

Lifegroup Curriculum: Week 1

Looking Back (20 mins)

Family Time

1. Vision:
 - Vision Statement: Explain the vision of your lifegroup. Invite someone in your lifegroup to share your vision piece next time.
2. Icebreaker Question:
 - What are you most proud of from 2021 and what will make you proud in 2022?
3. Check-Ins:
 - Life updates from the previous week(s), prayer requests, praise reports.

Looking Up

Worship (15 mins)

Worship is not an appetizer! It's so key in our relationship with God and our encounters with God. Spend some time in worship together.

Available worship links (with lyrics):

- "Rest On Us" - Maverick City & UPPERROOM
https://www.youtube.com/watch?v=8qryRCbNYro&ab_channel=LightoftheWorld
- "Give Me Jesus" - UPPERROOM
https://www.youtube.com/watch?v=exSCh24FPlk&ab_channel=LightoftheWorld
- "One Hundred Three" - Antioch Music (lyrics in separate link below)
https://www.youtube.com/watch?v=nbEkCMU0dAE&ab_channel=AntiochMusic
 - Lyrics: <https://antiochwaco.com/wp-content/uploads/2020/03/One-Hundred-Three-C.pdf>

Soaking (Instrumental) Worship Music - "RUAH"

https://www.youtube.com/watch?v=wxW6-xz7zAA&t=4s&ab_channel=BenjaminSoliman

Bible Study (15 mins)

This past Sunday Pastor John said, "God is looking for people to be consumed by him, not casual about him." This new year let's posture ourselves to be a people who aim to be consumed by God. Let's give more ground to God. Let's look at Luke 1:26-38 for more insight on being consumed by God.

Luke 1: 26-38, NIV

26 In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, 27 to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. 28 The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you."

29 Mary was greatly troubled at his words and wondered what kind of greeting this might be. 30 But the angel said to her, "Do not be afraid, Mary; you have found favor with God. 31 You will conceive and give birth to a son, and you are to call him Jesus. 32 He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, 33 and he will reign over Jacob's descendants forever; his kingdom will never end."

34 "How will this be," Mary asked the angel, "since I am a virgin?"

35 The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. 36 Even Elizabeth, your relative, is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. 37 For no word from God will ever fail." 38 "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her.

Discussion Questions

- What character traits of God are being highlighted to me?
- What are some of the sacrifices Mary makes in order to have more space for God?
- How can I position myself to be more consumed with God?
 - Who can help keep me accountable?

Practice - Hearing God Activity (25 mins)

(For this activity everyone will need a piece of paper and a writing utensil.)

Mary receives a word from the Lord, and the angel of the Lord even tells Mary that “no word from God will ever fail.” If we want to be a people who are consumed with God this year then we need to start with receiving a word from God. We need to listen to what God is impressing on us, and then we need to respond. Let’s practice hearing God together right now through an activity that is designed to activate those muscles within you. The Bible tells us that God is very capable of speaking, and because of God’s love for us, we are very capable of hearing.

Directions:

- Fold your paper into fourths. You should have 4 boxes in your paper if you fold it correctly.
- Each box requires you to draw/write what you hear. So let’s prepare ourselves.
- First, clear out all distractions. Put your phones away, close your eyes, and take a deep breath.
- Let inhale bring you closer to focus, and breath out distractions with every exhale.
- Close your eyes. In your minds’ eye, picture the front door to your home. Imagine the paint, the texture, and the characteristics that make your door yours. What color is it? What material is it? How heavy does it feel? Does it make a sound when you open it? What kind of sound does it make? (Take a minute to let everyone imagine their door)
- Take 2-3 minutes to draw your door in the first box of your paper.
- After you’ve drawn your door you are now going to pair up and find a partner. With your partner you both will take turns describing your door to each other, and if you’re hearing the description of your partners’ door keep your eyes closed! Provide as many details as you can! After you’ve described your door to your partner, have your partner try to draw what they imagined in the second box of your paper. Take turns!

- Did you come close to your partner's description? No worries if not! We're just practicing our listening skills. Let's move forward.
- Now, close your eyes again. This time ask God to describe a door to you. Don't think about it too hard. Don't overthink it or overprocess. Just start drawing/writing anything that pops into your mind. If it's helpful, you can use a verbal queue, and ask God, "Father, help me practice. Describe a door to me." Or you can ask God for the color, what kind of handle it has, or what material is it made out of and how big it is! (Take 1-2 minutes for everyone to hear.)
- Take 2-3 minutes to draw this out on the third box of your paper.
- How was that? What did you enjoy about that? What was frustrating? It's okay if you didn't receive anything clear; practice builds prayer!
- Now, for the last box we're all going to take a few minutes to ask God to give us a word for this new year. This word can be a verse, a phrase, a challenge, and encouragement, or it can be an actual word! Again, don't think too hard about it or overprocess it. Just let God impress his thoughts into your thoughts.

Example:

First box: imagine your door	Second box: describe your door to a partner
Third box: ask God for a door description	Fourth box: ask God for a word

Looking Forward (10 mins)

This is a good way to practice our prayer muscles. Prayer isn't just speaking to God, but it's hearing from God also. If you had an easier time with this activity, keep practicing! If you had a harder time with this activity, keep practicing! Remember, practice builds prayer. The same muscles we used today are the same muscles we can keep exercising to better our sensitivity to God's voice.

Now that we've gotten a word from the Lord, let's split into small groups so that we can share this word with each other. Then let's pray for another and help keep each other accountable with what we've heard so that we can be more consumed by God.