

# Preparing for LifeGroup

1. Prepare for each LifeGroup session by praying for:
  - A. Each group member
  - B. That God would make His Word (the Bible) clear to people in the group.
  - C. That God will help you as you lead
2. Personally prepare for the LifeGroup Discussion by:
  - A. Reading through this LifeGuide and becoming familiar with the content.
  - B. Make sure you take time to read and study the Scripture that is used in this LifeGuide.
3. Create a positive LifeGroup Environment by:
  - A. Serving Food! (Snacks or a meal – rotate who provides) - \*optional
  - B. Arranging the seating where everyone can see everyone's face
  - C. Setting the room temperature @ 69 degrees (cold keeps them awake)
  - D. Placing pets in another room
  - E. Supervising and placing children in a remote room
  - F. Keeping room bright with natural and artificial lighting
  - G. Having light/fun music playing (low to medium sound volume)
  - H. Having pens available
  - I. Keeping extra Bibles on hand
  - J. Making sure everyone knows each other
  - K. Making sure you don't go too long. (Try aiming for 30 minutes of fellowship at the beginning and 1 hour of group time.)

**Now you are ready for group time!**

# LifeGuide for *Rehydrate* – *Ways to Refresh*

## Ice Breakers

Use one or more of the following “Ice Breakers” to get them talking:

- A. *What atmosphere helps you sleep? Do you need quiet or do you like some noise?*
- B. *How difficult has the water challenge been for you?*
- C. *Are you ready for the fall to begin?*

### Leader Tips:

Remember that the purpose of the ice breakers is to get everyone involved and ready to talk. Try to make this a natural transition into your Bible study time.

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## Setting the Stage

**Leaders:** The purpose of “setting the stage” is to effectively transition from the icebreakers to a discussion of the current weekend message. This section reminds everyone in your group of the overall theme and purpose of the sermon series, and gets their minds prepared for the subject matter.

The year 2010 has been awesome so far, and God is moving at RLF. We had a church in OKC merge with us, and we are expecting God to use Real Life Fellowship to start at least 2 new campuses this year. We hope to see more people attending our services, more people volunteering, more people connecting to LifeGroups, and more people giving than we have ever experienced at Real Life Fellowship. **We had a record attendance of 3200 people on all of our campuses on Easter.** We want God to do something in our church that only He can get the credit for. Are you ready for the rest of 2010?

Micah has started a new (2 week) series called **Rehydrate**. All of us are born thirsty. Thirsty for acceptance, purpose, love, and friendship. Thirsty to make a difference in the world. Where are you trying to satisfy your thirst? Is it time to rehydrate? Refresh your dreams by coming to the only One who can quench the thirst of your soul. It’s our hope that you are both challenged and refreshed by this series.

# Discussion Time

**Leaders:** Let me take a moment to make you aware of the content found in each LifeGuide, and how you can use it. Remember this is a “guide” so you should not feel compelled to read every word and follow it in perfect order. Basically, I want this guide to provide you Scripture that you can read and study together, explanation and commentary, and discussion questions to get the group talking. The questions are bulleted so that you can locate them easily. The guide does provide you with a general flow for the evening, but you are free to adapt the guide to the needs of your group. You are always welcome to call or email me if you have any questions. Please don’t feel like you are bothering me. It’s my pleasure and my job to help you.

**Leaders,** remind your group of the one goal we are to have this new year, and really for the rest of our lives. Challenge your groups to memorize the verses below.

*So we make it our goal to please Him. (2 Corinthians 5:9a)*

*We obey his commands and do what pleases Him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. (1 John 3:22b-23)*

*I can do everything through Christ, who gives me strength. (Philippians 4:13)*

**Leaders:** During this past sermon series, Micah has used the acrostic **P.R.A.Y.** to help summarize the principles found in Christ’s teaching on prayer. Leaders, feel free to continue using the questions below to keep your group focused on the discipline of prayer this summer.

## Praise

- Have you been praising God everyday this last week? How has it affected your prayer life?
- How did praising the Father help your attitude this last week?

## Request

- Have you been learning the difference between demanding and depending?
- Has starting with praising God helped you better understand what you should be requesting from Him?

## Admit you need forgiveness.

- What have you learned about forgiveness this last week of praying?
- Who do you still need God’s help to forgive?
- How many of you guessed correctly what the Y stood for in PRAY?

## **Yield to God before temptation comes.**

- Have you been able to identify some areas of temptation in your life that you need to yield to God?
- How do prepare yourself in the morning to face the temptations of each day?

**Leaders:** Have someone in your group read John 4:1-42, or come up with some other creative way to familiarize your group with the story. I know it sounds crazy, but you could rent one of those Biblical videos that portray the Gospels in a realistic format. Sometimes you can find those videos at the public library.

*Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit and his worshipers must worship in spirit and in truth.*

(John 4:23-24)

- What do you think Jesus meant by spirit and truth?
- How would you explain these verses to a new Christian?
- What do you think it means to be a true worshiper?

**Spirit** - with all their heart giving all they are to Him.

**Truth** - in a real way based on God's Word.

*"You hypocrites! Isaiah was right when he prophesied about you: 'These people honor me with their lips, but their hearts are far from me. They worship me in vain.'" (Matthew 7:7-9a)*

**Leaders:** You know how much Micah likes acrostics so here we go. Below are seven ways that we can be refreshed.

### **R - Read God's Word**

*Sanctify them by the truth; your word is truth.* (John 17:17)

- How is the Bible different from other books?
- How does reading God's Word refresh you?
- I know some of you guys are not big readers. What are some creative ways that you can be refreshed by God's Word?
- How does our understanding of God connect with how we worship Him?
- Do you think Scripture memory is still a viable discipline today in our media saturated culture?
- When do you find time to connect with God's Word?

## **E – Experience corporate worship**

*Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. (Colossians 3:16)*

- Why do you think music is so powerful in the church? (many people choose a church because of the music)
- Why do you think it's important for us to sing together as a church?
- In what ways can a well written song be just as effective as a well written sermon?

## **F – Fellowship with other Christians**

*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another. (1 Thessalonians 5:11)*

- How do you define fellowship?
- Why is it important that we have people with whom we are doing life together?
- While we should be building relationships with non-Christians, why should we spend a significant amount of our time with other Christians?

## **R – Remove distractions**

*Don't you know that you yourselves are God's temple and that God's Spirit lives in you? (1 Corinthians 3:16)*

- Do you think of yourself as a good multi-tasker?
- What are the big distractions in your life that keep you from worshipping God in spirit and in truth?
- It's hard to simply remove things from your life because the process creates a void. What kinds of things can you put in the place of the distractions in your life?

## **E – Escape and pray**

*Jesus often withdrew to lonely places and prayed. (Luke 5:16)*

- Did you notice that the verse above described the places as lonely? What is the significance of that detail in this verse?
- Why is it so hard for us to find alone time these days?
- If we contend that we don't have time to do something that Jesus did on a regular basis, what does that say about us?

## **S – Serve someone else**

*Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. (John 4:35)*

- Serving sounds like work. How does serving actually refresh us?
- Can anyone share a testimony of how serving really is refreshing?
- How did Jesus model servant-leadership?

## H - Have a generous heart

*Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. (Luke 6:38)*

- How can giving sacrificially be a freeing experience?
- Have any of you experienced the refreshment that comes when you let go of your money and stuff?
- Which one of these ways of refreshing resonates the most with you right now?
- Which one do you really need to work on?

Rehydrate Challenge:     One More Week    

## Wrap Up

Sum up the lesson by re-capping the main point and challenge the group to apply the truth to their life this week.

1. Ask for praise reports from previous prayer requests
2. Ask for prayer requests
3. Ask each person (or couple) to volunteer for part of next week's meal/snack.
4. Make any announcements
5. Close with prayer and praise

☺ Let me know if you have any questions.

[scottm@reallifefellowship.org](mailto:scottm@reallifefellowship.org)

361-877-1996