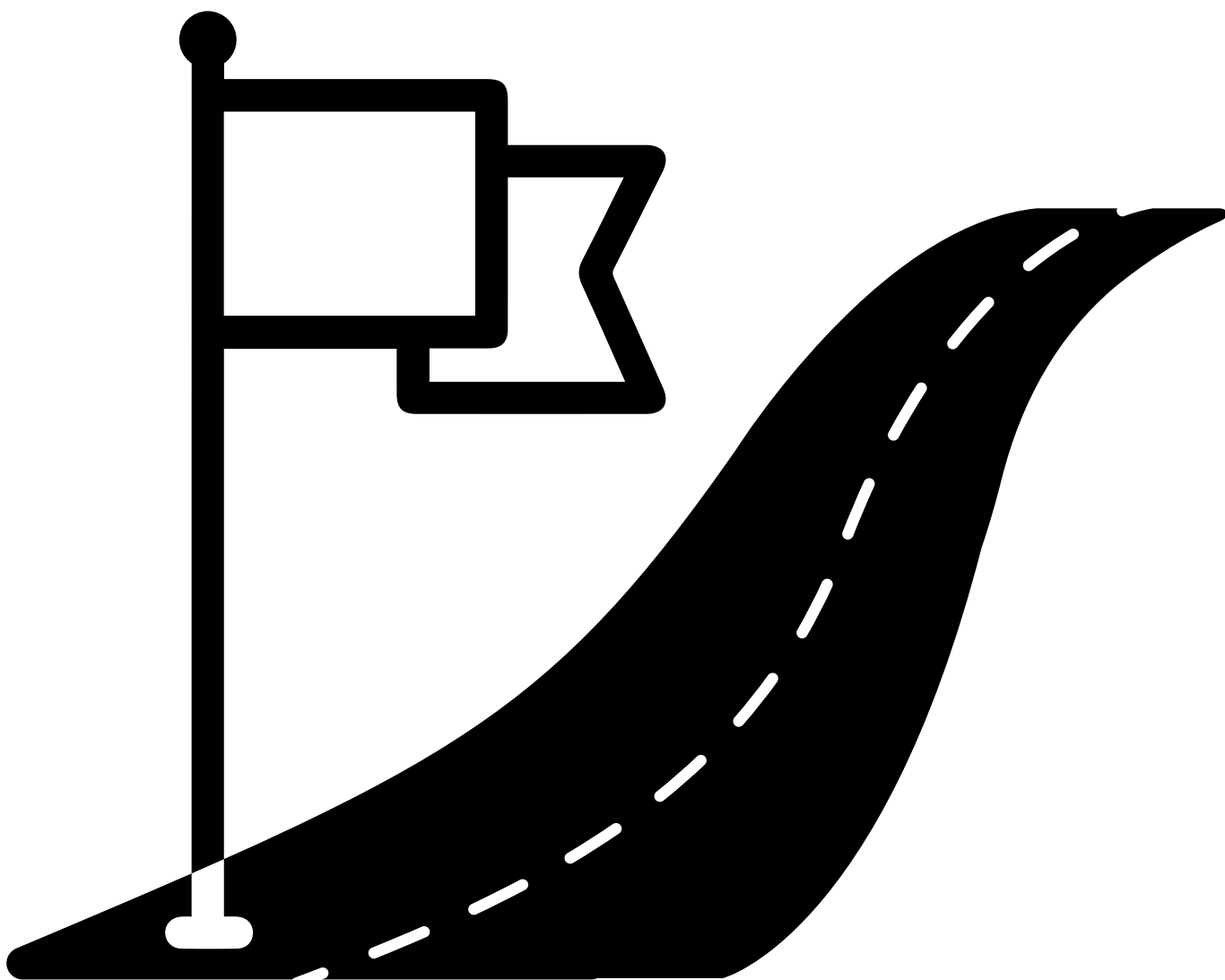


42

Your Starting Point to Community



ACKNOWLEDGEMENTS

We would like to credit the following authors for their work in discipleship and small groups. Much of the research that has gone into the writing of this curriculum came from these resources.

- *Community: Your Pathway to Progress*, North Point Ministries Inc.
- *Creating Community: 5 Keys to Building a Small Group Culture*, Andy Stanley and Bill Willits, North Point Resources
- *Real-Life Discipleship Training Manual*, Jim Putman, Avery T. Willis Jr., Brandon Guindon, Bill Krause, Navpress

Our sincere thanks to Angeline Lim for creating this study guide and Nalinee for her brilliant editing skills.

Copyright © 2019 Full Gospel Assembly Singapore

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means – electronic, mechanical, photocopying, recording, or otherwise without prior written permission.

Printed in Singapore
2nd Edition, 2023

CONTENTS

Foreword	3
What to expect	
Session 1: Hello	4
Session 2: Create community	7
Session 3: The Win	13
Session 4: Who is a disciple?	17
Session 5: The Tree Diagram	22
Leader's Guide	31
Ice Breakers	32

FOREWORD

Beginning a journey is often a combination of uncertainty and excitement. Amidst the doubts and worries, there is a sense of the possible - a Godly adventure! The next 42 days are going to be great! As a group, you will have the opportunity to get to know one another, learn about God's heart for discipleship and begin to clarify how you will interact with one another as a community.

The church is not a crowd but a community! As you learn to walk alongside others, what may begin as strangers will soon become a community of life-affirming, grace-giving, truth-telling, spirit-empowered and care-infused people—your spiritual family.

This beginning may seem like dipping your toes into unknown waters, but I know that as you commit to Christ and to one another, this is going to be the best days of your life!

Blessings,



Rhordan Wickramasinghe

Senior Pastor

Full Gospel Assembly Singapore

WHAT TO EXPECT

This study has been designed as an introduction to LifeGroup - your starting point to community.

The focus of the first session is on connecting and building relationships. Your leader will recommend that the group meet for dinner at someone's house or at a restaurant. There is no formal agenda. You will simply enjoy getting to know each other while you share a meal. At some point, your leader will take about 12 minutes to share his/her life story. This gives you the opportunity to get to know him/her and learn how God is at work in his/her life journey.

During the next four weeks, all group members will introduce themselves and share their stories. There is a guide to help you on page 5. Read the *Introduction* at the beginning of each chapter and answer the *Opening Question(s)* before coming to the group. During the group meeting, you will watch a video clip and discuss the questions.

As you conclude 42, your leader will schedule another meal together. During this informal gathering, your leader will share the next step forward.

SESSION

1

HELLO

SESSION 1: HELLO

Welcome to your first LifeGroup gathering! It is important to get acquainted with one another. You may already be familiar with some faces or you may be totally new to the group. As you journey on, we hope that you will form deep and meaningful friendships in your group and thus have a community to do life with.

The first gathering will be an informal one. You can use the 'Icebreakers' on page 31 to get to know each other. There is also a Group Profile page at Session 2 (page 12) for you to gather some details about group members e.g. birthdates, contact details. You can get your group members to write down the key information.

Your leader will take some time in the first session to share his or her life story. And members of the group will take turns to share their stories over the next 4 sessions. Here is a brief guideline on how to do this.

SHARING YOUR STORY

God is at work and has been at work in your life, even before you knew him. In sharing our stories with one another, we hope to become aware of God's hand on our lives and his work in and through our lives. He is the one who elects us, trains us and develops us for His purpose. Becoming aware of our story can align us and position us for that purpose. There are benefits to thinking through and sharing your story.

1. It will give you a fresh and healthy respect for God and His work in your life.

2. It can give you important perspective.

So often we find ourselves caught in the 'now', having to pay attention to what is going on immediately in our world. As you share your story and trace God's redemptive work in your life, and His positioning of you for destiny, it will give you a broader sense of perspective that will aid you in challenging and tough times.

3. It will connect us to one another.

It's remarkable how often we see ourselves in one another. It's often in listening and sharing our stories that we learn to understand and are drawn to one another. It's funny how we think that it is our strengths that connect us. Truth is, our good may lead people to be impressed, but it is our weaknesses and our vulnerability that connects us.

4. It can encourage you and others.

Many times it feels that our life's journey has been a lonely one. By sharing our stories, we allow others into that journey and we will be amazed at how other people will benefit from our story. You too, will be encouraged as you come to realise that God has used your life story to encourage others.

5. We can learn from one another.

There are two ways we can learn. One is by going through an experience ourselves. The other is to learn from the experiences of others. As we share our stories with one another, we learn from the choices we made, the wrong turns and the recovery. And in all of that we come to see the Lord as being faithful in our lives.

WHAT SHOULD YOU SHARE?

This is not an exhaustive or complete list. Share authentically and naturally what comes out your life.

A. Foundational setting

Share briefly the beginnings of your life. Your growing up environment, your family structure, where you grew up, the places you lived in, the schools you attended.

B. Defining Moments & Experiences

Share, as you reflect on your life journey, the defining moments. This could be some providential relationships that shaped you and/or changed the trajectory of your life. It could be something you read, or heard, or an experience that led you to realise certain significant things about yourself and about the view you have/had on the world. Share also how you were drawn to God and how God became real in your life. When and how did you give your life to Christ, etc. What painful, challenging moments have you had in life? How did you respond to them? What do you think the Lord was doing in your life then?

C. Faith Shaping Events

Share how your relationship with the Lord started and the development of that walk over the years. What and how has the Lord shaped you today? When did you hear his call? How did you get involved in ministry? What has your experience been like?

D. Giftedness Development

What are your gifts and how did you discover them? What strengths do you think the Lord has given you?

HOW LONG SHOULD YOUR SHARING TAKE?

Limit your sharing to 12 minutes. This might mean that you will need to leave out some things in your story. Determine a thread from your story that is meaningful and share that, without necessarily dealing with every encounter, every crisis, every opportunity (unless they are all deemed to be significantly and equally important).

Do I need to use presentation slides?

No, you don't. But try and keep it interesting, creative and engaging. You may wish to bring photos from your childhood, props to aid in your story, or music.

SHARE YOUR STORY



Put down your name on this roster so that you will know the order in which you will share.

SESSION 1

1. _____

2. _____

SESSION 3

1. _____

2. _____

SESSION 5

1. _____

2. _____

SESSION 2

1. _____

2. _____

SESSION 4

1. _____

2. _____

SESSION

2



**CREATE
COMMUNITY**

SESSION 2: CREATE COMMUNITY

In 1999, one of our leaders, Angeline Lim attended FGA and joined a working adults' small group. She was a fresh graduate at that time. Having been away for 4 years, her re-entry to Singapore was not easy. Everything was new to her, a new job, a new church environment. She was grateful to have a community that she could do life with, they could empathise and relate to each other and identify with the struggles they faced. They saw each other through many life transitions; celebrated weddings, birthdays, birth of newborns and comforted those who experienced loss.

All of us have a need for community. The kampong days of Singapore were filled with communities. Our pioneers lament the loss of the “*gotong royong*”¹ spirit which banded people together against difficulty, and speak of the trust that made it unnecessary for people to lock their doors at night.

Today, with the busyness of day-to-day life, intensely balancing work, family and overcommitted schedules, we find reasons to get away from people. Perhaps we feel that we meet people all the time at work and we feel ‘drained’ by that. We retreat into our private space, playing video games or surfing the internet to unwind. These things are not wrong. But living life without regular, meaningful relationships is not good because it is not what God intended for us. We are created for relationships.

OPENING QUESTIONS



1. Describe a meaningful relationship you’ve had. What made it so significant?

2. What role has community played in your faith journey?

3. What are the characteristics of community that make it attractive to those outside the faith?

¹ Originated from Indonesia, the phrase is translated into English as “cooperation in a community” or “communal helping of one another”, but the closest interpretation is perhaps “mutual aid”. Gotong royong involves the spirit of volunteerism, and working together for the benefits of the residents living in the same community. (Source: <https://remembersingapore.org/2013/09/17/kampong-spirit-and-gotong-royong/>)



How do we create a relational environment in our life?

1. Relational environments are...

- _____
- _____
- _____
- _____
- _____

2. Relational environments are built on _____.

3. Relational environments require _____.

“

**A relational environment is a space where we
allow each other to know and be known.**



CREATE A GROUP COVENANT



Neal McBride defines the group covenant as “a written compact or agreement that sets forth specific details, principles and practices the group members commit themselves to uphold for the specific period of time they meet together as a group².” Stated another way, covenants are “expressions of group values, expectations or behaviours for which we hold ourselves mutually accountable³.”

Why a group covenant?

Group covenants are important because they clarify expectations for current members and potential new members. They set norms and give a standard for evaluating groups. Defining behaviour and expectations helps everyone feel more comfortable about being a part of a group, which in turn allows them to be a better participant within that group. Spend some time as a group to pen down your Group Covenant.

PURPOSE

Our LifeGroup exists to: _____

VALUES & GOALS (Add to this list if your group came up with values/goals that are not stated here.)

Affirmation & Acceptance

I pledge to accept you. I may not agree with your every attitude or action, but I will attempt to love you as God's child and do all I can to express God's affirming love.

Authenticity & Confidentiality

I agree to strive to become a more open and honest person, to share my true opinions, feelings, struggles, joys and hurts as well as I am able. I endeavor to build trust and will not divulge anything shared within this group in confidence to people outside this group.

Respect & Sensitivity

I pledge to respect and be sensitive to peoples' feelings. I will not say anything that will embarrass any member of this group.

Speaking the Truth in Love

I pledge to mirror back to you what I am hearing you say and what you are feeling. If this means risking pain for either of us, I trust our relationship enough to take the risk, realising it is in “speaking the truth in love, we are all able to grow up in all aspects unto Him, who is the head” (Ephesians 4:15). I will try to express this feedback in a sensitive and controlled manner, in keeping with the circumstances.

Availability

I pledge to make my time available to meet with you regularly and commit to meet each other's needs.

Prayer

I promise to pray for you regularly.

GROUP GUIDELINES



1. The group will meet from _____ through _____.
(If the group has set specific time frame before they multiply).

2. The group will meet on _____ (the day of the week that the group will be meeting).

3. The group sessions will begin at _____ and end at _____.

4. Group members will attend and participate on a regular basis. Members agree to pray for other group members on a regular basis.

In full acceptance of these values and goals, I affix my name to this document in recognition of my commitment to God and the members of this group.

Signature

Date

² *How to Build a Small Groups Ministry, McBride, Page 91.*

³ *Leading Life-Changing Small Groups, Bill Donahue, Page 85.*

GROUP PROFILE



Name of group: _____

NAME	BIRTHDATE	CONTACT	EMAIL

SESSION

3

THE WIN

SESSION 3: THE WIN

According to the Singapore census, less than 20% of the population are *Christians*⁴. Though we have seen more people coming to the faith in the past 10 years in this nation, it remains unclear if they are committed to the Christian beliefs and put God first in their priorities. The church is called to make disciples, not simply converts.

OPENING QUESTIONS



1. Have you competed in a team sport during your school days and won the game? Recall the win and how it felt like to win.
2. If Christianity was a team sport and the church were Christ's team, what would winning look like? How would the church accomplish that?
3. Read Matthew 28:18-20 and circle the key words that Jesus is telling us to do something.

**Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."
- Matthew 28:18-20 ESV**

WATCH



God intended for the message of the gospel to come from a messenger who can disciple others. Our work of discipling can finish while the process of discipling continues. We can make disciples, a few at a time, all the time.

“ *Disciples are made when the Spirit of God and the Word of God and people of God work together.*

⁴ https://en.wikipedia.org/wiki/Religion_in_Singapore

**The win for us is to be disciples who will
make disciples who make disciples.**

DISCUSSION



1. What have you discovered about making disciples that you perhaps have not understood before?

2. What fears do you have about being disciplined or discipling others?

3. How would you respond to someone who asks, “Why should we be committed to making disciples?”

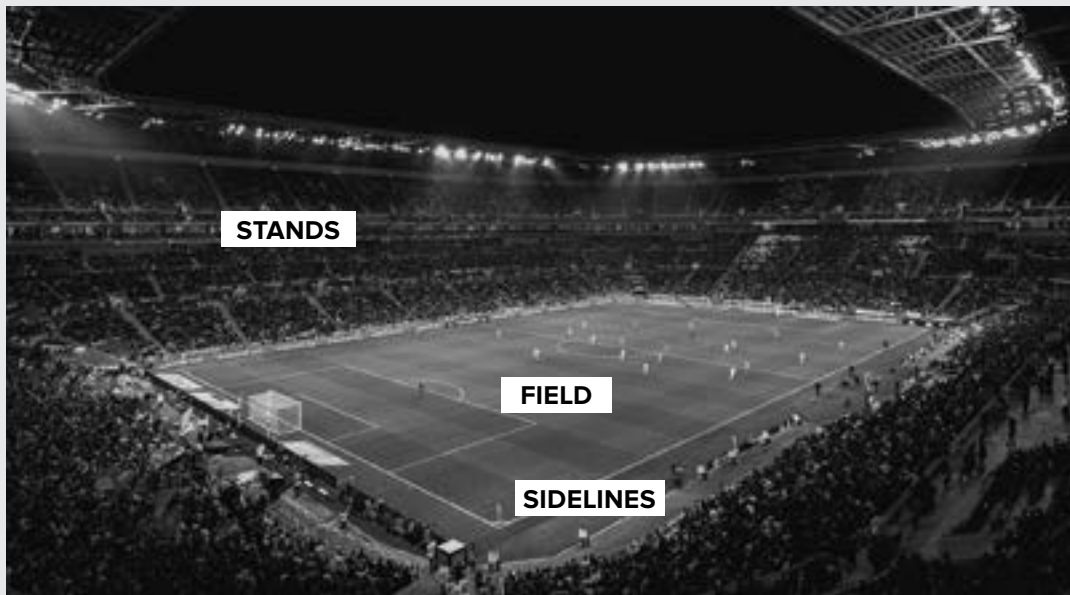
4. What is your personal commitment to making disciples now?
 - ☐ I realise that I must be involved
 - ☐ I have always been committed
 - ☐ I’ve never thought much about it
 - ☐ I’ve heard about it but have not done anything about it
 - ☐ I’m eager to start
 - ☐ I’m nervous about starting
 - ☐ Others _____

REVIEW



- God chose the church to reach the world for Christ by making disciples.
- In John 17, Jesus prayed to the Father that he had completed/finished the work He had been given.
- The work that Jesus had completed was training the twelve to be disciple-makers.
- God intended for the message of the gospel to come from a messenger who can disciple others.

IN THE GAME OR IN THE STANDS?



We can experience a football game from different vantage points. However, the best experience you can have of the game is actually on the field.

Sadly, many Christians believe that the Christian life can be played from the stands. They never get on the field. In other words, they do not serve in a ministry and they do not share their faith with anyone. Instead, they watch their pastors and ministers play, as they are the paid professional players.

Put an “X” where you think you have been most in terms of being someone who makes disciples for Christ? Have you been on the stands, on the sidelines, or in the game?

- Would you pray and ask God to give you a heart to make disciples?
- Spend time this week meditating Matthew 28:18-20. Commit to memory.



SESSION

4

WHO IS A DISCIPLE?

SESSION 4: WHO IS A DISCIPLE?

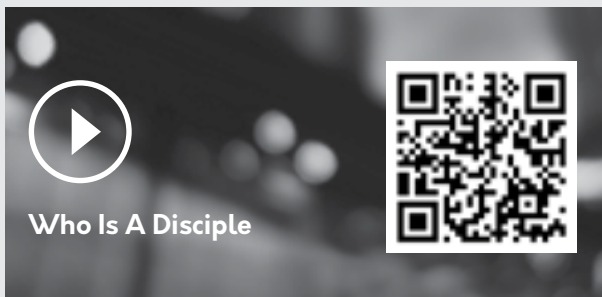
Jesus invites us to be disciples. But do you actually know what makes one a disciple? In fact, many Christians have different definitions of what a disciple is. This is a problem. If we want to become a disciple-making church, we need to agree on its definition.

OPENING QUESTIONS



1. What is your definition of a disciple? Write it in the space below.

WATCH



“And he said to them, “Follow me, and I will make you fishers of men.” - Matthew 4:19 ESV

From the clip, write down the definition of a disciple based on Jesus' invitation in Matthew 4:19.

	A DISCIPLE IS ONE WHO...
FOLLOWS ME	
AND I WILL MAKE YOU	
FISHERS OF MEN	

Jesus is calling us into a discipleship relationship with Him. He is not inviting us to attend a class or listen to weekly podcasts. For three years, Jesus and his disciples traveled, ate, and drank together. At times, He spoke to them as a teacher and other times He talked with them as a brother. He is not just an ordinary person. Jesus is the Son of God. In John 15:14, Jesus says, "You are my friends if you do what I command." The God of the universe calls His disciples 'friends'. He desires a relationship with you!

DISCUSSION



1. How is your relationship with Jesus? Do you spend regular time with Him?

2. Read the following statements and check the ones you agree with:

- ☐ I believe that Jesus is both Saviour and Lord
- ☐ Following Jesus wholeheartedly frightens me
- ☐ I obey Christ's commands
- ☐ Trust is difficult for me, especially with God
- ☐ I believe in Jesus, but I need to follow him better as His disciple

3. Read Luke 9:23-24. In the chart on the next page, write what Jesus is calling His disciples to leave in order to follow Him and what He is telling them to pick up.

And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it.

- Luke 9:23-24 ESV

WHAT JESUS IS CALLING <u>THEM</u> TO LEAVE	WHAT JESUS IS TELLING <u>THEM</u> TO PICK UP

4. In the chart below, write some things Jesus is asking you to leave or pick up so you can follow Him as Lord.

WHAT JESUS IS CALLING <u>ME</u> TO LEAVE	WHAT JESUS IS TELLING <u>ME</u> TO PICK UP

DISCUSSION



5. Reflect on your life as a disciple. For each exercise, place an "X" above the description that best describes you right now. Remember we are just starting this journey and will help one another as we grow.

FOLLOW ME - AM I SOMEONE WHO FOLLOWS CHRIST?

No one tells me
what to do

I follow but
I'm easily
distracted

I have good
days and bad
days but I try
to follow

I try to live a
Christ-centered
life, I am fully
devoted

AND I WILL MAKE YOU - IS JESUS CHANGING ME?

I am no different
from before

I take one step
forward, and two
steps back

I can list areas
in my life that have
genuinely changed

It is becoming
a habit for me to
lay down my agenda
and let God
change me

FISHERS OF MEN - WHAT LEVEL OF COMMITMENT DO I HAVE TO THE MISSION OF JESUS?

I don't give up
time or resource
to the mission
of Jesus

I know I should
but haven't really
stepped up

I try, but at times
I'm confused to
what part I play

I am sold out;
I use my resource
and time to
make disciples

**And he said to them, "Follow me, and
I will make you fishers of men."**

Matthew 4:19 (ESV)

REVIEW



- A disciple is defined in Matthew 4:19 as one who knows and follows Jesus, is being changed by Jesus, and is on mission with Him.
- Following Jesus means that everything has been brought under His authority. He is both Saviour and Lord.
- Having a relationship with Jesus requires that we spend time with Him, and as we spend time with Him, He changes us.

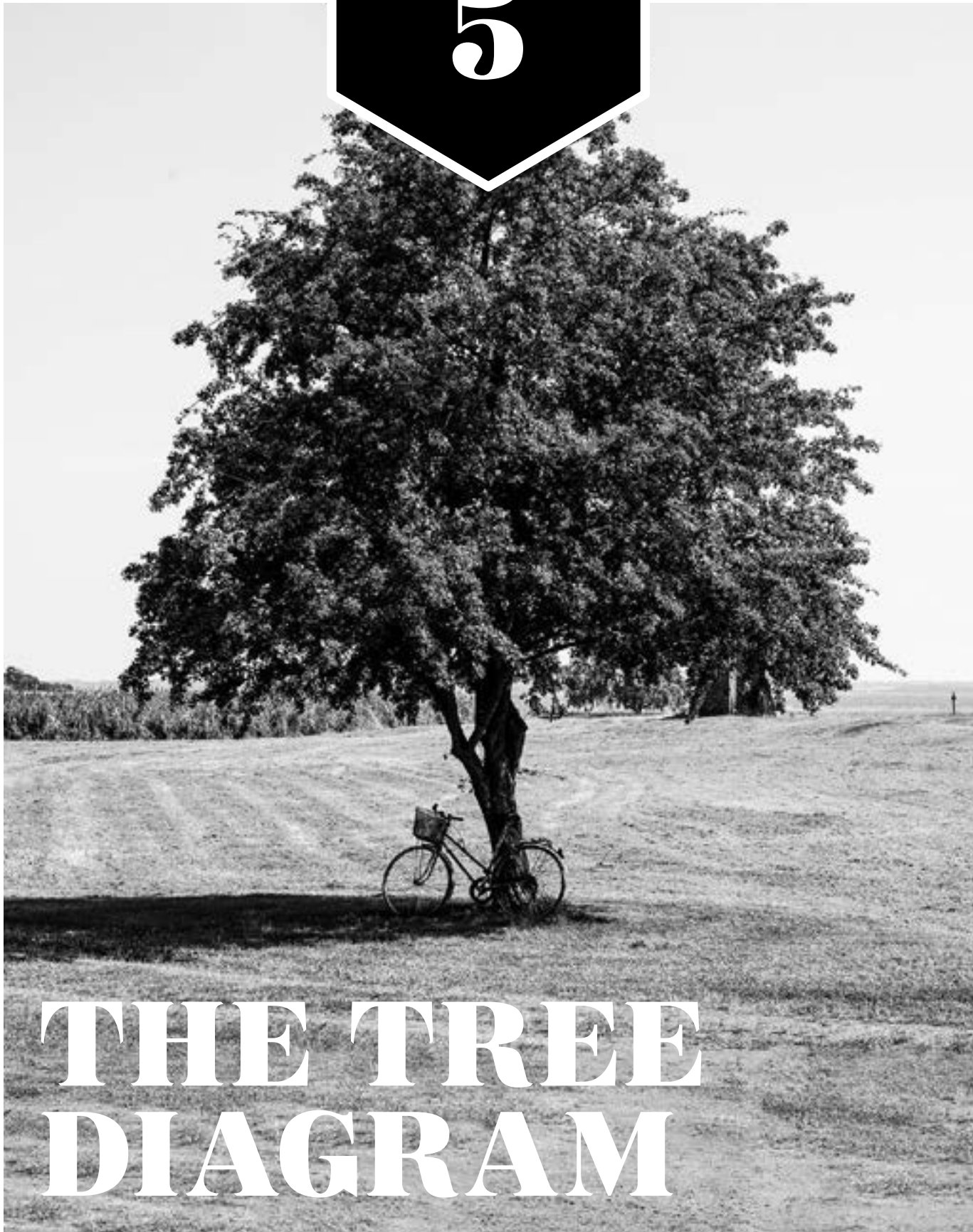
GROWING



- Review the definition of a disciple. What aspect of this definition do you need to grow in most?
- Write one action that you could take by the next group meeting that would move you ahead in this area. How can your group help you in your action plan for growth?

SESSION

5



THE TREE DIAGRAM

SESSION 5: THE TREE DIAGRAM

We live in a forward-looking and driven society. Most of us charge hard after progress. We seek it in our careers, in our education, in our children and even in our hobbies and sports. We study and work hard, attend seminars and enrichment classes, all in an effort to make today better than yesterday and tomorrow better than today. But what about our spiritual progress?

OPENING QUESTIONS



1. Where in your life would you like to make progress? For example, what are some common resolutions that you make at the beginning of every year?

Our core focus is to make disciples who make disciples. We want to follow Jesus' model of disciple-making. It is a slow process but we believe in growing strong trees. Growing healthy trees takes time and requires nurture and nourishment. Once they are mature, trees provide shade and produce fruit.

**FGA's mission is to lead people to become
fully devoted followers of Christ.**

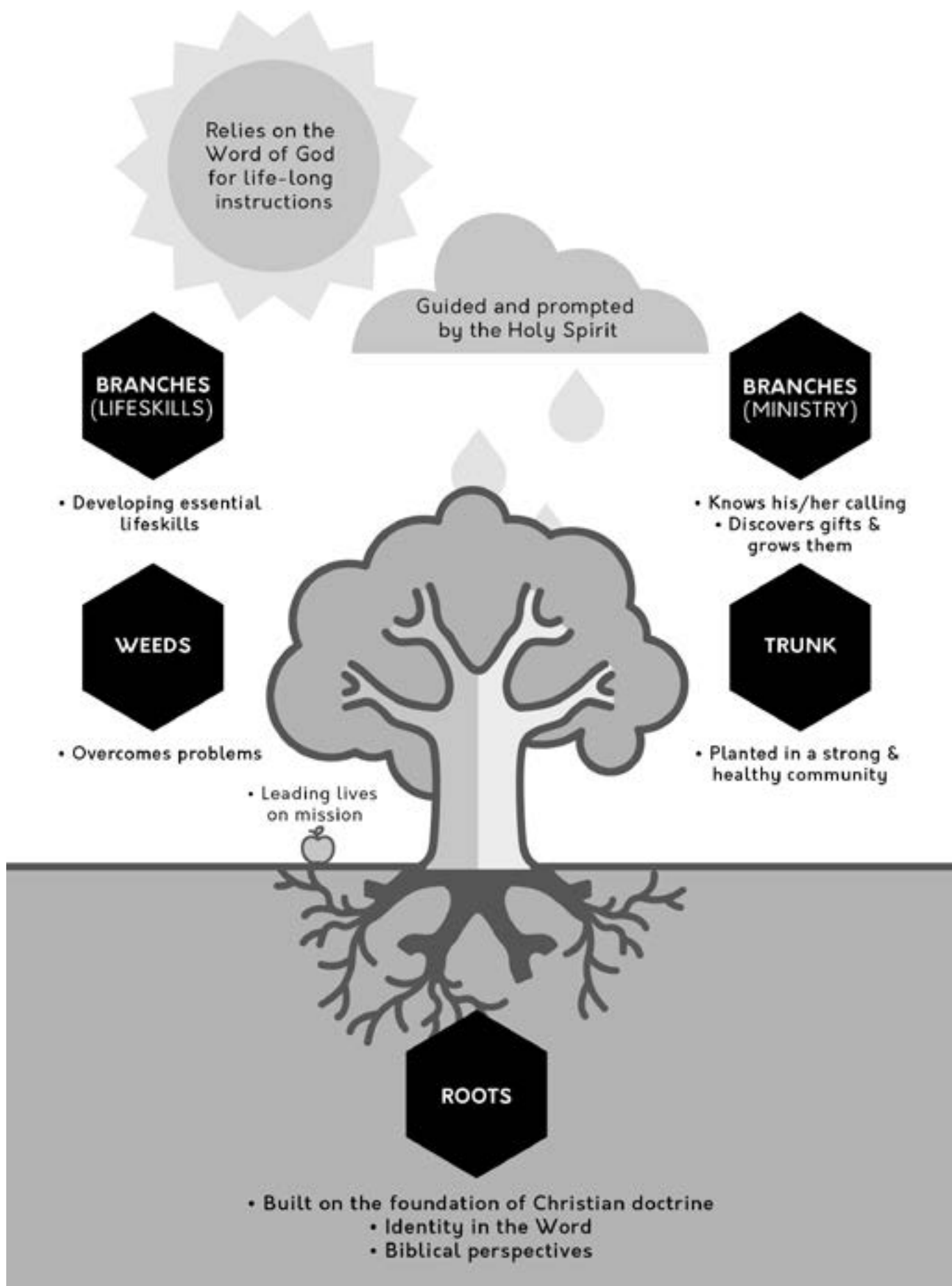
2. What image(s) came to your mind when you think of someone who is a fully devoted follower of Christ? Draw the image(s) in the space below.

WATCH



The Tree Diagram





The Tree Diagram is a visual representation of what a fully devoted follower of Christ will look like for us in FGA. There are five areas of growth that we want to develop in order to flourish and bear fruit.

ROOTS

The health of the tree is determined by the strength of its roots. Strong trees need strong roots. The roots need to be entrenched in the foundation of Christian doctrine. The Word of God provides us with a biblical worldview and instructions for life. As we dig deep into the Word of God, our identity in Christ and foundation will be strengthened.

TRUNK

The trunk supports the tree. For a tree to grow tall, it needs strong support. The trunk represents the community support in the life of a believer. When believers are planted in God's house and rooted in strong and healthy community, they receive the nurture to grow to their fullest potential. This is achieved through our LifeGroup network in FGA.

BRANCHES (LIFESKILLS)

We are called to be a witness and representation of Christ on earth. This means that we are to be skilful in our different roles as a student, employee, citizen, spouse or parent. Money management, building strong marriages and parenting are lifeskills that we need to learn in order to be a testimony for God in the world.

BRANCHES (MINISTRY)

Every believer possesses natural talents and spiritual gifts for a purpose. As stewards, we are called to discover, develop and deploy our gifts to serve God, one another and the world. The Holy Spirit is the giver of gifts and we need to be guided and be led by the Spirit. As we exercise our gifts, we grow in the process. We discover meaning and purpose in life and as a result, experience a deep sense of fulfilment and fruitfulness.

WEEDS

The weeds in our lives could be addictions, past hurts or offences, negative thoughts and emotional baggage. These weeds hinder the growth of the tree and even make it unhealthy. To remove the weeds in our lives, we need to yield to the Holy Spirit and be obedient to God's truth. When we gain freedom, we are able to share our victory and testimonies with the community around us. People will see God's transforming power in our lives.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2 ESV

DISCUSSION



1. After hearing about the Tree Diagram, what were your initial thoughts about it? How useful is this diagram to you?

2. Read Romans 12:2 and Ephesians 3:16-19. The scriptures speak of God's desire for us to be transformed. How is it possible for someone to be a Christian for many years yet not really change?

THE NEED FOR ACCOUNTABILITY

In our last session, we spoke about the definition of a disciple is someone who is being changed by Christ. A Christ follower wants and invites God's transformative power in his/her life.

The truth is, it is tough to pursue spiritual progress on our own. Can you remember a time when you were committed to do something, and yet you didn't do it? Or have you ever had a strong conviction not to do something and you did it anyway? We are prone to drift away. Too many good people have drifted irrevocably because there was no one in their lives to help keep them on course. It can happen to any of us.

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness. - Hebrews 3:12-13 NIV

These verses provide us with the solution—we are commanded to encourage one another. The Greek word that's translated into English as "encourage" is not the equivalent of a slap on the back or causal "way to go" or "hang in there". Rather, it is an urgent appeal, an exhortation or begging even. The author implores us to join with a group of people willing to do what it takes to keep each other faithful. It assumes a connection where accountability is welcome and reciprocated.

THE CHECKLIST



- Will you give your leader(s) and members of this group permission to help you stay on course and pursue Christlikeness? If your answer is 'Yes', we have created a checklist based on the Tree Diagram to help you.

- Take some time (about 5-10 minutes) during your group session to do the checklist. Remember that we are all on a journey together and will help one another as we grow. Create a safe environment for everyone to share honestly. You can download the checklist from our website, fgasingapore.org/resources.

Action for LifeGroup Leader:

- List down the action items written by each member from the Tree Diagram Checklist and set a date for review.
- Set the lunch/dinner date and venue to wrap up 42. Over the meal, get everyone to share what they have gained from the first 42 days together as a group. Let everyone know the next step forward.



THE TREE DIAGRAM CHECKLIST

NAME _____

DATE _____



Instructions: This is a self-assessment tool. For each descriptor, please check the box that best describe you and where you are at in your spiritual journey. For those that do not apply to you, you can write "N.A." next to it.



ROOTS

RELATIONSHIP WITH GOD

- | | | |
|---|--|---|
| ☐ I believe in Jesus and I am working on what it means to get to know Him. | ☐ I am growing in my relationship with God. I feel close to Jesus and depend on Him for daily guidance. | ☐ My relationship with Jesus is the most important relationship in my life. I consider myself a fully devoted follower of Christ and place Him as the centre of my life. |
|---|--|---|

BAPTISMS (Tick any that applies)

- | | | |
|--|--|--|
| ☐ I have been water baptised. | ☐ I have received the Holy Spirit baptism and learning to be led by His Spirit. | ☐ I am led by the Spirit and God is at work in my life daily. |
|--|--|--|

SPIRITUAL DISCIPLINES

- | | | |
|---|--|---|
| ☐ I am willing to learn about spiritual disciplines. | ☐ I am connecting regularly with God through personal spiritual disciplines but may need some guidance still. | ☐ I am a self-feeder and able to nourish myself with God's Word independently. |
|---|--|---|

SPIRITUAL TRANSFORMATION

- | | | |
|---|---|--|
| ☐ I am teachable and obedient to God's leading some of the time. | ☐ I am teachable and obedient to God's leading most of the time. | ☐ I endeavour to be teachable and obedient to God's leading all the time. |
|---|---|--|

CHURCH MEMBERSHIP

- | | | |
|---|---|--|
| ☐ I have attended Partnership Class and have become a partner. | ☐ I am a partner and I participate in church life (weekend services, LifeGroup). | ☐ I am an active participating member/leader and am fully behind the church vision and mission. |
|---|---|--|

TRUNK

LIFEGROUP ATTENDANCE

- | | | |
|--|--|--|
| ☐ I am open to attending a LifeGroup. | ☐ I attend a LifeGroup regularly. | ☐ I am an active participating partner/leader of a LifeGroup. |
|--|--|--|

COMMUNITY LIFE

- | | | |
|---|--|---|
| ☐ I am beginning to share my life. | ☐ I share my life occasionally. | ☐ I am open about my life. |
| ☐ I am accepting of some people. | ☐ I am accepting of most people. | ☐ I am accepting of all people. |
| ☐ I am beginning to experience accountability. | ☐ I am accountable to my leaders. | ☐ I value accountability as a necessary part of my spiritual growth. |

DISCIPLESHIP

- | | | |
|--|---|---|
| ☐ I am beginning to be discipled. | ☐ I am currently in a growing discipleship relationship. | ☐ I am a reproducing discipler (makes disciples who make disciples). |
|--|---|---|

BRANCH (LIFE SKILLS)

FINANCIAL STEWARDSHIP

- | | | |
|---|--|--|
| ☐ I am beginning to apply godly principles of financial stewardship. | ☐ I am growing in my application of godly principles of financial stewardship in my life regularly. | ☐ I am mentoring others to be good stewards of God's resources. |
|---|--|--|

FRIENDSHIPS

- | | | |
|---|--|--|
| ☐ I find it difficult to make friends. | ☐ I am in the beginning stages of developing healthy friendships. | ☐ I have established healthy friendships. My friends encourage and challenge me to be a better version of myself. |
|---|--|--|

PHYSICAL HEALTH

- | | | |
|--|---|---|
| ☐ I pay little attention to my physical health. I lack exercise and I have bad eating/sleep habits. | ☐ I am working towards a healthy lifestyle. I am trying to establish good eating, sleeping habits and an exercise routine. | ☐ I have established a healthy lifestyle. I have established good eating, sleeping habits and an exercise routine. |
|--|---|---|

DATING

- | | | |
|---|--|---|
| ☐ My partner and I are willing to learn godly principles to apply in our dating relationship and are willing to begin an accountable relationship. | ☐ My partner and I are applying godly principles in our dating relationship regularly and are under a growing accountable relationship. | ☐ My partner and I are consistently applying godly principles in our dating relationship and are in a consistent accountable relationship. |
|---|--|---|

MARRIAGE

☐ My spouse and I are willing to learn godly principles to apply in marriage.

☐ My spouse and I are applying godly principles in our marriage regularly.

☐ My spouse and I are consistently applying godly principles in our marriage and we are willing to mentor young couples

PARENTING

☐ My spouse and I are willing to learn godly principles in our parenting.

☐ My spouse and I are applying godly principles in our parenting regularly.

☐ My spouse and I are consistently applying godly principles in our parenting and we are willing to mentor young parents.

BRANCH (MINISTRY)

SERVANT ATTITUDE

☐ I am willing to learn about serving others.

☐ I am growing in serving others.

☐ I serve others consistently.

ABILITY TO WORK WITH PEOPLE

☐ I am willing to work with people.

☐ I enjoy working with people and am learning to resolve conflict in the right manner.

☐ I have strong people skills and I can motivate and develop the people in my team.

SPIRITUAL GIFTS

☐ I have not discovered my spiritual gifts.

☐ I have discovered and developing my spiritual gifts.

☐ I am developing and am fully deploying my spiritual gifts.

EVANGELISM

☐ I do not share my faith.

☐ I share my faith sometimes.

☐ I am intentionally reaching out to share my faith.

☐ I have no idea how to integrate christian values in my school/workplace.

☐ I am integrating christian values in my school/workplace sometimes.

☐ I am intergrating christian values in my school/workplace all the time.

MISSIONS

☐ I have not been on a short-term mission trip.

☐ I have been part of a short-term mission team.

☐ I have led a short-term mission team.

SERVING THE LOCAL CHURCH

☐ I am open to serving but have not begun.

☐ I am currently serving in at least one ministry.

☐ I fully participate in serving my ministry and am committed to helping it grow.

WEEDS

ADDICTIONS/HIDDEN SINS

☐ I want to be set free from my addictions/hidden sins.

☐ I am dealing with my addictions/hidden sins.

☐ I have overcome my addictions/hidden sins.

EMOTIONAL HEALTH

☐ I am unaware of any emotional baggage.

☐ I am dealing with my emotional baggage.

☐ I have overcome my emotional baggage.

RENOUNCIATION

☐ I am willing to renounce past occults and religious practices and follow Christ.

☐ I have experienced spiritual freedom.

☐ I have experienced spiritual freedom and would like to help others and set them free from spiritual bondages.

SPIRITUAL WARFARE

☐ I encounter spiritual warfare and am unsure of what to do.

☐ I have learned to put on my spiritual armour (Ephesians 6) and experienced spiritual freedom.

☐ I have experienced spiritual freedom and would like to help others and set them free from spiritual warfare.



MY ACTION PLAN



Instructions: Complete the action plan with your LifeGroup leader/discipler. Select one or two areas you would like to work on in the next 3 to 6 months. Allow your leader/discipler to hold you accountable and agree on the next meeting date to review your action plan. For a list of classes you can attend, visit our website at www.fgasingapore.org.

ACTION STEPS/TASK What action can I take?	RESOURCES What classes can I attend? Who do I need to speak to?	TIME FRAME By when should I achieve this step/task?	CHALLENGES What challenges or barriers do I anticipate?

LEADER'S GUIDE

Thank you for your willingness to gather people into community! You play an instrumental role in connecting people and leading them to become fully devoted followers of Christ. We have listed below some important principles we believe will help you to start the group well and lead them over the next 6 weeks.

1. Prioritise relationships

The goal for the group over the next 6 weeks is to build a relational environment and help members to become well acquainted with each other. The curriculum is to facilitate that. While studying the curriculum is a part of the group experience, be sure to prioritize connecting relationally during the next 6 weeks.

2. Uphold the group covenant

The group should review the covenant (page 10) and talk through these guidelines and agree on them together.

3. Stick to a meeting time and start on time

We strongly encourage your group to meet regularly (weekly or bi-weekly) on an agreed upon day and at an agreed upon time. Frequently changing the meeting day and time will not set your group up for success. Filling up the group covenant should help with this (page 11).

4. Start and end light

Start each session with 15 to 20 minutes of connecting and refreshments before moving into Bible study, sharing and prayer. This will allow the group to connect relationally each week. After discussion and prayer, end the meeting with additional connecting time and refreshments. This helps to end each meeting on a relational note.

5. Facilitate discussion

Your primary task is to create an environment where people feel comfortable and to keep the meeting generally on track. Don't end up teaching or answering most of the time. Leading a small group is not about you responding to all the questions posed by the group. In fact, you will find that your group benefits the most when you let other members share and contribute.

6. Pray

Each group meeting should consist of three elements: connecting, discussion and prayer. And it usually falls in that order. You can pray in any way that the group is comfortable. If this is a new group, some members may not be comfortable praying in front of other people. If that's the case, you might want to ask someone ahead of time to pray for everyone after the prayer requests have been shared. Make sure to point out that there is a place for recording prayer requests on page 11. Encourage members to pray for each other during the week. Alternatively, you can create a chat group on a smartphone platform like WhatsApp and form a prayer chain.

7. Have fun

We want the group to be a positive and encouraging experience. Create an atmosphere where laughter is part of the meeting every week. Enjoy the time together.

ICE BREAKERS

INSTRUCTIONS

Version 1: Each member to choose 1 question to respond from each category.

Version 2: Write the question number on pieces of paper and get each person to draw lots and respond to the question that corresponds to the number they choose.

CATEGORY 1 - INFORMATION: WHAT YOU KNOW

1. What is your favourite movie and why?
2. What is your favourite holiday destination? Why?
3. What day of your life would you most like to relive? Why?
4. What does your name mean? Why were you named that?
5. If your house were on fire, what three items (not people) would you try to save?
6. What was the best gift you ever received as a child?
7. If you suddenly lost your eyesight, what would be the thing you would miss seeing the most?
8. Describe your first job. What do you remember most about it?
9. At what age do you hope to retire? Explain.
10. If you could go to university (again), what would you study?
11. What would you do if you were given a year's sabbatical from work?
12. What big challenge have you taken on recently?

CATEGORY 2 - OPINIONS: WHAT YOU THINK

13. Who is one of your heroes and why?
14. Who is your number one person to go to for advice in life and why?
15. If you could spend one hour doing absolutely anything, what would you do?
16. I was (or would have been) voted "most likely to" _____ in secondary school.
17. If you could leave the world with one piece of advice, what would it be?
18. Who is the best boss you've ever had? Why?
19. People might be surprised to find out that I _____.
20. If you could learn to speak a foreign language, which one would you choose and why?
21. If you were assured you would not fail, what endeavour would you attempt?
22. If you could look into the future to find out one thing, what would you want to know?
23. How do you suggest overcoming negative self-talk?
24. How would you describe the perfect day?

CATEGORY 3 - FEELING: WHO YOU ARE

25. What do you miss most about childhood?
26. I am most like my mom/dad in that I _____.
27. One of my biggest pet peeves is _____.
28. What did you want to be when you grew up? Are there any surprises?
29. For what do you want to be remembered?
30. An emotion I often feel but don't usually express is _____.
31. Where do you go or what do you do when life gets too stressful for you? Why?
32. What is one of your biggest fears about the future?
33. How do you handle anger?
34. What is something that always brings a smile to your face?
35. What in this world breaks your heart?
36. What's the most courageous thing you've ever done?

OVERVIEW OF THE SIX WEEKS

Session 1

Meet for dinner together at someone's house or at a restaurant to start off your first group gathering relationally. There is no formal agenda. Simply enjoy getting to know each other while you share a meal.

Get people to introduce themselves. We have included Icebreakers on page 31 to get the conversation started. At some point, share your story using the guideline, "Sharing Your Story" on page 5. Your group will get to know you better through your story.

There is a Group Profile page for you and your members to write down key information about each member of the group e.g. birthdates, contact details. Get them to fill up the page. Let your members know that in the next few weeks, they will hear each other's stories. You can roster two people each week to share at the start of the gathering until everyone has the opportunity to share. Take about 12 minutes for each person to share. They can use the guideline for what to say. You may discover that hearing the stories of the other members of your group is an eye-opening experience. Be sure to set an example of acceptance and highlight how God is working in each person's life.

Session 2 to 5

Start the session with "Sharing your Story". Two members from the group will share their stories. Encourage them after they have shared and end the segment by praying for them.

Read the chapter and answer the opening questions before coming to group. During group, watch the video clip and then discuss the questions.

Session 6

As you conclude 42, consider having another meal together. Use the informal relational time to share the next step for the group and what you have in mind for the group.

USING THE CURRICULUM

Introduction

This has been designed to set up the topic for discussion. You may read this out loud as a way to start off the Bible study portion of the meeting.

Opening Question(s)

This is an icebreaker question. It has been designed to get people talking. Ideally each person will answer this question. But if the group is too big, you can split the group into smaller groups of 3s or 4s and get them to share their responses in the smaller group. This way, everyone gets to share and it will not take too long.

After the opening question(s), you may play the video clip and facilitate the discussion questions.

Discussion Questions

They are designed to get people talking about the subject and move them to application.

Action

This segment calls members to action. Ask the group members to share how successful they were in taking action steps they had discussed. This provides a level of accountability for applying the lessons learned each week.

