

Life Group Week 1 – Shaped Together

Winter 2026

Welcome and Connect (20 minutes)

Introductions:

- Give people a chance to share their **names** and answer:
 - **What is one of your favorite activities to do on a day off?**

Share vision for Life Groups:

- We believe spiritual formation happens in community. Life Groups exist to cultivate deeply formed people whose lives reflect Jesus — together — so that the church may bear faithful witness to the world.
- Primary goals: Formation and Care
 - Every week there will be a focus on getting to know each other better and applying what we are learning about Jesus to our lives
- **Suggestion:** Talk about confidentiality and creating a safe space over the next 10 weeks

Use the two “Get to Know Each Other” and “Going Deeper” question below:

- **Get to know each other:** **What’s one community you’ve been part of (church, team, family, neighborhood, friend group) that had a positive impact on you?**
- **Going Deeper:** **Has faith been primarily an individual or communal experience in your childhood?**

Grow Together (25 minutes)

- In this week’s sermon, we explored the phrase in our mission statement: “Shaped by his love” and how we are shaped TOGETHER in community.
- Let’s read the passage Megan preached on:
 - READ **Colossians 3:12-14**

Questions for Discussion:

- **What stood out to you from Sunday about being shaped together?**
- **Where did you feel invited or unsettled by that idea?**
- **When have you learned something about God or yourself through another person?**
- **How do you think community has challenged you, stretched you, or refined you over time?**

Practice (10 minutes): A Loving Inventory

Set it up (leader reads):

Jesus says that love is the defining mark of his disciples. This isn’t about grading ourselves—it’s about noticing how God forms us over time, often through others.

Invite quiet reflection (2–3 minutes):

Ask participants to consider:

- Compared to 5–10 years ago, where do you notice growth in your capacity to love?
 - In what ways are you more compassionate, kind, humble, gentle and patient?
 - Where has community—friendships, small groups, church, family—played a role in that growth?
 - Is there a way someone *loved you* that changed how you love others?

After silent reflection Invite sharing with permission:

- **Would anyone like to share something they noticed about how they've grown in love?**

This week: Invite group to take time this week to pray more or journal about these questions.

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 2 – Sent Together

Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manuel
 - Introductions again (if necessary)
 - **Gent to know each other:** What’s one small thing this past week that brought you joy or gratitude?
 - **Going Deeper:** What’s one attribute or posture of Jesus that you notice or are drawn to right now?

Grow Together (25 minutes)

- In this week’s sermon, we explored the phrase in our mission statement: “Sent in His name”
- Let’s read the passage Tyson preached on:
 - **READ** Mark 6:6b-13
Then Jesus went around teaching from village to village. ⁷ Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits.
⁸ These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. ⁹ Wear sandals but not an extra shirt. ¹⁰ Whenever you enter a house, stay there until you leave that town. ¹¹ And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them.”
¹² They went out and preached that people should repent. ¹³ They drove out many demons and anointed many sick people with oil and healed them.

Questions for Discussion:

- What stood out to you from the sermon Sunday about being sent together?
- Why do you think Jesus sends the disciples together, instead of alone?
- When you think about church, where do you see ‘being sent’ showing up—or not showing up—in your experience?
- Where do you feel a sense of hesitation or resistance when it comes to being “sent” in your everyday life?
- How are you currently demonstrating and proclaiming the kingdom?
- How might we as a church do this better?

Practice (10 minutes): A Loving Inventory

Set-up (Leader reads):

In Mark 6, Jesus doesn’t ask the disciples to be impressive or prepared—only available. This practice is about noticing what we already have and offering it to God together.

Quiet Reflection (1-2 minutes)

Invite the group into silence and ask them to reflect on this question:

What is one ordinary thing God may be inviting you to offer this week?

(Time, presence, kindness, listening, prayer, courage—not something heroic.)

After silent reflection Invite sharing with permission:

- *Would anyone like to share a word or phrase that names what you are offering?*

This week: Invite the group to reflect on that word or phrase and to look for moments that God might give to show up for others in that way this week.

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 3 – Introducing Vocation

Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - Introductions again (if necessary)
 - **Get to know each other:**
 - What was an irrational fear that you had as a child?
 - **Going Deeper:** If your week were a candle, is the flame burning bright, low, or somewhere in between? Why?

Grow Together (25 minutes)

- This week we started a new sermon series on Vocation all about the work we do.
 - When someone asks you, “What do you do?” what’s your typical reaction—pride, embarrassment, anxiety, excitement? Why do you think that is?
 - Think about the different “work” in your life—paid work, home responsibilities, volunteering, caregiving, personal projects. Which of these do you usually consider meaningful? Which do you consider just “work”?
- Now Let’s read the passage Megan preached on:
 - **READ Genesis 1:26-2:3**

Questions for Discussion:

- In Genesis 1:26–2:3, God works and blesses work. What surprises you about the idea that work is part of God’s plan, not a punishment?
- When you hear the word Vocation, what do you think of?
 - Have you ever felt like only certain jobs are “called” or “holy”?
 - Do you think of what you do (job, retirement, being a stay-at-home parent) as a vocation?
- Are there areas of life or work you’ve minimized as ‘not important to God’?
 - How might that assumption affect how you live out your faith in those areas?
- How would it change your perspective if even frustrating, mundane, or unnoticed work were a gift from God?
- What would change if you really believed God cared about the emails you answer, the dishes you wash, or the errands you run?

Practice (10 minutes):

- **This Week:** Pick one activity in your week that feels ordinary or frustrating—an email, a commute, cleaning, caregiving.
 - Intentionally invite God into that activity.
 - Before, during, or after, say a simple prayer, ask for guidance, or notice God’s presence.

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 4 – Making an Invisible God Visible

Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - Introductions again (if necessary)
 - **Get to know each other:** What would you title this chapter of your life story? (invite people to answer with a phrase, not a paragraph)
 - **Going deeper:** What do you think your younger self would admire about you today?

Grow Together (25 minutes)

- This week in our vocation series Tyson talked about the work we created to do:
 - **READ** Genesis 1:26-28, 2:15
 - ²⁶Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”
 - ²⁷So God created mankind in his own image, in the image of God he created them; male and female he created them.
 - ²⁸God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”
 - ¹⁵The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

Questions for Discussion:

- What stood out to you from the sermon Sunday on this passage?
- Can you think of someone whose work has made God’s goodness or care more visible to you?
- What might it look like to be an image-bearer of God in your context?
 - Invite group to be specific – how does this apply to things happening this week?
- Which part of your work feels hardest to imagine as “holy” or “image-bearing”?
- How might seeing what you do as a calling change how you do it?

Practice (10 minutes):

- **Last week:** we talked about picking one normal activity and inviting God into it. Were you able to do this? Did this change your experience of that work?
- **This Week:** Take time to pray before “work”: “God, how might I reflect *your* goodness here?”
 - Choose one small, concrete action that expresses and attempt to demonstrate it:

- Care
- Excellence
- Patience
- Presence
- Joy
- When/how might you envision doing this?

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 5 – The Yoke of Jesus Winter 2026

Welcome and Connect (15 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - Introductions again (if necessary)
 - **Get to know each other:** What hobby do you wish you had more time to pursue?
 - **Going deeper:** What has been a season in your life when you felt stretched beyond your capacity?

Grow Together (30 minutes)

- This week in our vocation series, we explored what it means to be image-bearers when we are exhausted — and Jesus’ invitation to take His yoke.
 - Invite someone to **READ** Matthew 11:28-30
²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Questions for Discussion:

- What sentence or image from the sermon stayed with you this week?
- Last week we talked about making the invisible God visible. Does that calling feel inspiring, intimidating, or exhausting to you right now?
- The sermon described being “yoked” as partnership and apprenticeship. Which do you need more right now — help carrying something, or reshaping how you're carrying it?
- Where in your work (paid or unpaid) do you most need to remember you are not carrying it alone?
- Who is someone you’ve learned from simply by walking closely with them? What did that shape in you?
- What is something that you might need to lay down in order to take up the yoke of Jesus?

Practice (10 minutes): “What Yoke Am I Wearing?”

Give everyone a quiet moment and invite them to reflect on the following questions (Allow space between reading each question):

- What burden feels heaviest in my life right now?
- Am I carrying this with Jesus — or mainly by myself?
- What might it look like to walk at His pace in this area?

After a few minutes of silence, invite those who are comfortable to briefly share one sentence:

"This week, I want to walk with Jesus in ____."

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 6 – Let Your Life Speak Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - **Get to know each other:** If you were asked to give a 15-minute presentation on anything, what subject and title would you choose? Be creative
 - **Going deeper:** What is one longing you have that you are waiting to see fulfilled?

Grow Together (30 minutes)

- This week in our vocation series, we explored discerning our calling by looking at the story of Samuel in 1 Samuel 3.
 - Invite someone to **READ** 1 Samuel 3:1-10
- The goal tonight isn’t to solve your vocation — it’s to start noticing how God may already be speaking through your life.

Questions for Discussion:

- When you hear the word *“calling,”* what emotions surface — excitement, pressure, confusion, skepticism? Why do you think that is?
- The sermon said, *“Calling often feels like confusion long before it feels like clarity.”* Where in your life right now feels more confusing than clear?
- Parker Palmer suggests that our lives “lay down clues” to our vocation. What patterns, recurring interests, or repeated nudges have shown up throughout your life?
 - What consistently energizes you or makes you feel deeply alive?
 - Is there a “holy discontent” you carry — something that won’t quite leave you alone?
- Have you ever had someone see a gift or calling in you before you saw it yourself? What was that experience like?
- Eric Liddell said, “When I run, I feel His pleasure.” When do you feel the pleasure of God? What are you doing in those moments?
- Where do you sense God’s nudging in your life right now?

Practice (5 minutes): “Noticing God’s Patterns”

This week the practice is to take some intentional time to look back over your life and look for patterns of where God might be lifting up your vocation.

Ideas:

- Read through old journals
- Ask friends or spouse what unique gifts they see in you
- Pray Samuel’s prayer each day this week: “Speak, Lord, your servant is listening.”

Spend some time discerning. If you feel a clear answer, try writing it down in the form of a sentence or vision statement.

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 7 – Seeing our Vocation as Worship Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - **Get to know each other:** What is a small or simple thing you want to be more grateful for?
 - **Going deeper:** Can you think of someone you’ve known who seemed “fully alive” in their work? What made their work compelling to you?

Grow Together (30 minutes)

- This week in our vocation series, we explored work as an act of worship
 - Invite someone to **READ** Colossians 3:23-24:
 - ²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, ²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Questions for Discussion:

- What stood out to you most from Sunday’s sermon?
- When you think about your current season (job, parenting, caregiving, school, retirement, etc.), who do you most naturally feel like you are serving — a boss, your family, yourself, expectations, God?
 - What might practically change if you consciously offered your work to God this week?
- Where in your “work” are you tempted to just “check the box” right now?
 - What would faithfulness (not perfection) look like in that area?
- Can you think of a time when you have approached a task outside the church intentionally for God? Share about it.
- The sermon suggested that many of us struggle to do our work well because we say yes to too many things. Where might distraction or overcommitment be keeping you from wholeheartedness?
 - What could you say ‘no’ to in order to say ‘yes’ to your calling?

Practice (5 minutes):

Last week the practice was to take some intentional time to look back over your life and look for patterns of where God might be lifting up your vocation. **Does anyone want to share about their experience doing this?**

This week: Take a moment each day to reflect on one thing you will do with intention, integrity, and wholeheartedness as an act of service to God.

- Ask yourself three questions:

1. **Who am I serving?** – Am I doing this for God or for someone else’s approval?
 2. **How am I serving?** – Am I giving my best effort and attention, even in small tasks?
 3. **Why am I serving?** – Is this aligned with the calling God has given me, or am I distracted by other “yeses”?
- At the end of the day, jot down one reflection: how your perspective shifted, what you learned, or where you struggled.
 - Be prepared to share one insight with the group next week (optional).

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 8 – Vocation as Witness Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - **Get to know each other:** What are you currently learning about yourself?
 - **Going deeper:** What is one habit you want to break and one you want to build this year?

Grow Together (30 minutes)

- This week in our vocation series, we explored work as an act of witness
 - Invite someone to **READ** Matthew 5:13-16:
 - ¹³ “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.
¹⁴ “You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Questions for Discussion:

- What stood out to you most from Sunday’s sermon?
- Jesus calls his followers “the salt of the earth” and “the light of the world.” What do those images suggest about how Christians are meant to live in everyday life?
- Where do you spend most of your waking hours, and who are the people God has already placed around you there?
- Can you think of a moment this week where work felt meaningful—or frustrating? What happened?
 - In that situation, what might it look like to be “salt and light”?
- Of the practical ideas mentioned (noticing people, doing your work well, looking for opportunities to bless, seeing your workplace as sacred ground), which one feels most meaningful or challenging for you right now? Why?

Practice (5 minutes):

Last week: The practice was to reflect on one thing you will do with intention, integrity, and wholeheartedness as an act of service to God.

- Asking yourself three questions:
 1. **Who am I serving?** – Am I doing this for God or for someone else’s approval?
 2. **How am I serving?** – Am I giving my best effort and attention, even in small tasks?

3. **Why am I serving?** – Is this aligned with the calling God has given me, or am I distracted by other “yeses”?
- **Is there anything you want to share about doing this and the difference it made in your week?**

This week: Choose one small way to live as salt and light in the ordinary place where you spend your time this week.

- Consider one of these:
 - **Notice someone** you normally overlook and learn something about their life.
 - **Do one task exceptionally well** as an act of worship to God.
 - **Look for an opportunity to bless someone** (encouragement, help, generosity, prayer).
 - **Pray over your workspace** and ask God to help you see it as sacred ground.
- Before leaving, take a moment to ask: “Where might God be inviting me to serve as my faith allows this week?” *Leaders can allow silence for this question to be pondered or just incorporate it into the closing prayer time.*

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 9 – Work AND Rest Winter 2026

Welcome and Connect (20 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - **Get to know each other:** What is one small thing that made this week good?
 - **Going deeper:** What helps you rest or recharge when life feels busy?

Grow Together (30 minutes)

- This week in our vocation series, we explored the role limits in our lives and work
 - Invite someone to **READ** Exodus 20:8-11:
 - “Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Questions for Discussion:

- What stood out to you from the sermon Sunday?
- Where in your life do you feel like you are pushing beyond your God-given limits, and how is that showing up in your behavior, relationships, or spiritual life?
- What “warning signs” has God given you that indicate you need rest? How often do you notice and respond to them?
- What would a practical Sabbath look like for you this week—whether a full day or a few hours? What obstacles might you face, and how can you plan to overcome them?
- Sabbath invites us to trust that the world does not depend entirely on us. What is one area of your life where you need to intentionally stop working and trust God more fully? How could doing so impact your well-being or spiritual life?

Practice (5 minutes):

Last week: You were asked to choose one small way to live as salt and light in the ordinary place where you spend your time this week.

- Does anyone want to share what this looked like for you?

This week: Practice sabbath

- Intentionally set aside a day (or half a day) to stop, rest, delight and worship God
- *If any of the group regularly do this practice, invite them to share some tips they have learned to help with this practice.*

Pray (5 minutes)

- Allow time for group members to share prayer requests and pray for one another before ending group time
 - Consider asking one person to be the scribe and to email these prayer requests out to the group

Life Group Week 10 – Becoming the Image of Christ Winter 2026

Welcome and Connect (15 minutes)

- Use the two “Get to Know Each Other” and “Going Deeper” question below or choose ones from your Leader Manual
 - **Get to know each other:** What is something ordinary you did this week that took more patience than expected?
 - **Going deeper:** Where have you seen goodness or kindness this week?

Grow Together (30 minutes)

- This is our last Life Group and the last week of our sermon series on Vocation
 - In this sermon Tyson ended the series by reminding us that who we are becoming is more important than what we do
 - Invite someone to **READ** Jeremiah 29:4-7
 - ⁴This is what the LORD Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: ⁵“Build houses and settle down; plant gardens and eat what they produce. ⁶Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. ⁷Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper.”

Questions for Discussion:

- When you think about your vocation or daily responsibilities, what usually gets most of your attention—what you accomplish or who you are becoming? Why do you think that is?
- God tells the Israelites to *seek the peace and prosperity of Babylon*, the very place where they are living in exile. Where in your life might God be inviting you to show Christlike character in a place that is difficult, frustrating, or draining?
- The sermon suggested that *“the quality of our presence is our mission.”* When have you experienced someone whose presence reflected Christ in a powerful way? What made their presence different?
- If you prayed the prayer from the sermon — *“Jesus, help me become _____ today”* — what word would you put in that blank right now? What situations in your life might give you an opportunity to practice that this week?

Practice (5 minutes):

Last week: The invitation was to practice sabbath.

- Does anyone want to share about they experience with rest last week?

This week: We will practice a simple morning and evening reflection focused on becoming more like Christ. Try doing this exercise 3-4 days this week.

- **Morning:**
 - At the start of the day, pray a short prayer:
 - **“Jesus, help me become a person who is _____ today.”***Examples: patient, gentle, generous, peaceful, attentive, loving*
- **Evening Reflection (Mini Examen):**
 - At the end of the day, take 2–3 minutes and ask:
 - **When did I look a little like Jesus today?**
 - **When did I not?**
 - **What might God be inviting me to become tomorrow?**

Survey (5 minutes)

- **Please ask everyone to fill out the short survey about their experience in Life Groups**
- **Final reflection question: Looking back on this series, what is one insight, shift, or practice that you want to carry with you moving forward?**

Pray (5 minutes)

Allow time for group members to share prayer requests and pray for one another before ending group time

Consider asking one person to be the scribe and to email these prayer requests out to the group