



LIFE GROUP GUIDELINE

23 June 2026

Preparation

Work through the sermon recap and ask the Holy Spirit to show you anything that you need to change in the rhythm of your life in order to live according to His rhythm. Be read to share this with your group. Being real with them will help them to open up and be real with each other.

Fellowship

Open in prayer.

Icebreaker: How is it going with your soul?

Worship

Prayerfully prepare a worship playlist or make use of the Spotify playlist link containing Sunday's songs: <https://open.spotify.com/playlist/0LipTnZSyNXQ31hVrKFNoF?si=f1c1be3b3a494cf5>

Discipleship

1. Have a discussion in your group about God's rhythm versus the world's rhythm?
2. Read Mark 1:21-39 and reflect on the intensity of Jesus's life and how He withdrew to a solitary place to pray.
3. Our soul is the unseen eternal real you! Ask LG members to share testimonies of times where they were soul tired and how the Lord restored their souls.
4. Ask each person to share which day they view as their Sabbath, what they do on their rest day, and what the Lord is challenging them to do more of, or less of, on the Sabbath?

Ministry

Break into groups of 3 and minister into one another's souls.

Pray for our Country – for God's peace to reign.

Evangelism

Ask if anyone in the group has witnessed to someone recently, or if anyone has an unsaved family member, friend, or colleague. Put their names into your Life Group prayer journal and begin to intercede for their salvation.



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LIFE CHANGE HAPPENS BEST IN CIRCLES, NOT IN ROWS.