



THIRST

PS 63:1-8

LifeGroups In Action

Month 1 Setting the Scene



Touch base daily: Build your relationships within your group.



Build trust: It all starts with real, honest connections.



Share your story: Share a bit about your personal story with your group.



Pray together: Simply begin by praying for each other's needs.

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Month 2 Disciples are Learners



1

Accept the Identity: Jesus is the teacher; you are the learner.

2

Trust the Process: Spend time, listen, and become like Him.

3

Start the practice: Start using your H.E.A.R Journal.

4

Start the practice: Start memorising scripture.

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The H.E.A.R Journal



This is the primary tool used in our LifeGroups. It is a method to read the bible with the specific intention of applying it.

3x

Writing helps you retain 3x more of what you read than reading alone.

The H.E.A.R. Journal: From Scripture to Soul

The H.E.A.R. Journal is a pedagogical tool designed to move the Word of God from the page into the soul. It ensures that engagement with Scripture is deep, focused, and transformative rather than just a collection of information.

The Four Steps of H.E.A.R.



H - Highlight

Identify and write down the specific verses that stand out during your reading.



E - Explain

Briefly describe the author's intended meaning and the original historical context.



A - Apply

Identify a specific principle from the text that connects to your modern circumstances.



R - Respond

Formulate a concrete action plan to live out the truth in your relationships.

From Application to Action

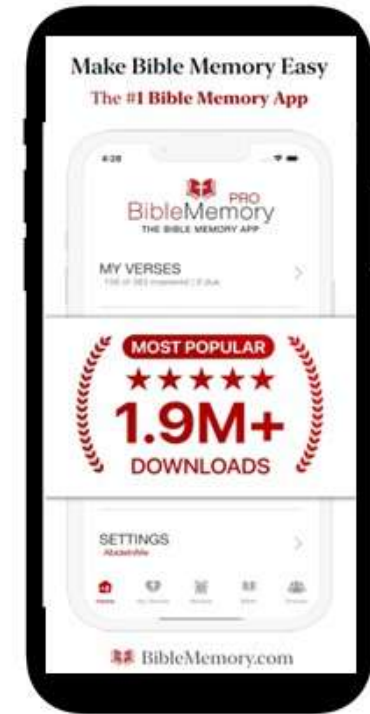
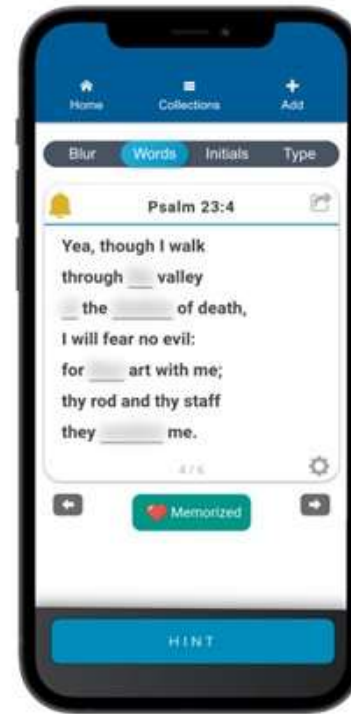
Sample Entry:

Read Philippians 4:10-13



**Practice writing your H.E.A.R
Journal together using
Philippians 4:10-13**

LifeGroups



Month 3 Disciples are Followers



Active Surrender: Transition from observing to obeying. We will no longer listen to Jesus' teachings; we will live them out.



Accountability and Honesty: We will hold each other accountable in love so that we live out a life of discipleship.

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Accountability Questions



Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?

Have you honoured God and your relationships with your thoughts, words, and actions this week?

How have you intentionally invested in an important relationship in your life? (Family, friends, neighbours, co-workers, etc.)

Have you given in to any addictive behaviour this past week? (alcohol, tobacco, video games, work, TV, etc.)

Have you told any lies or half-truths this week?

Have you damaged another person by your words, either behind his or her back or face-to-face?

How are you making a kingdom impact?

Tip... Which question grabs your attention the most and why?

Month 4 Disciples are Messengers



LIFEGROUP
SVC



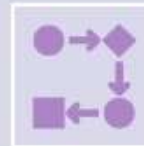
Identify: Have you identified your ONE?



Share: Share their name with your LifeGroup for accountability



Pray: Pray for our ONE's and each others daily.



Act: Commit to looking for ways to invest in your ONE and for the right moment to invite.

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Crafting Your Authentic Story



Apply: Write down your story in 3 simple parts.



What life was like before Jesus, how you encountered Jesus, and what is different now.

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