

What is a LIFE TRANSFORMATION GROUP?

A Life Transformation Group (LTG) is a simple way to release the most essential elements of a vital spiritual walk to people who need Jesus to change their lives from the inside out. It is a grassroots tool for growth which encourages and supports people to follow Christ by fueling internal motivation rather than applying external pressures and ploys. This tool empowers the common Christian to accomplish the uncommon work of reproducing spiritual disciples who can in turn reproduce others.

How does it work?

- LTGs meet once a week for approximately one hour.
- LTGs are groups of two or three (the addition of a fourth person is the beginning of the second group and multiplication is imminent).
- The groups are not co-ed, but gender specific.
- There is no curriculum, workbook or training involved.
- There is no leader needed in the group.
- Only three tasks are to be accomplished in an LTG:
 1. Sin is confessed in mutual accountability.
 2. Scripture is read repetitively in context and community.
 3. Souls are prayed for strategically, specifically and continuously.

The LTG is simple, yet powerful. It incorporates the values of community, internal life transformation and reproduction of Christ-followers.

Use the accompanying LTG CARD

The LTG card contains both the *Character Conversation Questions* and the *Strategic Prayer Focus* list for use in the weekly meetings and as a Bible bookmark/prayer reminder through the week. It and additional copies of this overview pamphlet are available through the Life Community Church office, 614.527.9661.

“Iron sharpens iron, so one person sharpens another.”
Proverbs 27:17

Adapted from Neil Cole's
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LIFE TRANSFORMATION GROUPS



“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.”

Ecclesiastes 4:12
New Living Translation

Women's edition

LIFE TRANSFORMATION GROUPS

The Power of Two or Three

Something significant happens when a group of two or three unite for a spiritual purpose. The Bible specifically mentions the small unit of a twosome or threesome for accomplishing some of life's most important challenges (Ecc. 4:12; Matt. 18:15-16). Here's what the power of two or three can provide:

1. RELATIONSHIP

Life change does not occur in a vacuum, it happens in relationship with others. We need each other for strength and support (Prov. 27:17).

2. ACCOUNTABILITY

Few things would get done in life without some degree of accountability. While it's hard to be accountable to a large group, two or three provides specific, personal support.

3. CONFIDENTIALITY

Sin confession is vital for cleansing, healing, and growth, and a safe place is essential. Two or three others of your same gender, who know you and also share their own struggles, creates as safe a place as one can find.

4. FLEXIBILITY

Two or three busy people can coordinate their schedules much easier than a larger gathering. An LTG can meet anywhere!

5. REPRODUCIBILITY

It is easier to reproduce a smaller, simpler group than a larger and more complex entity. LTGs can quickly multiply and reproduce themselves as others come into the group.

There are only three tasks to be accomplished in a LIFE TRANSFORMATION GROUP

1. Sin is confessed in mutual accountability

Christ-followers are called on to spur one another on toward love and good deeds (Heb. 10:24). Part of doing that means confessing sin to one another (James 5:16). The first thing the LTG does together is ask each other *Character Conversation Questions* listed on the accompanying LTG Card. The meetings start here because it is easy to lose time talking about other things. The questions are straightforward. Each person is given time to answer a question before moving on to the next question. The group must be a safe place to be honest. The others listen and avoid trying to "fix it," but encourage progress and forgiveness.

2. Scripture is read repetitively—in context and in community

The Word of God is alive and full of power (Heb. 4:12). Unleashing God's word in the lives of people can plant the seed of new life (Matt. 13:18-23). The group decides together on a book of the Bible they will read that week. Then, beginning with the final accountability question, each person shares briefly what most impacted them from the week's reading. The goal is to create an internal appetite for the rich word of God, so a larger volume of Scripture is desired. It is recommended that one strive to have 25 to 30 chapters of reading each week as a goal. Sample reading exercises would be as follows:

- If the group selects a smaller book such as Ephesians or Jonah, the group should read it five times in a week.
- A moderate-sized book, such as Romans or 1 Corinthians can be read twice in a week.
- A lengthy book, such as Acts or Proverbs can be read once in its entirety in a week.

When the group comes together the next week they ask one another if the reading was completed. If any one person was unable to finish the reading that week then the whole does the same reading again for the next week. This is not a bad thing. Reading entire books in repetition can unveil additional and deeper truths. Once all complete the reading in the same week they choose the next book to read together. A group can decide together what the next book will be or alternate who chooses the book each time.

3. Souls are prayed for specifically and regularly

Each member of the LTG identifies two or three lost people they have a relationship with who need Jesus. Everyone in the group then records the names of these people in the *Strategic Prayer Focus* section of the LTG Card (which also functions as a Bible bookmark). The guide is meant to foster persistent and Biblical prayer. Each person in the group prays throughout the week for those on the list. It can be helpful to choose one name from the list each day and pray for them. There is a recommended prayer guide included on the card to assist the process. Those who begin to seek Christ become perfect candidates to join the LTG and multiplication of the group can occur naturally and spontaneously and in a way that the whole group can rejoice in together.

LTC CARD

For use with Life Transformation Groups
Women's edition

Character Conversation Questions

These questions are to be asked of one another in a weekly meeting of accountability (*Prov. 27:17; James 5:17*). They are to stimulate conversations of character and confession of sin in a safe environment which values honesty, vulnerability, confidentiality, and grace.

1. Have you exercised integrity in all your financial dealings and desire for material things this week?
2. Have you said damaging things about another person, either behind their back or face to face?
3. Have you been in a compromising situation with a member of the opposite sex anywhere this past week, fantasized a romantic relationship, or read or seen any sexually alluring material?
4. Have you been honoring, understanding and generous in your important relationships this week?
5. Have you given in to an addictive behavior or recurring sin this past week? Explain.
6. Have you forgiven those who have wronged you? Are you harboring anger or bitterness toward someone?
7. _____
(Your personalized accountability question)
8. What one behavior of yours most deviated from God's ways this week?
9. Is the current state of your heart: hard, hardening, soft, softening, or none of the above? Explain.
10. Have you been completely honest with me/us?
11. Did you finish the reading? What did you hear from God through it, and what are you going to do about it?

“Therefore, confess your sins to one another, and pray for one another, so that you may be healed.”
James 5:16

LTC CARD

For use with Life Transformation Groups
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Strategic Prayer Focus

Each group member identifies two or three for whom you feel led to pray for their salvation. List the names of all those identified in the group on each card, so that all of you can pray for each of the names weekly. Keep this card in your Bible as a bookmark for your daily reading so that each time you open your Bible you are reminded to pray for these people.

Names

1. Lord, I pray that you draw _____ to yourself. (*Jn. 6:44*)
2. I pray that _____ hears and believes the Word of God for what it really is. (*1 Thess. 2:13*)
3. I pray that _____ will seek to know you. (*Acts 17:27*)
4. I ask You to prevent Satan from blinding _____ to the truth. (*2 Cor. 4:4; 2 Tim. 2:25-26*)
5. Holy Spirit, I ask you to convict _____ of his sin and need for Christ's redemption. (*Jn. 16:7-14*)
6. I ask that You send someone who will share the gospel with _____ . (*Matt. 9:37-38*)
7. I also ask that You give me or _____ the opportunity, courage, and right words to share with _____. (*Col. 4:3-6*)
8. Lord, I pray that _____ turns from his sin and follows Christ. (*Acts 17:30-31; 1 Thess. 1:9-10*)
9. Lord, I pray that _____ would put all of his trust in Christ . (*Jn. 1:12; 5:24*)
10. Lord, I pray that _____ will confess Christ as Lord, take root and grow in faith and bear fruit for your glory. (*Rom. 10:9-10; Col. 2:6-7; Lk. 8:15*)

**"...my desire and my prayer is for their salvation."
*Rom. 10:1***