



Helpful Guidelines for Conducting a LifeGroup Meeting

First, clearly communicate what time everyone should arrive.

Second, provide a meal or organize for different members of the group to provide a meal.

Third, after about 30 minutes of fellowship, begin the study with prayer.

Fourth, conduct the study.

The tricky thing about leading a group meeting well is that people need different things in order to grow spiritually because people are in different places. The needs could range between a variety of things: Christian fellowship, biblical understanding, a safe place to process new ideas, help applying Scripture to life, etc. The list goes on and on.

At times, this process can seem overwhelming. It is important to remember to pause before beginning the group discussion to ask the Holy Spirit for help and trust that He will empower you.

One of the things you want to try to achieve during the group meeting is **balance**.

The way to ensure balance in the group meeting is **to be strategic about your group time**. Be intentional about spending an equal amount of time in the Head, Heart, and Hands of the discussion.

First, the head represents a person's understanding. Group leaders want to make sure that people understand the content of the discussion before the group moves onto other aspects of the conversation.

Some questions you may ask during this time would be:

- What does this passage/chapter/section say?
- How does that fit with other teachings of the Bible?
- In your own words, what is the overall message of this passage/chapter/section?

Second, the heart represents a person's feelings or experience. This is a vital part of the conversation because the people in the group may understand the biblical content but not believe it, trust it, or even like it. God wants to change the desires of our hearts.

Some questions you may ask during this time would be:

- Why do you think this is difficult to believe?
- What are some of the benefits of applying this verse to your life?
- What are some obstacles to applying this verse to your life?

Third, the hands represent application to one's own life. This is the part of the conversation where the group makes specific application to their individual lives. Many people do not know how to do this but the group can provide a model for them to learn.

Some questions you may ask during this time would be:

- What action steps do you need to take in response to this principle?
- How does this principle influence your relationship with God, with family, and with other people?



It is important to remember that leading the group discussion well is always a work in progress.

Here just a few more tips:

- Save time for group prayer
- Hold your schedule loosely. It is important to have structure but sometimes the Holy Spirit needs the group to spend more time in one area.
- Ask a lot of questions.
- Listen to people's answers and engage their answers.
- Be sure to end the group on time.

Finally, remember to trust God in this process. 1 Corinthians 3:6 says, "I (Paul) planted the seed, Apollos watered it, but God has been making it grow."

Fifth, share prayer requests and pray.

Sixth, send out a recap email of the meeting (be brief) and instructions for next week.