

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 20 minutes of fellowship at the beginning and 1 hour of group time.)

Now you are ready for group time!

LifeGuide for Relationships 2.0 – Go to the Dentist

Ice Breakers

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

- A. *What would be the theme song for a TV show about your life?*
- B. *What is the most random thing in your wallet/purse right now?*
- C. *What is your favorite board game?*

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.

God is doing an amazing work at Real Life Fellowship! The fall is always an exciting time for a church as people get back to their normal family schedules and new people are checking out churches. We need to be ready as a church to help people connect during this season of change and growth.

Real Life Fellowship is changing and growing, and this fall may prove to be the most important fall we have faced as a church. We have several new campuses including OKC and the Spanish Campus as well as new campuses launching soon like Tulsa/BA, San Antonio, and DTown CC. Portland and Hartwell are moving into new buildings, and we are anticipating exponential growth over the next 2 years.

This weekend Micah started a new series called Relationships 2.0 which is based on Galatians 5:16-26. We live in a world of technology – texting, social networking, cell phones and internet – all designed to help us connect. Ironically, our relationships are struggling, our friendships are frustrating and today more than ever people feel lonely and isolated. Is there a way to strengthen your connection with the people in your life? Let’s find out what God’s Word has to say about relationships.

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: Early in the fall is one of the best times to get people connected and locked in to church. Make sure you are diligent to contact the people in your group each week and encourage them to stay committed to the group. Don’t feel like you are bothering people. They will appreciate it when you call as long as you are loving and encouraging. You will notice that this guide is basically Micah’s sermon notes with stuff added to help you create discussion.

- How do you feel about going to the dentist?
- Do you floss?
- What kind of tooth brush and paste do you use?
- Does your dentist ask you questions while his/her hand is stuck in your mouth? (Why do they do that?)

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace. (Romans 8:6)

1. Allow a Daily Cleaning

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
(Galatians 5:22-23a NLT)

“love” - Do something unselfish.

“joy” - Make them smile or have a good attitude.

“peace” - Overlook what could have caused conflict.

“patience” - Don’t expect perfection.

“kindness” - Say something nice.

“goodness” - Honor them when they are not around.

“faithfulness” - Be there when it is not fun.

“gentleness” - Put them first.

“self-control” - Keep emotions in check.

- Of the list of fruits above, what are the top 3 most difficult for you?
- Which of these fruits have you noticed the most in your life since you trusted Christ as Lord and Savior?
- What is something specific you can do this week to work on one of these fruits of the spirit?
- What do you do on a daily basis to remind yourself that you are on mission for God?

2. Prevent decay

We take captive every thought to make it obedient to Christ.

(2 Corinthians 10:5b)

Above all, love each other deeply, because love covers over a multitude of sins.

(1 Peter 4:8)

- What do you think it means to take every thought captive?
- Can you provide some examples?
- How does love cover a multitude of sins?
- Who are having difficulty loving right now?
- How can you show love in those challenging relationships?

3. Treat the Emergency

Do not be misled: "Bad company corrupts good character." (1 Corinthians 15:33)

Make every effort to live in peace . . . see to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

(Hebrews 12:14-15)

- Have you ever been to the emergency room? What for?
- Have you experienced any spiritual emergencies in your life? (Maybe circumstances that led you to Christ)
- What are some of the signs that bitterness has taken root?
- Why is bitterness so destructive? How do you fight off bitterness?
- How does a small group help us treat the emergencies?

Wrap Up

Sum up the lesson by re-capping the main points 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 or to save time just pray your 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.

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