

# LIFE GROUP CYCLE OVERVIEW

## (WITH SPIRITUAL DISCIPLINE OPTIONS)

### Story Sessions

- Fellowship
- Confession
- Secrecy

### Spiritual Formation

- Prayer
- Silence
- Worship

### The Bible

- Study
- Night vigil

### Identity

- Solitude
- Fasting

### Gender, sexuality and Relationships

- Chastity
- Celebration

### Ministry Toolbox

- Worship
- Sacrifice

### Stewardship

- Frugality/Simplicity
- Submission

### Kingdom Adventures

- Service
- Fellowship

# LIFE GROUP CYCLE (GOALS + DISCIPLINES)

## Story Sessions

### Goals:

- Build intimate relationships
- Learn how to share your testimony
- Create a space for you to confess sins, receive healing and deliverance and be accountable for your growth.

### Spiritual disciplines:

- Fellowship, Confession, Secrecy

## Spiritual formation

### Goals:

- Grow in your understanding and practice of following Jesus.
- Grow in intimacy with Jesus and worship of him.
- Discover and put into practice habits that help you hear God's voice and respond to him.

### Spiritual disciplines:

- Prayer, Silence, Worship

## The Bible

### Goals:

- Understand the basic storyline of the Bible and how different parts of Bible interact with it.
- Learn and practise how to study the Bible for spiritual formation (not information only!)
- Develop habits of consistent engagement with the Bible

### Spiritual disciplines:

- Study, Night Vigil

## Identity

### Goals:

- Grow in our identity as God's beloved and empowered children.
- Grow in our emotional wholeness.
- Greater freedom from scars of the past and its continued effects on us.

### Spiritual disciplines:

- Solitude, Fasting

# LIFE GROUP CYCLE (GOALS + DISCIPLINES)

## Gender, Sexuality and Relationship

### Goals:

- Allow Jesus and his love to reform our relationships to his way.
- Have robust discussions about gender and sexuality and how God views these.
- Allow for healing of our sexual and relational hurts so that we can pursue God's way.

### Spiritual disciplines:

- Celebration, Chastity

## Ministry toolbox

### Goals:

- Discover our spiritual gifts and how to use them.
- To be theologically informed and equipped to live a life of supernatural ministry.
- Practice and be coached in ministering to people.

### Spiritual disciplines:

- Worship, Sacrifice

## Stewardship

### Goals:

- Learn about stewardship as a framework for Christian life management.
- Develop a budget and be accountable with our money.
- Identify and put in place relational and time boundaries that enable you to live with healthy margins.

### Spiritual disciplines:

- Frugality/Simplicity, Submission

## Kingdom adventures

### Goals:

- Learn how to share your testimony and the gospel.
- Practice living a missional lifestyle.
- Pursue a social justice cause in your neighbourhood.
- Go on a mission trip.

### Spiritual disciplines:

- Service, Fellowship.