



Beyond Sunday Empower Group Resource

Empower Groups are about growing disciples as a spiritual family. Be informal. Relax and be yourself. Simple, repeatable patterns will pull you together as you grow into God and grow on mission.

Connect

20 mins

Take time to connect as a group. Food helps. So do icebreakers. This is a good opportunity to ask people about their highs and lows during the week, before moving into a formal time of disciple building.

Check-In

10 mins

Follow up with people who shared last week.
Check in with those who shared what God has been speaking to them
Check in with people who asked for prayer. Ask, “how did it go?”

Thank

15 mins

Transition to a time of thanking God for what he did last week.
Invite people to share one thing they are grateful to God for this week

Read & Listen

5 mins

Have someone read 1 Corinthians 6:12-20 out loud.
When you’ve read the text give people time to look over the text in silence, to re-read and reflect in silence. Encourage people to jot down thoughts or questions in a journal.

Discuss

30 mins

1. What questions do you have about the text?
2. What does this passage say about God, Jesus, People, or life?
3. Does the passage give any promises, principles, commands, or warnings?
4. What is God saying to you personally through this text?
5. What do you need to do about it? How will you do it? Can the group follow up next week?

Pray

10 mins

Is anyone sick? Discuss and pray for them.
Is anyone anxious? Discuss and pray for them.
Discuss any other prayer needs and pray for them.
Who in your life needs to meet Jesus? Discuss and pray for them.
What does your group need to grow in discipleship and mission? Pray!

Scripture reading for the week: 1 Corinthians 7, Micah 6:1-8, Psalm 15, Matthew 5:1-12