catalyst Facebook group. If you're struggling to form an LTG, talk to your C-Group leaders or one of the pastors.

What do I need? You only need a Bible. You don't need to be a theologian. You don't need a secret decoder ring. You just need a desire to grow. (And if you don't have a Bible, help yourself to one of the free Catalyst bibles!)

Is it really just four people? Yes. Three is the ideal size. If your LTG adds a fourth person, you should consider your group "pregnant". Once the fourth person has demonstrated their commitment to the group, you should divide into two groups of 2 and look for a third person you can invite to join you.

LTG Scripture Guide

Reading Scripture together is an essential path to transformation. Use the Lectio Divina method ("Sacred Reading") to learn to listen to the Scriptures together.

1. Choose a passage - anything from a few verses to a whole chapter. Try to choose a passage that has a coherent thought - like a story or a whole thought in one of the letters.
2. Each person should look up the passage in a different Bible translation. If you all use the same translations, use BibleGateway.com or the YouVersion Bible app to find some other translations.

3. As the first person reads the translation aloud, relax and listen to the reading. Discuss what you notice afterward.

4. As the second person reads the translation aloud, listen for one particular word or thought that stands out to you. Share after the reading.

5. Before the final reading, ask God to show you how you should apply the insight in the week ahead. As the last person reads the translation aloud, prayerfully consider what you should do this week in response to the Scripture. Share once the reading is complete.

LTG Accountability Guide

It's important to share your successes and struggles with your LTG. The following questions can help your group share together. Think back over the week since you met last and ask...

1. Have I been honest in all my acts and words, or have I exaggerated to present a better picture of myself?
2. Have I spent time in Scripture? How has it formed me?
3. Have I spent time in prayer? How has it formed me?
4. How have I practiced Sabbath? How has it formed me?
5. How have I been generous? How has it formed me?
6. When have I fasted? When have I feasted? How have they formed me?
7. What spiritual conversations have I had with those who don't know God?
8. Is there anyone I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
9. How have I been obedient to God? How have I been disobedient to God? Did I insist on anything about which my conscience was uneasy?
10. Is there anything you want to keep hidden?