



## Life Group Reflection Practice | January 12

It's time for a life group check up! While not everyone takes the opportunity, medical professionals strongly encourage their patients to have a "well check" once a year. Some insurance companies even give a discount on premiums for those who practice this habit. It's a time when doctors can examine our bodies and ask questions about our lifestyle that give them a picture of our overall health. They are able to notice areas where the body has become healthier and stronger and encourage patients. They are also able to compare measurements and lab results to data from previous visits for indications of hidden health issues or disease. Very often, health problems caught during a well check can be treated so that they don't get out of hand.

Likewise, it's prudent that we take a similar approach with our life groups. While we don't run diagnostic tests, we do need to take time to review our covenant and assess how we are living out the different aspects of it. Taking time to honestly reflect on our own participation in the group and the group as a whole helps us identify areas to celebrate growth and ways we can live out the covenant better.

You joined a life group with certain hopes and expectations. How do you feel like it's going? Take some time to prayerfully examine how you as a participant of your life group have lived out these aspects of the Life Group Covenant. Then rate how you think the group as a whole is doing at living out the covenant. **You'll be invited to share what you noticed with your group.**

**Prayer:** *God, I invite you to show me how I have lived out the covenant I have made to my life group and how you're inviting me to grow. Help me thoughtfully reflect on how*

*you're at work in my life and in the lives of those in my life group and show me how we can encourage one another as we pursue deep abiding in you. Amen.*

## **Life Group Participant Covenant**

*A life group is a community of disciples intent on loving God, loving others, and making disciples in order to connect people to Jesus.*

*As disciples, we pursue formation into Christ likeness by abiding in Christ through worship, teaching, Scripture, prayer, and community. We live this out through the guidance of the Holy Spirit and in accountability with others. We acknowledge the authority of Scripture and pursue emotional and relational health all as a part of growing in spiritual maturity.*

*As people with a purpose in the Kingdom of God, we seek to proclaim the Gospel in our community by serving others and sharing the hope of Jesus. We partner with God by generously giving our time, gifts, and resources. We understand that each group will live out these aspects of community a little differently.*

**Assign a rating next to each of the expectations laid out in the covenant.**

5 = Exceeds expectations

4 = Meets expectations

3 = Mostly meeting expectation, working on growth.

2 = Not meeting expectations, but desire to grow

1 = Not meeting expectations, struggling to desire to grow

1. Attend your life group regularly.

Self:            Group:

2. Pursue a life of abiding in Christ that reflects the fruit of the Spirit. (Galatians 5:22-23) *But the fruit of the Spirit is love, joy, peace, forbearance/patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

Self:            Group:

3. Contribute to group discussion with vulnerability and transparency.

Self:            Group:

4. Engage in weekly worship gathering.  
Self:            Group:
5. Pray for and care for your group members.  
Self:            Group:
6. Speak the truth in love and humbly receive loving accountability.  
Self:            Group:
7. Maintain confidentiality of what is shared in the group  
Self:            Group:

## Reflection

1. What do you notice about how you rated yourself in living out the covenant?
2. What do you notice about how you rated your group as a whole in living out the covenant?
3. Where specifically have you witnessed the fruit of the Spirit in your own walk with Christ? (Love, joy, peace, forbearance/patience, kindness, goodness, faithfulness, gentleness, and self-control)
4. Where specifically have you witnessed the fruit of the Spirit in your group?

## Read Mark 10:46-52.

Prayerfully ask yourself the question Jesus asked Bartimaeus. What do you want Jesus to do for you...

1. In your personal life?
2. In your relational life?
3. In your vocational life?
4. In your life group?
5. Is there anything you're personally ready to commit to in order to make space for Jesus to do what you want him to do?
6. What role will your life group play in helping you live out this commitment?

**Close in prayer.**