



LIFE GROUP GUIDELINE

20 January 2026

Preparation

You may want to read through the chapters on PRAY and PREPARE in the 8 habits of effective small group leaders. Also take time to ask the Holy Spirit to help you to lead your Life Group from a place of rest.

Fellowship

Open in prayer.

Icebreaker: Share something you are looking forward to this year.

Worship

Prayerfully prepare a worship playlist or make use of the Spotify playlist link containing Sunday's songs: <https://open.spotify.com/playlist/30AvPIVCutX7Gc67wDk5tV?si=1e1003b3d9f44969>

Discipleship

1. What are you sensing the Lord is saying to you personally in terms of our theme "A Year of Rest."
2. Talk about the principle of Sabbath rest and how important it is to take a day a week to rest and recuperate. Also discuss the danger of legalism re the Sabbath.
3. Ask some Life Group members to share a testimony. Either of a time they disregarded the need for rest and almost burned out, or of a time where they worked from a place of rest and experienced fruitfulness.
4. Do you find it easy or difficult to be kind to yourself? Share briefly.

Ministry

Take time to allow your Life Group members to share prayer needs. Carefully pray into each need. You may need to break into subgroups if you have a large life group. Let's pray and trust the Lord for each need to be met.

Evangelism

Tell someone in your family or at work about our theme of Rest. It could lead to a conversation where you can share the Gospel message with them.

