

FALL 2018 Life Group – Week 8

Series: Soul Therapy

Sermon: Toxic or Food?

Date: 11/28/18

FUN

1. **Snack and Small Talk**

2. **Greeting and Intros:** Every Member should greet other members.

3. **Share: (go around the circle - Everyone should answer)**

-What did you do for Thanksgiving? What was the best part?

4. **Activity (DO SOMETHING FUN)**

REVIEW

5. **Life Group Purpose:** Bring people closer to Jesus – connect with others (**FUN and CHALLENGE**)

6. **Sermon Review:**

For Leaders or Co-Leader: Give 60 second sermon review & then ask these questions

Q1. What was your main takeaway from this week's sermon?

Q2. Pick at least 1 scripture from this week's sermon to read and discuss:
(3 John 1:2, Gal 5:22-23, Isa 43:1-2)

Q3. What are the parts of our soul?

CHALLENGE

7. **Digging Deeper:**

What things are toxic to our soul? What does it do to our soul?

What things are like food? How can this food help our soul?

If Jesus came to give us life, then what do you think that life looks like? If we live that way, how will it impact your life?

8. **Application: SPEND 2-3 Minutes silently contemplating the questions below!!**

What is God saying to you?

What are you going to do about it?

Who will you stay accountable to?

9. **Prayer:** *(Keep it short)*

Does anyone have a prayer request? *(Prayer needs: Group members, spiritual growth, NL Church, leaders, etc...)*