



Lifegroup Leader Training

Fall 2025

GOALS FOR THIS TRAINING

1. Remember & Worship Jesus
2. Refresh Vision for Lifegroup
3. Review Structure & Practicals for Lifegroup

1. REMEMBER & WORSHIP JESUS

"Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!". – Psalm 107:1

- 1 Praise the Lord, my soul;
all my inmost being, praise his holy name.
- 2 Praise the Lord, my soul,
and forget not all his benefits—
- 3 who forgives all your sins
and heals all your diseases,
- 4 who redeems your life from the pit
and crowns you with love and compassion,
- 5 who satisfies your desires with good things
so that your youth is renewed like the eagle's.

Psalm 103:1-5

Give Thanks: Where have you experienced God's faithfulness recently, answers to prayer, and/or comfort in challenges? List them below.

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23 For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, 24 and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." 25 In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. – 1 Corinthians 11:23-26

- What are we remembering when we take Communion?

2. REFRESH VISION FOR LIFEGROUPS

Biblical Foundation for Lifegroups

Acts 1:4-8 - “On one occasion, while he [Jesus] was eating with them, he gave them this command: *“Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit.”* Then they gathered around him and asked him, “Lord, are you at this time going to restore the kingdom to Israel?” He said to them: *“It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”*”

- We must _____ on the Holy Spirit.
- We must be _____ by the Holy Spirit.
- We must _____ from the Holy Spirit.

Acts 2:1-4 - “When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting...”

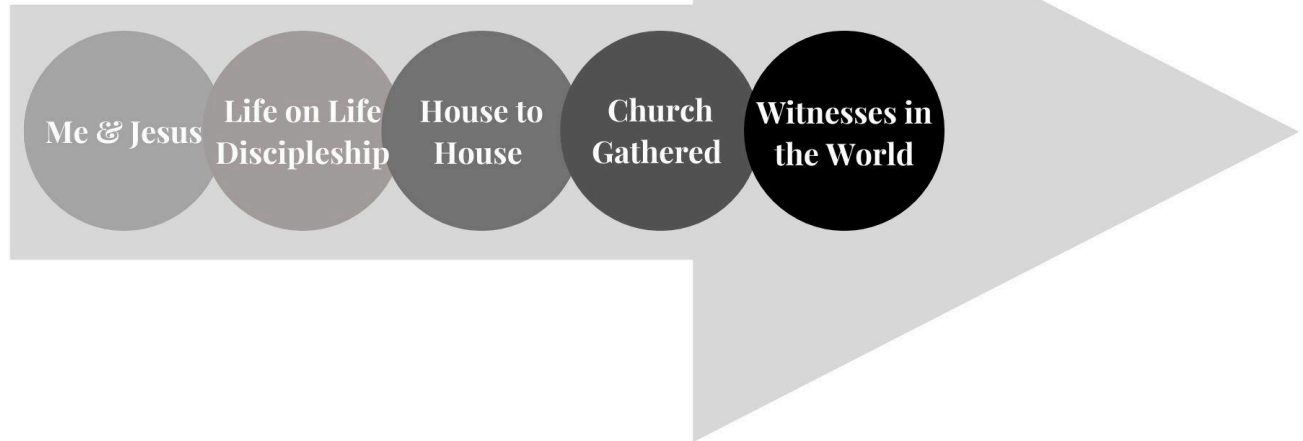
The Church emerged when they were together, in a home, and waiting on a move of the Holy Spirit of God!

Acts 2:42-47 - “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.”

- The Holy Spirit comes, the Gospel is preached, and the church is birthed!
- Acts 2:42-47 is the first description of the first church community.
- What things do we see in this community?

The Place and Importance of Lifegroup

THE FIVE CIRCLES OF A HEALTHY CHURCH



The “Five Circles Of A Healthy Church” clarifies where a person’s relationship with Jesus is expressed across the church.

- ★ Lifegroups are not simply a feature or ministry of our church. They are core to everything we do as it’s the primary model we see in scripture.
- ★ Our other ministry opportunities and events will rarely conflict or draw away from our Lifegroups. Instead, they will seek to integrate with and support Lifegroups as much as possible. This will never change!

Lifegroup Vision

Because Jesus loves us...

In LG we start with thankfulness and acknowledging God, the great initiator, who has revealed his love for us in Jesus. We love because he first loved us (1 Jn 4:9-19).

Questions for Leaders: Are we quick to thank God for what he's done? Is practicing thankfulness to God easy for us or difficult?

We walk with Jesus...

In LG we do this through the Word, Worship, Prayer, and being Holy Spirit led.

Questions for Leaders: Are we encountering God in the scriptures, worship, and prayer? Are these lacking or absent? Are we growing in love for Jesus keeping him at the center?

Become like Jesus...

In LG we do this by loving one another, engaging in the practices of Jesus together, and showing up consistently for our D-Group using our CORE method.

Questions for Leaders: Are we becoming more like Jesus or the world? Are we seeing the fruit and gifts of the Spirit? Do we walk out the Practices of Jesus in our lives?
(Sabbath | Generosity | Hospitality | Silence & Solitude | Prayer | Service | Witness)

Help others follow Him...

In LG we do this through regular prayer for others, sharing the gospel via our testimonies, and practicing intentional hospitality by making room for people.

Questions for Leaders: Is our group more inward or outward focused? Are we regularly practicing hospitality by inviting others in?

Together.

In LG we do this through consistently **showing up for weekly gatherings, breaking bread** in and out of LG, **sharing life events**, and **meeting one another's needs**.

Questions for Leaders: Is our group committed to showing up? What obstacles get in the way? Does our group feel they have ownership of / something to contribute to LG?

What's the Result of This?

1. The Fruit of the Spirit is Produced

- We are meant to bear much fruit! - Jn 15:4-9
- The Fruit of the Spirit - Galatians 5:22-25 - A community characterized by...

Love | Joy | Peace | Patience | Kindness

Goodness | Faithfulness | Gentleness | Self-control

2. A Sense of Belonging is Cultivated

- Being a part of a community that experiences the fruit of the Spirit is the way we were meant to live in the garden. It's a foretaste of heaven.
- Living in the Kingdom of God, the Family of God, leads to maturity, growth, and depth of relationship when we are committed to showing up.
- Conflict happens...and WHEN it does (not IF) it provides an opportunity to walk out gospel principles of how we are called to love one another within a committed community. Many people are used to relationships being destroyed by conflict, but in a healthy Christian community, we are called to walk out and experience something wholly different. This is often the way God matures us most deeply and profoundly.
- Belonging is then felt even more profoundly and deeply after resolving conflict or loving one another through/despite disagreement. We get to live out the gospel...being truly known as we give and receive love despite our failures, sins, and shortcomings.

3. Multiplication, Planting, and Sending Happens.

- We are the Salt of the earth, his witnesses in the world. As we witness to others, they will be drawn into the kingdom of God.
- "The Lord added to their number daily those who were being saved."
- This can be a painful part of community as change is sometimes uncomfortable. However, without multiplication or growth, a healthy group will, over time, begin to stagnate. We are called to be a consistent community AND to be an invitational community. We have a mission to share the Gospel of Jesus Christ and bring others in. (Matthew 28:18-20)
- The next generation of followers of Jesus will see us loving others, sharing the gospel, and living a life on mission. There is no substitute for kids seeing the gospel lived out!

3. REVIEW STRUCTURE & PRACTICALS

Discipleship Groups

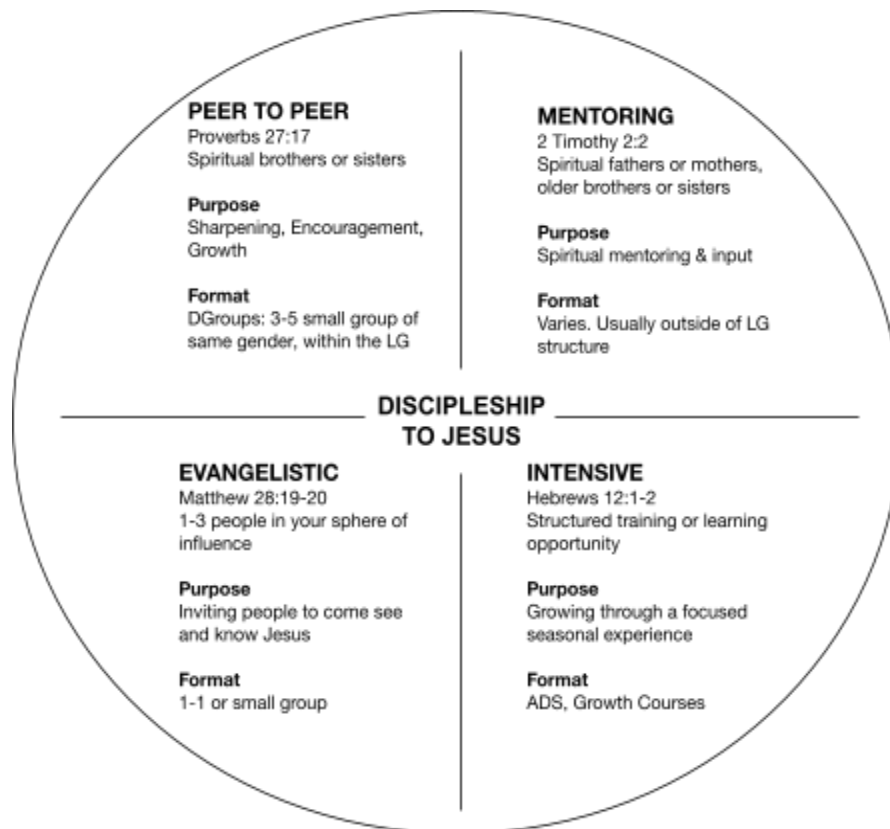
3-5 people of the same gender practicing simple yet powerful spiritual disciplines of C.O.R.E.

- Confession
- Others (prayer focused on others, especially the lost)
- Reading Scripture
- Encouragement

*Read the full C.O.R.E. guide on makedisciples.co

Why C.O.R.E. and how do I structure the time?

- These practices and disciplines are some of the most neglected in the lives of Christians.
- Through the power of the Holy Spirit, they will produce and multiply good fruit in our lives if we submit to them regularly, authentically, and within community.
- They are kingdom values...counter-cultural in just about every way. Propelling us upstream, against the relentless drag of cultural currents, toward becoming like Jesus.



Lifegroup Prayer, Planning, & Delegation

Prayer

To love and lead out God's strength, we must consistently pray for our Lifegroup with our co-leaders.

- What does this look like in your personal life?
- What does this look like in your leadership team?

Planning & Delegation

Planning and delegation help us partner with Jesus and make him the center. When all members of the body are engaged in using their gifts, the body of Christ builds itself up in love.

Planning ahead and delegating roles in Lifegroup can be difficult at first. When we are short on time or feel like asking others is a burden on them, we will default to doing things ourselves. Over time though, this will not be healthy for you as the leader or for the Lifegroup.

When we pray, plan, and delegate responsibilities in the Lifegroup we're giving people opportunity to grow in their own giftings!

[Lifegroup Plan Template](#)

Date	Host	Fellowship & Food	Vision	Worship	Word & Prayer	Kids Leaders
Wed, 8.16						
Wed, 8.23						
Wed, 8.30						
Wed, 9.6						
Wed, 9.13						
Wed, 9.20						
Wed, 9.27						
Wed, 10.4						
Wed, 10.11						
Wed, 10.18						
Wed, 10.25						
Wed, 11.1						

Best practices:

- Cast vision for the roles of LG (makedisciples.co for document)
- Assign people to the responsibilities on a rotation (don't do sign-ups)
- Coach them as they lead. Give encouragement and feedback to help them grow.

Discussion:

- What was good from last year? What has been challenging? What questions or puzzles do you have?

Lifegroup Rhythms

In Acts 2:42-47, we can see communal rhythms in the early church meeting regularly. We can also see what they did in their meetings – devoted to God’s word, fellowship, prayer, eating together, etc. Below we have provided options for what LG Rhythms and Structure look like for this Fall.

Lifegroup Rhythms

Option A

Week 1 Lifegroup	Week 2 LG & DGroups	Week 3 Lifegroup	Week 4 LG & DGroups
All together LG meeting	All together LG meeting AND Men's & Women's DGroups meet outside of LG.	All together LG meeting	All together LG meeting AND Men's & Women's DGroups meet outside of LG.

Option B

Week 1 Lifegroup	Week 2 DGroups	Week 3 Lifegroup	Week 4 DGroups
All together LG meeting	Men's & Women's DGroups both meet. No all together time.	All together LG meeting	Men's & Women's DGroups both meet. No all together time.

Ideas/Options for any 5th Week in a month

LG Potluck Dinner	Serve/Outreach Night	Game Night	Worship Night
Lots of fellowship time sharing a large meal together.	Organize a place to go serve. Prayer walk and share Jesus with people	Everyone plays fun group games together (which include the kids if applicable).	Get together for a shorter time to have a LG Family worship night.

NOTE: We provide weekly Discussion Guides, Sermon Slides, and Kids Lessons on makedisciples.co

Option A Example

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sunday Worship			Lifegroup All Together			Sabbath
Sunday Worship		Men's Group (Morning) & Women's Group (Evening)	Lifegroup All Together			Sabbath
Sunday Worship			Lifegroup All Together			Sabbath
Sunday Worship		Men's Group (Morning) & Women's Group (Evening)	Lifegroup All Together			Sabbath
Sunday Worship			Week 5 Option			Sabbath

Option B Example

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sunday Worship			Lifegroup All Together			Sabbath
Sunday Worship			Women's DGroup (Evening)		Men's DGroup (Morning)	Sabbath
Sunday Worship			Lifegroup All Together			Sabbath
Sunday Worship			Women's DGroup (Evening)		Men's DGroup (Morning)	Sabbath

The Structure of Lifegroup

See Lifegroup Roles Breakdown on makedisciples.co for more guidelines

Fellowship — 10 to 30 mins

Welcome one another as God in Christ has welcomed you! (Rom 15:7) This is intentional time to greet every person and visit with one another. Seek to include others in your conversations. A snack and water are standard practice.

Vision / Honor — 5 to 10 mins

Casting vision = setting expectations! Never skip it and always answer these questions: Why are we here? Why is it important? What are we doing? Vision should be understood by kids too, but don't make it so simple it lacks impact.

- Honor - Take a moment to honor someone here! Recognize a b-day, encourage someone, etc. What we celebrate we recreate. This builds a culture of encouragement. Be aware of time though, this can go long!

Worship — 10 to 30 mins

Lead the LG into the presence of God. Always make it about Jesus whether singing to live worship or a playlist of Sunday songs, reading Psalms together, or praying out loud what we're thankful for. Always reduce distractions (volume, unknown lyrics, etc.) and give clear instructions so people know how to participate.

- Kids in Worship - include them but don't allow them to be wild. Worship through dancing and singing is welcome, but climbing on the coffee table, wrestling on the ground, or screaming is not. Be kind as you correct, but also very firm and consistent on this, ask parents to help!

Word & Discussion / Kids Lesson — 30 to 45 mins

Engage with the Word of God together. The Holy Spirit uses the word to guide, correct, rebuke, form, and shape us into people who love, speak and act like Jesus. Kids 8 and up may participate, be sure content/topic is appropriate.

- Kids Lesson (7 and under) - This is when the kids and Kids Leaders go to another area to lead their lesson! This is discipleship of the next generation and an integral part of our family Lifegroups! This can also be more challenging than other roles in LG! Pray beforehand for your heart to be in the right place.

Prayer & Ministry / Kids Playtime - 15 to 30 mins

Go to God directly and minister to one another. The Holy Spirit brings conviction and change on a heart level and he uses us to minister to and encourage one another. Kids 8 and up participate unless needs dictate otherwise.

- Kids Playtime - This isn't the "non-spiritual" part of LG for kids. Play is how kids build lasting friendships, learn to share, relate to others, respect boundaries, include others, and have fun! Shepherd this time well: play with them, resolve conflict, and enforce house rules. Unwanted behavior that's unchecked can greatly impact a kid and/or adult's desire to come to LG, so stay engaged and tuned in.