

# **Fighting for Your Family**

## *LifeGroup Leader Guide*

### **The Goal**

As a LifeGroup leader you must direct people toward transformation. Transformation means people leave and actually do something different this week.

Being successful in this study does not mean you have to get through every question. The goal is honest, gospel application where obedience leads to action.

### **How to Use the Weekly Questions**

Each week's questions are organized into three sections: Awareness, Ownership, and Action.

#### **Awareness Reveals the Real Battle**

Awareness is recognizing what is shaping you. Identifying the real battle beneath the surface is knowing what's influencing your thoughts, priorities, and relationships.

#### **Ownership Reveals Your Responsibility**

Ownership is choosing to look in the mirror before looking at anyone else. It means taking responsibility for your responses, your patterns, and your role in what's happening—especially when it would be easier to blame others.

#### **Action Leads to Change**

Action is deciding what you're going to do with what you now see and know. It's moving from conversation to commitment by taking specific, intentional steps of obedience.

## **Simple and Intentional Discussion Strategy**

### **1. Select Your Questions Ahead of Time**

- a. Choose one question from each section (Ownership, Awareness, Action).
- b. You do NOT need to cover every question.
- c. Go deeper, not wider.

### **2. Engage the Group Intentionally**

- a. When possible, consider asking someone ahead of time to answer a selected question.
- b. Instead of everyone sharing in the story-based prompts, have one person prepared.
  - i. For example: Week 1 has the prompt: "Think of a recent minor stressor." It's likely everyone could answer, so assign one person to share.

### **3. Move Beyond Surface-Level Answers**

- a. If answers stay general, guide them deeper by asking:
  - i. Can you give a real example?
  - ii. What did that look like this week?
  - iii. Why do you think that is?
- b. Honesty is important but so is not letting people hide. If it stays general, it won't lead to change.

#### **4. Make Sure Every Voice Is Heard**

- a. If one person dominates, say, “Let’s hear from someone who hasn’t shared yet.”
- b. Aim for participation and conversation.

#### **5. Do Not Miss This: The Action Section**

- a. It is imperative for your group to get to the Action section because that’s where transformation happens.
- b. Discussing Ownership and Awareness helps your group grow closer through story sharing and conversation, but stopping there leaves transformation from Action on the table.
- c. It’s recommended that you set a “drop-dead time” where you move to Action no matter where you are (ex. 10:30am).

#### **6. Create Clear Accountability**

- a. Transformation happens when truth is applied. Each week:
  - i. Ask each person/couple if they practiced the Weekly Challenge.
  - ii. Keep it simple. Something is better than nothing.
- b. Before you leave, every person should be able to answer:
  - i. What am I going to do this week?
  - ii. When will I do it?

#### **7. Use Anchor Points**

- a. Anchor points are Scripture to hold onto, return to, and live from throughout the week.
- b. They root their discussion in God’s Word, not opinions or experiences
- c. They connect discussion to real obedience—giving weapons for when real life hits.

### **Recap**

1. The ultimate goal is transformation.
2. Bring everything back to Jesus (this is not behavior modification).
3. Model honesty first. Your vulnerability will set the tone.
4. Encourage couples to complete all the questions together.
5. Preparation matters.

### **Suggested Flow**

- 5–10 min – Opening/Awareness
- 20–25 min – Ownership discussion
- 20 min – Action (non-negotiable)
- 5–10 min – Challenge + prayer