

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* – *What are you thirsty for?*

Ice Breakers

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

- A. *What is your favorite drink?*
- B. *What do you think is the right way to refer to a fizzy beverage like Coca Cola? (soda, soft drink, pop, or just “coke”)*
- C. *What kinds of activities refresh you in life?*

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.

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 you 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.

The Woman at the Well was thirsty . . .

To be noticed

To be accepted

To be known

To be loved

To be pure

To be significant

To be satisfied

- What are the top three from this list that you thirst after?
- What do you think women struggle with the most in general?
- What do you think men struggle with the most in general?
- What activities or lifestyles does our culture say will help you find these things?
- It's not wrong to think these things. They are real feelings that are a part of who we are as humans. How do we avoid letting these things become idols in our lives?

*Jesus answered, "Everyone who drinks this water will be thirsty again."
(John 4:13)*

1. Only Jesus can quench your thirst.

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst." (John 4:13-14a)

He satisfies the thirsty. (Psalm 107:9)

- Do you remember when you first felt satisfied in Christ?
- What started to change in you as you allowed Jesus to quench your thirst?
- What did other people notice was different about you?
- How do we continue to drink from the well that Christ provides? (Be specific)

2. When you allow Jesus to change you, you can change the world.

- How can you begin to change your family for Christ?
- What can you do in your community to make a difference for Christ?
- Even if you cannot afford to travel right now, how can you make a difference around the world for Christ?

"Indeed, the water I give him will become in him a spring of water welling up to eternal life." (John 4:14b)

The woman left her water jar beside the well and went back to the village and told everyone (John 4:28 N.L.T.)

Rehydrate Challenge: Nothing But Water for 2 Weeks

O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. (Psalm 63:1)

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

361-877-1996