



# LIFE GROUP GUIDELINE

16 September 2025

## Preparation

Take some time to spend with the Lord and to pray Psalm 51:10-12. Journal what He reveals to you.

Think about your Life Group. Ask the Lord if there is anything He wants to Spring-clean in how you lead your group.

## Fellowship

Open in prayer.

Icebreaker: Ask each person to share one area in their house that they would love to Spring-clean.

## Worship

Prayerfully prepare a worship playlist or make use of the Spotify playlist link containing Sunday's songs: <https://open.spotify.com/playlist/OTpghYjkWN0vIOAwjue0mV?si=766be803e26e4aea>

## Discipleship

1. What stood out for you from Sunday's sermon.
2. Reflect on Psalm 51:10 and Proverbs 4:23. Talk about the importance of Spring-cleaning our hearts.
3. Ask some LG members to share a testimony of how they have got rid of baggage by means of forgiveness. Discuss.
4. Value simplicity. Talk about how the world wants to keep us busy and fill our hearts and minds with complexity. Discuss the value of a Sabbath rest. One day a week where we rest from our work.

## Ministry

Put some soaking music on and encourage LG members to reflect on the message with the Lord, to pray, and to journal what the Lord says to them.

## Evangelism

Write down Matthew 11:29-30 from the Message Bible onto a few pieces of paper. Give one to any family member that is feeling overwhelmed, or to someone at work who is stressed. Pray for them.



**LIFE GROUPS | Better Together**

LIFE CHANGE HAPPENS BEST IN CIRCLES, NOT IN ROWS.