



CENTRAL Life Groups

CURRICULUM

WEEK 1 /// COMMITTED TO MEET CONSISTENTLY

DISCUSS

A sign of a healthy Life Group at Central is their ability to meet weekly on a consistent basis. As life gets busy and commitments change, these groups have decided to prioritize their commitment to one another.

- Since the launch of your group, how consistently has your group met?
- What have been some of the challenges of keeping your commitment?

READ

Have someone in the group read Hebrews 10:24-25 out loud.

DISCUSS

- What do you think it means to “spur one another on towards love and good deeds”? What does that look like in your Life Group?
- How can your Life Group create a habit of meeting together consistently? What would help your consistency?
- What things do you think are acceptable to miss Life Group for? Discuss your answers as a group.

READ

Have someone in the group read Philippians 2:3-4 out loud.

DISCUSS

- How can selfish ambition affect your Life Group?
- How can you value others above yourself in your Life Group?
- How can you look not only to your own interests but the interest of others in your Life Group?

APPLY

One of our Life Group Behaviors is “Be Faithful and Flexible.” We are committed to meeting together, not just when it’s convenient. Even with busy schedules, we will prioritize and pivot so that we see one another consistently. Cancelling is a last resort.

This means you will need to communicate ahead of time each other's calendars so you can plan for the weeks and months ahead. Sometimes you may need to adjust the time to accommodate everyone, meet on a different day, or simply grab lunch. As a Life Group, you're committed to meeting, and that means being faithful and flexible when you need to be.

As you continue to form a new Life Group, it is important to clearly articulate the expectations that you have for one another. Right now, you all have spoken and unspoken expectations for the group, your commitment to one another, etc.

Right now, if you haven’t yet, work together to determine a list of what would be considered an “excused absence” for Life Group. For example, an excused absence would be having the flu. An unexcused absence would be “I was too tired” or “we decided to go to the movies instead.” It is important that everyone in the group agrees on what constitutes an excused and unexcused absence.