

# Life groups

## **What is a Lifegroup?**

A Lifegroup is a group of 4-10 students who come together on a regular basis for a common purpose, and are led by a Student Ministry Leader. The Leader assists the group members in reaching their full devotion and potential in Christ by intentionally facilitating an environment for connection, community, and spiritual growth.

At Church of the Foothills we believe that real life change happens best in the context of authentic relationships. Our Lifegroups meet once a week in places all around our community and provide a place for you to connect, grow, and discuss the challenges of life.

## **Why should I join a Lifegroup?**

Simply put, “we need one another.” God made us that way. He designed us to be His personal agents to encourage, challenge, and care for one another. “A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another” (John 13:34-35).

We believe Lifegroups are one of the best places to foster significant relationships and growth with each other. They provide a great way to connect with a smaller group of people that are brought together by topics/interests, activities, meals, and fellowship. Lifegroups are a safe place to be known, encouraged, celebrated, and challenged. The format and atmosphere of each Life Group will be different depending on the leaders and the people in the group, but they all exist to help people connect with each other and with God.

## **What do Life Groups discuss or study together?**

Every Lifegroup is a 6 to 8-week study where groups can choose from a number of recommended curriculums to address specific areas for continued transformation, building relationships and equipping for service. The Lifegroup leader will announce the curriculum they have chosen for their group.

## **What is the life expectancy of a Lifegroup?**

Every group will be different. However, we encourage each group to commit to one another for a set period of time. Typically groups commit to a semester (two 6-8 week sessions). Then you can decide whether to recommit for an additional period of time, lose members, or add members. After an initial 6-8-week commitment, the school year (September—May) is a good guideline for a minimal commitment.

## **When and where do Lifegroups meet?**

They meet at a time and place that is convenient for the whole group. Ideally Lifegroups meet weekly in someone's home, coffee shop, or at Church of the Foothills. Developing significant relationships takes time and consistency—that's why we encourage groups to meet every week.

## **Do Lifegroups do anything to help others?**

Throughout the semester, the Lifegroup will have 1 "Community Outreach Project" and 1 "Celebration" week. The Community Outreach Project (COP) gives you the opportunity to help those in need in our local community. COPs can range from something very small to something really large such as: donating baby clothes, helping feed the homeless, fixing up someone's home, taking a meal to the local fire department, etc. The opportunities are nearly limitless. Each Lifegroup will choose their own COP that they wish to do.

The Celebration week allows you the opportunity to build better relationships with those in your group. This is where the group breaks away from formal curriculums or interest and has a time of fellowship together for one evening such as: eating at a restaurant, bowling, movies, sporting events, cookouts, etc. This event is specifically designed to help you get to know the people in your group better and build meaningful life-long relationships.

## **When are Lifegroups offered throughout the year?**

Lifegroups are typically offered 2 times throughout the year. The Fall Semester begins the 3rd week of September while the Spring Semester begins the 3rd week of January.

## **Could I be involved in the ministry of Lifegroups?**

We have 2 positions that are available through our Lifegroup Ministry which include:

1. Leader: The leader facilitates the group and leads the discussion. This person is actively involved in discipling and doing life with our students,
2. Home Host: The home host simply opens their home up to a Lifegroup and allows the group to come into their home once per week for a couple of hours.

If you are interested in either of these positions listed above, please contact Pastor Doug at [doug@cotf.org](mailto:doug@cotf.org) or Heather at [heather@cotf.org](mailto:heather@cotf.org).

### **What is the role of a Lifegroup leader?**

Lifegroup leaders are responsible for providing their groups with vision, direction, and support—they do not need to be Bible experts or teachers. Leaders are successful when they are personally growing in their intimacy with God and their community, growing in influence with students, and are leading their groups in such a way as to encourage the group members' growth in these areas as well.

### **What are the qualifications to become a Life Group leader?**

- Spiritually warm—have a personal, growing relationship with Jesus Christ
- Relationally warm—have good social skills and emotional intelligence
- Recognize the Bible as the complete authority in their lives
- Have Lifegroup experience (preferably)
- Is a member of the Church of the Foothills
- Has the time, emotional capacity, and moral discernment to lead a group

### **Have additional questions?**

Email [heather@cotf.org](mailto:heather@cotf.org) for a quick response.