

Life Group (LG) Session

Possible LG Session Outline:

Adapt this lesson to fit your time and group. Hosts can change, modify, and reduce as needed. This is a 90-minute session.

(10 minutes) Opening/Gathering:

1. Someone calls the group together.
2. Logistics: Agree together any decisions that need to be made. Identify group timekeeper.
3. Initial sharing. Each participant shares something about them personally or recent experience.
4. This can be the form of answering a question, such as:
 - “Share something we might not know about you,”
 - “Share about a time since we last met that you felt close to God,”
 - “What is your favorite song, and why?”
5. Be sure to keep this sharing time brief, as the goal is to move quickly to deeper sharing about life.

(5 minutes) Scripture:

6. Someone reads a brief devotional or Scripture passage.
7. Participants share an image or idea that came to mind during the reading.
8. Opening prayer

(60 minutes) Sharing Time:

9. Participants give an update on how they are doing with whatever they shared about in the previous session. How did it go when you tried to apply what you learned last time?
10. Participants take turns sharing: How is it with your soul? (or some meaningful question.)
 - Remember to not allow participants to interrupt when someone is sharing. Create a rhythm for participants to share and then solicit feedback and accountability.
11. Conclude by sharing: What/how will you take what you learned today and apply to your daily life?

(15 minutes) Prayer and Closing:

12. Close in prayer together, praying for one another and praying with one another. Specifically pray for whatever has been shared by participants during the session.
13. Make any decisions needed about the next session.

Other Suggestions:

- Consider sharing a meal together, either early on during the initial sessions, or making it an ongoing experience.
- If participants are meeting apart from family members, consider meeting once or twice as all families together for a meal or activity, just so family members are familiar with other group participants.
- Your group may want to create a group covenant together at your first session. Include the commitment to meet together, how you will treat each other, confidentiality, and expectations. Review this covenant (and change it as needed) each time you meet.
- It may be helpful to add/use *Lectio Divina* for the Scripture reading/devotional.
 - *Lectio Divina* is an ancient method for praying with scripture, being open to hearing the words afresh, a personally enlivening and transforming word from God.
 - Passage: Someone selects a passage of Scripture. Participants may take notes, draw pictures, or simply reflect in your mind.

- First Reading (Reading): Simply listen to the text paying attention to what catches your attention, a word, a phrase, an image. Make note of what is lingering in your mind.
- Pause for a time to listen to the Holy Spirit.
- Sharing: Participants share briefly.
- Second Reading (Meditating): Keeping the word, phrase or image you selected in your mind, pay attention to any meaning/memories or stories or further images it brings to mind.
- Pause for a time to listen to the Holy Spirit.
- Sharing: Participants share briefly.
- Third Reading (Praying): What is the invitation you are receiving from these words or images? Do you feel a sense of affirmation, of being challenged? What is God saying to you or calling you to?
- Pause for a time to listen to the Holy Spirit.
- Sharing: Participants share briefly.
- It may be helpful to add/use The S.O.A.P. format for the Scripture reading/devotional.
 - Scripture: Someone selects a passage of Scripture and reads it out loud. (5 minutes)
 - Observations: Participants look at the passage and write down observations. (5 minutes)
 - Application: Participants write down applications from the passage to their lives. (5 minutes)
 - Prayer topics: Participants write down prayer topics the passage prompts in them. (5 minutes)
 - Sharing: Each person shares from what they wrote down. (10 minutes)
- Your group could also choose a spiritual practice or two and agree to putting it into practice outside of your group time. The group can then spend time together discussing if and how the practice is enriching their life, or why they struggle with it. In this way you can hold each other accountable to putting practices of time spent with God into your daily life.
- Resources for group times together can be found on the church website [here](#).