



ReThink Life Church Life Group Host Training Guide

As part of the ReThink Life Church Spiritual Growth Strategy our Life Groups are designed for individuals to **CONNECT with both God and others.** The strength of our ministry rests in the power and knowledge of God, as He works in and through our lives according to His Word.

Our vision is always to ultimately connect each individual to the Growth Track, the Dream Team and a Life Group for ongoing ministry and relationship within the body of Christ.

Our Purpose:

To provide a bridge to connect each person to the Growth Track and Life Groups for ongoing ministry and relationship within the church body.

- ReThink Life Church is a church **of** small groups, not a church **with** small groups.
- We believe that **life-change** occurs within the context of **relationships**.
- It is not an accident that we are **relational**. It is by God's design.
- We are all **ministers** of the **Gospel**. (2 Cor. 2:14-17)
- It is not our job to **fix** anyone, but instead we are called to **speaking truth in love**. (Ephesians 4:15)

Acts 2:42-47 *All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer... 46They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity—47all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.*

Proverbs 27:17 *Iron sharpens iron, so one man sharpens another.*

Ecclesiastes 4:9-10 *Two people are better off than one, for they can help each other succeed. 10If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.*

James 5:16 *Confess your sins to each other and pray for each other so that you may be healed.*

LIFE GROUPS PROVIDE THREE THINGS:

1. A place to **CONNECT**.

"...yes, whatever a person is like, I try to find common ground with him so he will let me tell him about Christ and let Christ save him." **1 Corinthians 9:22 (LB)**

1. A place to **PROTECT**.

"We know what real love is because Christ gave up His life for us. And so we also ought to give up our lives for our Christian brothers and sisters." **1 John 3:16 (NLT)**

1. A place to **GROW**.

"As iron sharpens iron, so one person sharpens another." **Proverbs 27:17**

RTL Life Group Hubs include: Marriage, Parenting, Men, Women, Student, Financial & Serve/Outreach

3 Types of RTL Life Groups are: Topical and Activity & Meet Ups

Life Group Leader Guide

Each Topical Life Group gathering **MAY** have the following components:

Icebreaker: Fun questions designed to break the ice and build an understanding about each member in the group and to help new members of the group feel comfortable.

Teaching: During this time depending on the study that each group is going thru you will have different options. This is the time to introduce the spiritual lesson into of the connect group.

Discussion: Use this time to ask questions that help the group wrap their minds around the principles for each lesson. The goal of this time is for each person to participate and not have one person dominate.

Wrap Up: Each gathering should point us to actions. At the end of each gathering it is important to have a time of prayer and direction in caring for the needs of the members of your group.

Each Activity Based Life Group gathering MAY have the following components:

Prayer: Use this opportunity before you begin to simply pray for and with your group. You may ask for prayer request or simply just say a general prayer.

Devotional: During this time depending on the dynamic of your group and activity use this time to share either a passage of scripture and what it means to you or a brief devotional from youversion.com or our ReThink Life Church App.

Activity: Make sure during this time you do all you can to include everyone and build relationships.

Life Group Expectations:

- Each gathering
 - is designed to take place once a week for a total of 6-10 weeks
 - is designed to last between 1 hour and 1 ½ hours
 - is designed to have each member participate and no one to dominate
 - is designed to meet needs of other group members the best way they can
 - is designed to be inviting for group members to invite their friends

Life Group Logistics

- The time and place this group is going to meet. _____
- Refreshments for this gathering are the responsibility of: _____
- Child care for this gathering is the responsibility of: _____
- The host of this gathering is: _____

Keys to Preparation for Life Group

As you prepare to host your life group consider these steps:

1. Carefully, thoughtfully and prayerfully prepare for your time. If hosting a topical life group make notes, highlight key sections, quotes, or stories, and complete the section in order to familiarize you with the entire scope of the content. If you are leading a activity life group make sure you have a verse or devotional ready to share.
2. Remember it's all about relationships. Prepare 2 or 3 things to do during your time to connect with your group.
3. Add your own stories to personalize the message and add impact.
4. Before and during your preparation, ask God to give you wisdom, clarity, and power. Trust Him to use your group to change people's lives.

Conducting a Life Group:

The goal will be to train you so that you will become a confident, faith-filled conduit of God's blessing for anyone who comes to you in need. Many of the instructions you will read are designed to remove obstacles so that ministry can be offered with ease and the person in need can openly receive the provision that God has for him or her.

We have a responsibility to be as effective as possible through good stewardship of our time and specific gifts. One of the core values of ReThink Life Church is to produce excellence in all that we do, which will require us to stretch ourselves in one or more areas of providing ministry. This may be in the area of submitting paperwork, honing listening skills, or strengthening our walk with the Lord.

1. Be **friendly** and **inviting**.

- Safety **opens** the door to ministry and Judgment **shuts** and **locks** the door to ministry.
- Hebrews 13:1-2 - Keep on loving one another as brothers and sisters. **2** Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.
- John 13:34-35 - "A new command I give you: Love one another. As I have loved you, so you must love one another. **35** By this everyone will know that you are my disciples, if you love one another."

2. Ideally you want to have a **co-leader**.

- Co-Leaders help with increased **accountability** and added **perspective**
- Luke 10:1 - "the Lord appointed seventy-two others and sent them **two by two** ahead of him to every town and place where he was about to go."
- Matthew 18:20 - "For where **two or three** have gathered together in My name, I am there in their midst."

3. Pray continually

- Prayer is an outlet for our anxiety and confusion therefore we are to pray with confidence.
- 1 Thessalonians 5:17-19 - "...pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. Do not quench the Spirit".
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your requests to God"
- Jeremiah 33:3 - "Call to me and I will answer you and tell you great and unsearchable things you do not know."

4. Bring God's Word to their circumstances.

- Scripture is the standard for truth.
 - 2 Timothy 3:16 - "All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness"
 - Joshua 1:8 - "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."
 - Psalm 119:11 - "Your word I have treasured in my heart, That I may not sin against You, Blessed are You, O LORD; Teach me Your statutes."

5. Be an active listener.

- Proverbs 18:13 - "He who answers before listening – that is his folly and shame."

A. Use **open-ended questions**, which promote conversation.

- "What does your relationship with Christ look like?"
- "How can I pray for you?"

B. Avoid **close-ended questions**, which limit responses to "yes/no".

- "Do you know Jesus as your savior?"
- "Can I pray for you?"

When you feel like you don't know how to help someone in your group, remember ESPN:

E: Encourage

S: Share Scripture

P: Pray

N: Next Steps

Key Statement: It is very important to look for and highlight simple achievements inside of your group and to point them out with hope and encouragement.

If you have any questions or if we can help you with anything please contact Stefanie Dierking at stefanie@rethink-life.com or call our office at 407-888-3101