

life.

leadership handbook

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INTRODUCTION

LIFE is a resource designed to help you run an effective, healthy Christian life group for youth and young adults.

Life groups are all about relationship – about doing life together. They're about developing trust and accountability, and they're about having a safe place to talk and ask questions. They're about developing Kingdom of Heaven lifeskills like encouragement, serving and praying for one another. And they're about engaging with and learning from Scripture.

No-one understood the principle of life groups better than Jesus. His public ministry was spectacular, with crowds, healings, and miracles. But it was his disciples – the guys in his life group – that ultimately went on to establish the church and change the world.

Our prayer for you is that this resource will be a valuable tool that will help you raise up a new generation of world-changing disciples – youth who are passionate about Jesus and who are equipped and prepared to live Kingdom lifestyles.

** LIFE is the official youth discipleship tool for The Salvation Army Australia Eastern Territory.*

“Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.”

JESUS CHRIST

JOHN 13:34-35 NLT

5 THINGS YOU ABSOLUTELY NEED TO KNOW

#1 YOU'RE A YOUTH PASTOR!

As a life group leader, you're going to be the main pastoral support to a group of young people. Pray for them, encourage them, spend time with them, teach them, challenge them. And most of all, love them.

#2 HAVE AN APPRENTICE

You may or may not be a life group leader forever. But if from day one you've got an apprentice leader working with you, it's going to be a smooth transition if God ever calls you to move on to another ministry.

#3 IT'S NOT A BIBLE STUDY!

Our goal is for young people to experience what it means to follow Jesus in a Christ-centred community. Engaging with Scripture is an essential part of that, but there are many relational and practical aspects of being a Jesus-follower too.

#4 KEEP IT SMALL

Small groups allow everyone to be known, everyone to be heard, and everyone to contribute. If your group has 10 or more people, it's time to launch a new group. (Here's where your apprentice leader comes in handy.)

#5 BRING QUESTIONS, NOT ANSWERS

Questions start conversations. Answers end them. As much as possible, avoid giving 'the right answers' but keep asking questions to help people discover the answer for themselves.



YOUR LEADERSHIP COMMITMENT

Leading a life group is a massive privilege. Every week (or every fortnight, depending on your church), you'll have an opportunity to meet with young people in an intimate environment and invest into their lives.

But becoming a life group leader is not a commitment to be made lightly. It's more than a commitment for two hours a week, you're actually committing to becoming an emotional and a spiritual support to the members of your group.

Here's five commitments that every life group leader needs to make:

#1 I WILL BE THEIR YOUTH PASTOR

Committing to becoming a life group leader means that you will most likely be the primary pastoral influence in the life of your group members - regardless of whether your church already has a paid youth pastor or not. You need to be passionate about helping your group members succeed in life and in ministry, and you need to pray for them often.

#2 I WILL BE RELIABLE

Small groups depend on trust, and trust is a result of consistency and reliability. Cancelling too many group meetings because you're too busy or because something else came up will send a message that you don't really value the people in your group. And if you promise to pray for someone or to find an answer to something, make sure you follow through.

"A leader who can nurture a group of students will experience a depth of ministry never reached in just being up front and running the show."

DOUG FIELDS

**PURPOSE DRIVEN YOUTH
MINISTRY, 1998**



YOUR LEADERSHIP COMMITMENT

#3 I WILL BE AVAILABLE

As you build relationships with the young people in your group, chances are they'll want to share parts of their life with you (both good and bad) outside the confines of the small group time. It's important to establish some boundaries, but just be prepared for some random phonecalls and text messages.

#4 I WILL BE A HEALTHY ROLE-MODEL

Having integrity as a leader means that our actions match up with our words. None of us are perfect, but it's essential that in our own journey we're hungry for the things of God and are taking responsibility for our own spiritual growth.

#5 I WILL INVEST GENEROUSLY

Some of us will have a greater capacity to invest in the lives of young people than others, and that's totally okay. But we should all make an effort to do what we can, when we can – whether that's going to watch someone from your group play sport on a Saturday, taking a young person out for a milkshake, or just sending an occasional encouraging note or text message.



LEADING A LIFE GROUP

THE WHO, WHAT, WHERE AND WHEN...

Okay, so if you're a practical kind of person you probably read the intro to this guide and became totally frustrated at the lack of details! But worry no more, because now we're going to have a look at the more practical side of running a life group.

What: Life groups are primarily about small groups meeting together. A group can have anywhere from two to roughly nine people involved. Groups of 10 or more make it difficult for everyone to share and participate, so groups of that size should be split (more on that in a later chapter).

Who: We strongly recommend having separate guys and girls groups (especially at high-school age) so that young people are comfortable talking about guy/girl specific stuff. You'll also find that your young people get less distracted in same-sex environments...

You can also separate groups based on age or where people live.

"Life groups give me a place where I belong and can share stuff I normally wouldn't. They challenge me to a higher standard."

JOE GOLDEN, 17

AUBURN, NSW



LEADING A LIFE GROUP

When: Meetings need to be held either weekly or fortnightly, depending on the availability of your leaders and your youth. A typical meeting runs for 90 minutes. Longer is great if everyone is available, but you may find it hard to engage in deeper discussion if you meet together for less than 90 minutes.

Note: If your group meets at school during lunchtime you'll be limited to 40-60 minutes. You may want to split a single LIFE guide over two meetings. Be creative!

Where: Around the world, there are many varied models for where to host youth life groups.

- Some churches run midweek groups based in homes.
- Some run small groups on the church premises immediately before or after a youth service or other activity.
- Some churches establish school-based groups – before school, after school or at lunchtime.

Your church facilities and the ability of your youth to travel will probably be the primary factors to consider when making this decision.

If you're starting up a small group network for the first time and would like advice or support, please feel free to get in contact with us using the contact details at the end of this manual.



LEADING A LIFE GROUP

KEY ELEMENTS OF A LIFE GROUP

The most important aspect of life groups is ‘the relationship thing!’ Even though we do look into the Bible every week, a life group is not simply another name for a Bible study.

In John 13, Jesus challenges his disciples that their love for one another will be proof to the world of their faith. Notice how he didn’t tell them their knowledge of Scripture or theological framework would be proof (even though we know those things are still important). Life groups are all about cultivating that healthy love for one another – a love that is rooted in Scripture and modelled by Jesus.

Here’s five things that should happen when your group gets together...

#1 CONNECT

Catching up by sharing any recent news/challenges/highlights. It can also look like accountability questions or allowing a group member to share their testimony.

#2 INVOLVE

Developing practical skills like encouraging, serving, and praying for one another.

#3 DISCUSS

Reading Scripture and talking about its relevance to our lives.

#4 APPLY

A challenge to live differently during the upcoming week.

#5 ENJOY

Spending time enjoying each others company. Common interests are good... e.g. video games, TV, or sport. Sharing a meal is always a winner.

You may or may not have time to do all five things in-depth every week and that’s okay – it’s often better to allow a few things to go deep rather than to feel like you’re rushing. But all five were distinctive aspects of Jesus’ journey with his disciples, so it’s important that you maintain a good balance of all five across a school term.

“Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you.”

PAUL

**2 CORINTHIANS 13:11
NLT**

LEADING A LIFE GROUP

USING THE WEEKLY LIFE GUIDES

Within each guide, you'll find outlines for running the Connect, Involve, Discuss and Apply activities. We figure you're already an expert on how to have a good time, and so we've left the Enjoy part of a meeting totally up to you!

You'll also find a 'Leader's Notes' section, which will give you any background information we think you really need to know, and will also include other things like suggestions for additional resources that you might find helpful.

IT'S A COMMUNITY, NOT A FRANCHISE

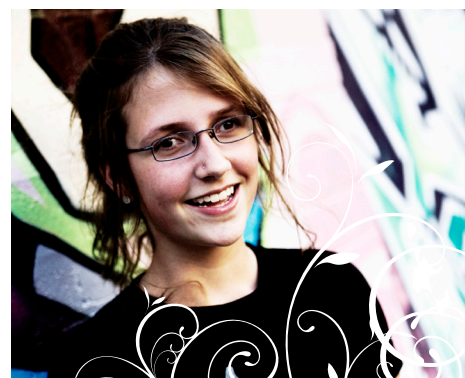
Our weekly group guides are just that – guides.

It's not uncommon for life groups to establish their own traditions and personality, and that's totally okay! A life group should have its own personality and its own flavour because it's owned and inspired by the members of the group.

Maybe your youth connected really powerfully with a specific activity from one of the guides and you want to re-use it for a few weeks to allow it to go deeper. Or maybe your youth have great ideas of their own that they want to see in their life group!

There's just two guidelines that we recommend you follow:

- Firstly, we recommend making sure you maintain balance across the five key focus areas of Connect-Involve-Discuss-Apply-Enjoy.
- Secondly, if you're part of a wider life group network in your church, make sure you stay true to the vision and direction given by your life group supervisor. Talk to them before you do anything too radical!



LEADING A LIFE GROUP

TARGETING AND ADAPTING TO YOUR GROUP

We want LIFE to be a valuable resource for young people at various stages of their spiritual journey. Those who are new to faith have different needs to those who have been established in their faith walk for years, and we want LIFE to help as many youth as possible grow in their relationship with Christ.

To accomplish this, our LIFE guides will include breakout sections where you'll be given two different sets of content. The first section will be activities or discussion questions relevant to those who are new to their faith, and the second will be for those who are established or maturing in their faith.

PEOPLE NEW TO FAITH – PERSONAL NEEDS

- Need to make Christian friends.
- Need help interpreting and understanding Scripture.
- Need to experience authentic Christian community - including prayer, encouragement, and accountability.
- Need to establish basic personal spiritual practices - prayer, Bible reading, etc.

PEOPLE NEW TO FAITH MIGHT SAY...

"I believe in Jesus, and I'm working on what it means to get to know him."

PEOPLE ESTABLISHED IN FAITH – PERSONAL NEEDS

- Need greater accountability in their Christian friendships.
- Need opportunities to serve and minister.
- Need to be challenged to surrender *everything* to Christ.
- Need to take personal responsibility for spiritual practices.

PEOPLE ESTABLISHED IN FAITH MIGHT SAY...

"I feel really close to Christ, and I'm working on surrendering everything to him."

As a group leader, it's your role to determine which set of questions/activities is most relevant to your group. If your group has people at different stages of spiritual growth, then perhaps try to draw from both sections so everyone is challenged relative to where they're at.

* We would like to acknowledge that much of the content on this page has been inspired by the book *Reveal*, by Greg L. Hawkins and Cally Parkinson, 2007.

"Our life group is the one time where I know we can escape from a hectic week and share what is happening in our journey."

TONIELE BRENNAN, 19

LAKE COMMUNITY CHURCH, QLD



LEADING A LIFE GROUP

HOW TO PREPARE EFFECTIVELY

Our LIFE resources have been designed to be low on preparation - we understand that life can be crazy, and the last thing we want to do is burden you with hours of preparation before every session.

Our aim is that you will be able to pull our guides off the shelf (or off the internet, as the case may be) and facilitate a great life group session in no time at all.

That doesn't mean there's no preparation to be done though!

Our hope is that by freeing you up from program preparation, you'll be able to make a bigger investment into relational and spiritual preparation. Spend an hour texting the youth in your group and praying for them, write them a card, or plan something that is going to value and celebrate them.

At the end of the day, we want to see leaders investing into people rather than programs.

Note: From time to time our LIFE guides might suggest activities that require more preparation than normal. Our intention is to give you the platform to run a great life group session, but we will ensure that those more demanding options are added extras and never the core of a session.



DEVELOPING LEADERS WITHIN YOUR GROUP

As a group leader, you'll be spending more time face-to-face with the emerging generation of leaders than pretty much anyone else in your church. The possibilities are endless, but the responsibility is significant!

Here are a couple of ideas to make sure that leadership development stays on your agenda.

#1 HAVE AN APPRENTICE LEADER

Okay, this one isn't so much an idea – it's an essential! Every group must have an apprentice or assistant leader. Why? Because when your church or youth ministry grows, you'll need more life groups. And if you've been intentional about sowing into apprentice life group leaders, you've already got the leaders for those new groups ready and raring to go.

Plus, research shows that we learn best when we're teaching others. So teaching someone else how to be an effective life group leader is going to help you grow in your own leadership as well.

Try to recruit an apprentice leader from the people who already attend your life group. Ideally, you'll want to identify someone who...

- Connects well with people and is happy being the initiator in conversations.
- Is confident enough to willingly participate in group discussions on serious issues/topics.
- Is mature enough to warrant the trust and respect of fellow group members.
- Finally, is showing desire and effort to grow in their personal walk with God.

Pray about the decision, ask for advice from your youth pastor or church leader, and then ask your candidate if they're prepared to commit to being an apprentice group leader.

And what is an apprentice leader committing to? Well, the answer to that can be found in the 'Your Leadership Commitment' section at the start of this handbook. Your job as group leader is to guide your apprentice as they seek to live out each of the commitments listed there.

"I love life group because I find it really helpful to be learning about God with people close to me. And it's fun."

LACHLAN JANES, 13

RYDE, NSW



DEVELOPING LEADERS WITHIN YOUR GROUP

#2 HAVE YOUTH HANDLE THE FOLLOW-UP

A normal part of life group culture is for the leader to follow up any youth who don't come one week, for whatever reason. But it's actually a great task for the youth in your group to take on. At the end of every group time, ask for volunteers to phone your missing group members.

#3 LET YOUR YOUTH RUN THE SMALL GROUP

Let your group members host/lead different parts of the group time, or a whole night in its entirety. If your group is mature enough, you could potentially ask a different person to lead the group time every week.

#4 BRAG ABOUT YOUR GROUP MEMBERS

Go all-out bragging about the giftings and strengths of your group members - to the youth pastor, to your church leader/corps officer, or the leaders of suitable ministries within your church. Advocate for them to have opportunities to develop outside of the group.



STAYING SAFE

CARING FOR KIDS CHECKLIST

Below is a checklist for running a safe and appropriate life group.

- All leaders must have completed The Salvation Army's *Caring for Kids* training course.
- All leaders over 18 must complete the relevant state government working with children check.
- Parents and guardians must always be kept informed about what your life group is for, how they are run, where they meet and when they meet.
- The leader must have a clear understanding of where they sit in regards to church authority. Are they supervised by the youth leader, the corps officer or someone else?
- Leaders must be aware of their responsibilities for reporting sensitive information (e.g. abuse, bullying), which is uncovered during or as a result of a meeting.
- If someone shares information of a sensitive nature, don't promise confidentiality.
- It is important that overly sensitive information is not encouraged within the context of a group, as it can leave other young people very confused. Read on for tips on dealing with these types of situations.
- Seriously consider the appropriateness of your meeting venue. While privacy for your group is important, don't hide yourselves away behind closed doors. Bedrooms are never a suitable meeting place, whether the door is open or not.
- Avoid situations where you're alone one on one with a young person. Make sure someone else is always in the room, or that someone else has clear line of sight to where you're located.
- If you plan a 'special event', i.e. an outing or a recreational activity, remember you'll need to complete an activity approval form and obtain parental permission (see the Caring for Kids handbook for more information).

If you have questions or concerns regarding any unsafe situations or sensitive issues within your group, contact your youth leader, corps officer or DYS immediately.

"I love the fact that I have a group of friends who want to know how i'm going and who encourage me to go a bit further with God."

JESSICA CATHCART, 19
ROCKHAMPTON, QLD



STAYING SAFE

COMMUNICATING WITH YOUNG PEOPLE

In today's technological age, group leaders need to be exceedingly careful and wise in the way they communicate with young people.

Try and make sure all of your communication is visible (occurs in public) and has a high level of accountability (can be referred back to).

The following information outlines the amount of risk involved with numerous popular forms of communication.

Sending an SMS to a young person

High risk

No visibility (happens in private)

Minimal accountability (records/history regularly deleted)

Sending an SMS to a young person AND a parent

Low-medium risk

High visibility (parent kept in loop)

Minimal accountability (records/history regularly deleted)

Using instant chat

Maximum risk

No visibility (happens in private)

No accountability (no records/history kept)

Sending an email

Medium risk

No visibility (happens in private)

Medium-high accountability (records/history kept if youth leader saves 'sent' messages)

Leaving a message on a Facebook wall

Low risk

High visibility (shown in public)

High accountability (records/history kept)

Taking these guidelines into account will ensure that you are always able to protect yourself and the young people you are working with.



STAYING SAFE

HANDLING SENSITIVE TOPICS

From time to time, a member of your group might share something very deep or very traumatic. This could be as serious as disclosing physical or sexual abuse, self-harm, or having suicidal thoughts.

The likelihood of these issues being shared in a group context is rare – a young person is much more likely to disclose sensitive information to you personally in a one on one situation.

If a young person does share this kind of information in a group, acknowledge what they've said but don't allow any more discussion within the group context. Say something like "I'm really sorry that happened/is happening to you, and I know it took a lot of courage to share that with the group. I would be happy to talk more about that after group time is finished if you'd like".

If a young person shares in a one on one context, remember:

- You're not a counsellor, so don't provide advice. Just listen and ask sensitive questions – but don't pry for information. Let the young person talk at their own pace.
- Communicate to the person that you take what they've said seriously and that you're willing to assist them in getting help.
- Through gentle questions, clarify whether the youth is talking about a current reality or an event that happened in the past. (Establish whether there's any current danger when they go home.)
- Sometimes you will be legally obliged to pass on information, so don't promise confidentiality. Make sure the person understands you need to tell someone, but promise that you will only tell the people that you need to.
- As soon as possible after the disclosure, advise your 'supervisor' (youth leader and/or corps officer), who will be able to provide additional advice on the correct process for moving forward.

"Jesus was motivated by a true and genuine love for each individual; therefore, his ability to reach people and leave lasting change was extraordinary."

JUDAH SMITH

SOUL SEEKERS, 2004



SEEING GROWTH

STARTING NEW GROUPS

Starting a new group is an exciting process! Here's a checklist to get you started...

- Assess the interest among young people in your church, and find out times and days that are most convenient.
- Appoint a leader (and an apprentice leader if possible). Make sure your leader undertakes the relevant *Caring for Kids* training and completes the state government working with children check.
- Find a suitable venue, taking into consideration the age and location of those who have expressed interest.
- Set a starting date.
- Communicate to parents all the relevant information:
 - » Purpose
 - » Day/time (including proposed starting date)
 - » Venue
 - » Leader's name and contact details
 - » Transport requirements (if applicable)
 - » An invitation to contact you if they have any questions or concerns

Weekly LIFE guides are available as a free download from <https://my.salvos.org.au/toolkit/contributors/youth-and-childrens-ministry/search/life/> but brand new groups should always start with the 'Introduction to LIFE' pack. This pack is a 5-week series that will help your group understand what a life group is and will help you as a leader establish healthy habits for your group.



SEEING GROWTH

WELCOMING NEW PEOPLE

Having new members in your group is great, but it can also impact group dynamics and can sometimes get in the road of trust and confidentiality. It's important that new people are welcomed and included into your group in a helpful way.

After a new person has been attending for a few weeks, organise to meet up with them away from the group time (and if they originally were invited by a friend, then include that friend too). This obviously gives you a great opportunity to get to know them better, but it also allows you to talk about group culture and any covenant agreements your group might have in place.

It's a difficult but important challenge to find the right balance between having an environment that is open to new people but also allows the group to be comfortable and open with each other.

"It's so awesome knowing I have a great circle of friends in my small group, running this race called life right beside me, cheering me on through every step and every season of my life."

CRAIG PENNELL, 22
CENTENARY, QLD

SEEING GROWTH

MULTIPLYING EXISTING GROUPS

One of the greatest aspects of life group ministry is watching groups grow and then multiply. When your group is consistently attracting 10 or more people every week, it's time to start engaging in the multiplication process – it's a sensitive but vital part of growing your church.

When multiplying groups, language is really important. Don't talk about 'splitting' your group – it makes it sound like having too many people is a 'problem' that needs to be resolved. Instead, you might want to try using the term 'launch', as your numbers provide an opportunity to cast a fresh vision and to move into new territory.

Here's a few practical tips for transitioning a group towards a launch.

- Talk with your apprentice leader (if they will lead one of the new groups) and set a date for the launch.
- Share with the group about your proposed launch. Announce who will lead both groups and encourage your group to pray about it.
- Try to meet with each group member and share where you think they would best fit. Be open to changing your mind, but only for good reasons.
- Encourage the new group leader to start connecting with the members of their new group.
- Make sure your final time together as a single group is significant. Go out for a meal together, or use your last time together to have the two new groups encourage and pray for each other.
- Remember to always include parents in your communication.

Also, don't forget to refer back to the 'Starting New Groups' section for other relevant information.



APPENDIX 1: DISCUSSION TIPS

The following discussion tips are taken from Simply Youth Ministry's *Small Groups From Start to Finish*. You can find heaps of other great youth ministry resources (free and otherwise) at www.simplyyouthministry.com.

DON'T BE AFRAID OF SILENCE.

Let the students sit for a moment and think.

DO VALUE STUDENT INPUT.

Do whatever it takes to affirm the comments of group members, but do not be artificial with your praise. Be delicate with answers that are clearly wrong (you probably don't want to put a big red "idiot" stamp on their forehead). Do not feel like you have to finish, complete, or correct a student's answer.

DON'T FEEL YOU HAVE TO KNOW ALL THE ANSWERS.

We are human, and it's good for your students to see that you are limited. You know you're not superhuman, but most of them think you are.

DON'T READ QUESTIONS OFF THE LEADER'S GUIDE.

Understand the questions and be prepared to ask them in your own terms. Feel free to generate your own questions during your preparation AND even on the spot.

DON'T TALK MORE THAN THE STUDENTS.

Ask questions to generate discussion, ask students to explain their answers and go into more depth. Allow multiple students to respond, even if the first person gets the "right" answer.

"Now you cannot know a man by talking to him; you must have him talk to you."

REV. WILLIAM BOOTH

**THE CHRISTIAN MISSION
MAGAZINE, 1876**



APPENDIX 1: DISCUSSION TIPS

DO ASK STUDENTS IF THEY HAVE QUESTIONS.

Encourage them to deal with the material on their own terms. Create a climate where people feel the freedom to ask any question.

DO ECHO SOME RESPONSES TO YOUR QUESTIONS.

If a student's answer or comment is long-winded or unclear, repeat it back (summarise it) for clarity. This proves you are listening and it keeps the attention of the rest of the group.

DON'T MOVE TO A NEW QUESTION TOO QUICKLY.

After a student answers a question, ask, "Would anyone like to add to that?" or "Does everyone agree/disagree with that?"

DO KEEP THE GROUP FOCUSED AND ON PURPOSE.

Don't go down a rabbit trail and leave the topics and/or Scripture passages unless something "big time" comes up (e.g. a family crisis). Be sensitive to the Spirit (but that's not an excuse to be lazy and let the group wander). Wandering is easy; being a leader isn't!

DO REQUIRE AND MAINTAIN CONFIDENTIALITY.

This allows students to open up because they feel their environment is safe. However, don't keep potentially dangerous information to yourself (e.g. abuse, suicide, destructive intentions).

DON'T BE DISCOURAGED.

When (not IF) you have a bad night. There is not a small group leader alive in the world that hasn't had bad nights.

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APPENDIX 2: GROUP MEETING RUNSHEETS

The following examples aren't the 'right' way to structure a group meeting - they're not even based on the LIFE resource.

But they are examples of actual meeting structures that have worked for real life groups. If you've never led a life group before, they should give you an idea of timings and flow to help you get the most out of your group time.

SAMPLE STRUCTURE 1 – HOME-BASED GROUP

- 7.00pm Youth arrive, chips and drinks available
- 7.15pm Around-the-circle sharing/accountability questions
- 7.30pm 'The Hotseat' – A chance for one person to share in-depth on their recent journey with God. The person on the 'hotseat' is then encouraged by everyone present and someone prays for them
- 7.50pm Read Scripture aloud, followed by group discussion
- 8.25pm Hangout – Usually play Nintendo Wii
- 8.45pm Home time

SAMPLE STRUCTURE 2 – HOME-BASED GROUP

- 6.30pm Youth arrive, hang out, eat dinner together
- 7.00pm 'Catch-up' – Where are you at today?
- 7.15pm Prayer - that God would lead the night, etc
- 7.30pm Read Scripture aloud, followed by group discussion
- 7.50pm What are we going to do about it? Everyone to commit to one thing they will do this week in response to what they have read/heard/understood
- 8.10pm Hangout – more talking, dance-mat, etc... mostly talking!
- 8.30pm Home time

SAMPLE STRUCTURE 3 – CHURCH-BASED GROUPS

- 7.30pm All life groups together in main hall for worship
- 7.45pm Teaching presented by student preacher
- 8.00pm Each life group goes off into own room
- 8.05pm Get to know you – learn about each other in pairs then share back to the group on what we have learned
- 8.15pm Read Scripture aloud, followed by group discussion/reflection
- 8.30pm Prayer – share prayer requests. Everyone to pray for someone
- 8.40pm Hang out – supper available – all groups together
- 9.00pm Home

"This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends."

JESUS CHRIST

JOHN 15:12-13 NLT

WANT MORE INFORMATION?

ABOUT THIS RESOURCE

LIFE has been produced by The Salvation Army.

Weekly guides can be downloaded from <https://my.salvos.org.au/toolkit/contributors/youth-and-childrens-ministry/search/life/>

If you have difficulty downloading the resource or are unable to access the internet, contact the Mission Team by emailing missionsupport@salvationarmy.org.au for hard copies.

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