



LIFE GROUP GUIDELINE

17 February 2026

Preparation

If your Life Group meets on a Wednesday evening, please encourage all your members to join you at **Mid-week worship**. Arrange to meet before hand for coffee.

For the Life Groups meeting at other times, work through the **sermon recap and Life Group guideline** carefully and prayerfully. Ask the Holy Spirit how you can water the seeds sown through the Sunday service so that a harvest is produced in each of your Life Group members lives.

Fellowship

Open in prayer.

Icebreaker: Share briefly of a time recently where you were most at peace, at rest!

Worship

Prayerfully prepare a worship playlist or make use of the Spotify playlist link containing Sunday's songs: <https://open.spotify.com/playlist/3R6xUE66oPtBjVRNY1GiDn?si=7171b297d3ea4bc9>

Discipleship

1. Read Matthew 11:28-30 and Isaiah 55:1-3a and discuss the kind invitation to come to Jesus.
2. Talk about the two refreshing promises of rest. Salvation and Daily rest for our souls. Always nice if you can encourage people to share a testimony.
3. Read Isaiah 26:3-4 from the AMPC and invite comments.
4. His yoke is easy and His burden is light. We are yoked with Jesus. We don't have to carry the pressures of life alone. Ask each person to briefly mention something in their life that they are glad that the Lord is helping them to carry it.

Ministry

Put on some soaking music and create a space for LG members to linger in the Presence of God and receive rest from the Giver of Rest.

Evangelism

Chat to your Life Group about having a prayer walk together. Discuss places where you could go as a Life Group. Local school, shopping centres, places that need God's light.



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LIFE CHANGE HAPPENS BEST IN CIRCLES, NOT IN ROWS.