

What to Expect In A LifeGroup

What is a LifeGroup?

A LifeGroup is a group of people committed to experiencing life and walking in biblical community together. LifeGroups meet in homes throughout our city, but they are not simply once-a-week meetings, Sunday School classes, or Bible studies. The people in a LifeGroup do study the Bible and push each other toward Jesus, but they also eat together, play together, serve together, and become family with one another. LifeGroups are the core of our church family. They are where we live out our vision of being a Jesus-centered family on mission. We believe LifeGroups are the best place to experience the gospel no matter who you are, so we want everyone to join one.

How often do LifeGroups meet?

We encourage LifeGroups to develop what we call “rhythms,” which are simply ways that their lives intersect during a typical week. LifeGroups start with 3 basic rhythms that enable them to do life and be on mission together:

1. **Gather Together** LifeGroups attend Gatherings together to worship and learn. Sometimes they may sit together, serve together, or eat together before or after.
2. **Grow Together.** LifeGroups spend intentional time together each week focused on growing spiritually. This group meeting time typically happens at someone’s home and is what most people think of when they picture a small group or Bible study, but it is only one component of being church family together.
3. **Go Together.** LifeGroups also spend time together in social situations. The purpose for this is to get to know one another better, while also providing an easy avenue to invite other people into. Some groups may become regulars at a restaurant, coffee shop or bar, while others may go to the park or host a poker night. The key is to have a non-threatening environment where you can hang out and be on mission together.

What happens during group time?

Group time is focused on intentional training to push each other toward Jesus. A typical group time will involve:

1. **Catch up on Life:** Catching up on life and asking the question, “How has Jesus been at work in your life?”

2. **Discuss the Sermon:** Discussing sermons and applying them to everyday life.
3. **Review the Mission:** Reviewing and praying for the group's mission and rhythms.
4. **Engage the Heart:** Confessing sin and praying for one another.

What are rhythms?

Rhythms are intentional ways to do life with your group in a given week or month. Rhythms are where we intentionally do things together with regularity and gospel intentionality. They are the practical way we are going to be involved in each other's lives. We encourage both *intentional* rhythms (planned and established) and *impromptu* rhythms (unplanned but always looking for ways to do things together).

Why do you encourage rhythms?

People in groups doing everyday, ordinary life together is the means for growing people up in Jesus and also for inviting new people into our family and a relationship with Jesus. Rhythms give us a visible community to invite others into, and also the means to truly know one another and grow together as we learn how the gospel of Jesus impacts all of life.

I hear people talking about a LifeGroup's mission. What is that?

We want our LifeGroups to be missionaries together in our city, each answering the question "Who are we looking to reach and how can we be intentional with those relationships?" LifeGroups plan their time in the city around the people they are trying to reach, providing a practical way that we who have been adopted into God's family can share Jesus with others around us and invite them into our community. Sometimes a LifeGroup's mission will be putting Jesus on display for their neighbors, co-workers and friends, and other times it will be a more specific target (a specific neighborhood or group of people, etc.).

How long do LifeGroups last?

There is no set end date for groups, but groups should never stay the same. LifeGroups always have a purpose—to pursue the mission of God together. The mission of God is to make disciples, to help people (no matter where they are) take the next steps toward Jesus. This means two things (1) groups are always inviting new people into their group to experience community and see the gospel on display and (2) groups are always developing new leaders and trying to launch new groups.

What is a healthy group?

A healthy LifeGroup a) speaks the gospel to one another, b) lives everyday, ordinary life together, and c) is actively pursuing the mission of God together.