



lifegroups

FACILITATOR GUIDE

HOW TO START AND RUN
A LIFE GROUP

WHAT IS A LIFE GROUP?

Based on the Early Church model in Acts, a Life Group is a group of people that meet on a regular basis to study God's word, authentically share and do life together. Life Groups can take many different forms and each group will have its own distinct character and style.

WHY LIFE GROUPS?

Life Groups are one of the best ways to fuel a warm community and grow together in Christ. They are a way for believers to engage in life together through learning, fellowship and supporting one another. As Life Groups focus on relational evangelism, they are a proven way of ensuring everyone has the opportunity to stay connected as our church grows in number, while also providing a less intimidating way of introducing (or reintroducing) our friends to church.

HOW DO I START A LIFE GROUP?

STEP 1.

Invite 5-10 people to join your Life Group.

STEP 2.

Choose your style:

- Weeknight Dinner and Bible study
- Lunch break fellowship at work
- Coffee run before uni
- Sunday brunch
- Mums & Bubs catch-up
- Or, whatever else you can think of!

STEP 3.

Organise a time and place. Life groups don't have to take place in the same location each time. Share it around different houses or explore some new places.

STEP 4.

Meet up, and run your Life Group!

HOW DO I RUN A LIFE GROUP?

Although there are many different methods to run Life Groups, Discovery Bible Reading is one effective way that ensures every individual can be engaged and challenged by the discussion, no matter their prior Biblical knowledge. With this method you don't need to have all the answers, but you can encourage people to discover God's Word together, allowing the Holy Spirit to be the primary teacher!

STEP 1.

Share some food together.

STEP 2.

Start with a simple prayer. Invite God to be with you as you open His word.

STEP 3.

Chose a Bible translation that is easy to understand. The New International Version (NIV) or New Living Translation (NLT) are clear and easy to read, while The Message or Amplified Bible can give extra context or insight into a passage.

STEP 4.

Choose a book of the Bible (The Gospel of Mark is a good place to start) and read one story (heading) at a time. Read the story in 2 different translations. Start with NLT or NIV and then reread the passage in the Message or Amplified.

STEP 5.

Discuss the chapter using the 5 Discovery Bible Reading questions.

STEP 6.

Pray for each other.

STEP 7.

Plan when to meet again and invite additional people to join your Life Group.

DO LIFE T

DISCOVERY BIBLE READING

EXTEND YOUR DISCUSSION

Alternatively, you can lengthen your Bible study with an extended study guide. The following questions will guide you to put this into practice and study the Bible with logic, emotion and application.



What is new?



What surprises you?



What don't you understand?



What will you obey or apply?



What will you share with someone this week?



HEAD.

- Summarise the chapter in your own words.
- What is new?
- What don't you understand?
- What surprises you?



HEART.

- What do you love about this passage?
- Is there anything you don't like or that doesn't sit well with you?
- What is God trying to say to you through this passage?
- What difference could something from this passage make?



HANDS.

- How can you apply this text to your life?
- Was there anything in this passage that you could share with someone this week? How?

TOGETHER

"LET US THINK OF WAYS TO MOTIVATE ONE ANOTHER TO ACTS OF LOVE AND GOOD WORKS. AND LET US NOT NEGLECT OUR MEETING TOGETHER, AS SOME PEOPLE DO, BUT ENCOURAGE ONE ANOTHER, ESPECIALLY NOW THAT THE DAY OF HIS RETURN IS DRAWING NEAR."
HEBREWS 10:24-25

LIFE GROUP TIPS

REMEMBER YOU ARE NOT ALONE.

"For where two or three are gathered in my Name, there I am with them." - Matthew 18:20. Pray for your group members and about your needs and your fears. The Life Groups Team at Burwood Church is always there to support and guide you.

MAKE IT CONSISTENT.

Meet regularly, whether it's weekly, or fortnightly on whatever day, make sure your Life Group is consistent so people can plan ahead.

MAKE IT ACCESSIBLE.

Having Life Groups based on location can make it convenient for everyone to join. Don't make it too long.

MAKE IT EASY FOR PEOPLE TO FIT IN.

Build Life Groups around people who share common experiences. It's important to create a relaxed environment for people to be themselves amongst like-minded people.

GROW.

Keep Inviting new friends and when your group becomes too large, split off to create new groups. Creating new groups ensures everyone has an opportunity to get involved in the discussion and also allows for new people to join. If the group doesn't want to split, consider starting together with a meal and then breaking off into smaller groups in the same location.

SHARE RESPONSIBILITY.

Share responsibility with other members to build a sense of belonging. Asking for volunteers to bring ingredients, snacks, plan a social event, or host the study at their home.

MAKE IT FUN.

Although reading the Bible and praying is an essential part of Life Groups, allow time to enjoy each other's company. Play games, eat food and strengthen friendships. Life Groups should be something you look forward to.

