



CENTRAL Life Groups

CURRICULUM

WEEK 1 /// AUTHENTIC - LIFE MAPS

DISCUSS

At Central, we want every Life Group to know one another deeply, and it starts with your story. That's why we want every Life Group to participate in doing Life Maps. Life Maps is a simple way to categorize your life and story chronologically to help your group understand who you are. We recommend that this would be the first step for your group to get to know one another quickly. Before you begin, take some time to answer the following questions:

- How was doing your Life Map? What did you learn? Was it helpful?
- How will knowing one another's Life Maps help your Life Group be more authentic moving forward?

SHARE TIME INSTRUCTIONS

Everyone will have an opportunity to share their Life Maps, whether it's all this week or spread out over the next couple weeks. While deciding what to share, think through the highlights from your Heritage, Heroes, High Points, Hard Times, and Hand of God categories. The goal isn't to share everything from your Life Map (we don't have time in this context) but to give your Life Group an idea of what/who played a significant role in forming you into who you are today.

Here are some instructions for Life Map share time:

1. In advance, set a recommended time limit to share your Life Maps. Typically 10-15 minutes each, with an additional few minutes for Q&A. Write down questions as you go but wait until the end to ask them.
2. Reaffirm that trust is key. What is said within the group stays within the group. This is a safe place where group members can freely share sensitive information.
3. Don't "check out" when someone else is sharing. Give the person sharing your undivided attention. There's nothing more unmotivating or discouraging than being ignored when sharing something significant. Put electronics away.
4. Affirm each other after sharing. Many people have never experienced an environment of acceptance when sharing potentially hard things.
6. After each person shares their story, pray for them. Thank God for the people He's brought into their life and acknowledge His hand in events. Be specific about the details they mentioned in their story.