

ANTIOCH LIFE GROUPS | LEADING PEOPLE INTO A GROWING RELATIONSHIP WITH JESUS CHRIST!

One of Antioch's core values is that ***Life Is Better Together!*** We encourage everyone to participate in a Life Group, a group of 10-15 people who "do life together" as Jesus intended! We create Life Groups seasonally. Our primary way of creating Life Groups is the Rooted Experience, which facilitates connecting with God, his church, and your purpose through the **"7 Rhythms of Rooted"** – daily devotion, prayer, freedom from strongholds, serving the community, sacrificial generosity, sharing your story, and celebration.

Life Groups are encouraged to meet in three 6-10 week seasons during the year. A typical calendar would look like:

Fall – Labor Day through Thanksgiving (10 weeks)

Winter – New Year through Easter

Spring – Easter through beginning of Summer

THIS COMMITMENT IS TO BE RENEWED EACH SEASON.

Session Dates _____ to _____

Leader(s) _____

Location Host(s) _____

The Commitment is to help each Life Group clarify goals, expectations, and commitments as a group. Since healthy groups thrive on trust and participation, a clear Commitment helps a Life Group plan to have a successful group experience.

LIFE GROUP STUDY

We plan to study: _____

Each week through our chosen study, we will study God's Word with the goals of learning God's ways, living God's plan in our day-to-day experiences and relationships, loving God and others as an outward expression of our faith, and leading people into a growing relationship with Jesus Christ!

FIVE MARKS OF A HEALTHY GROUP

- 1) We focus on a growing relationship with Jesus Christ.
- 2) We love and forgive each other as Jesus has loved and forgiven us.
- 3) We are here to support each another, not "fix" each other.
- 4) We maintain one another's trust by keeping confidentiality. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
- 5) We keep our commitments to the group—including regular attendance and being prepared.

SUPPORT

Each week, we'll learn how to take care of each another as Jesus commanded:

"I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. **John 15:9–13** NLT

This care will take different forms, such as praying, listening, meeting needs, encouraging and even challenging each other as needed.

LIFE GROUP SEASON COMMITMENT



DATES

We'll meet on _____ (day of the week)

from _____ (starting date)

to _____ (ending date).

TIME

We'll meet between _____ (starting time) and _____ (ending time)

CHILDCARE PLAN SUGGESTIONS

- Recruit someone to do children's ministry while your group is meeting.
- Hire a babysitter. Have each member pitch in. *NOTE: Be generous!*
- Allow older children to supervise younger children with adults checking in.
- Have group members trade off in watching the children.
- Allow the children to take part in the group. Offer topics and activities where everyone can participate.
- Have each member arrange for their own childcare.
- Trade off childcare with another group that meets on a different night.

Our childcare plan: _____

FOOD AND DRINKS

Plan for drinks, snacks, and/or meals. Remember, Jesus ate with his disciples regularly!

PRAYER EXPERIENCE

Plan a Prayer Experience!

SERVICE EXPERIENCE

Plan a service experience! See <https://lifeisforliving.org/go-local/>

SUBMIT LIFE GROUP SEASON COMMITMENT INFORMATION TO ANTIOCH

Please fill out form at lifeisforliving.org/leadertools

LIFE GROUP
SEASON COMMITMENT



LIFE GROUP SEASON COMMITMENT

We agree together to honor this Life Group Commitment.

PLEASE PRINT NAME AND SIGN:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
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12. _____
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15. _____
16. _____
17. _____