

Life Group Preparation Notes

MADE WHOLE: Forming our Soul!

Jason Render - Sunday 13 November 2022



Note for the facilitator: This is the last week of the “MADE WHOLE” series and Ps Jason Render from Legacy Church spoke about “Forming our soul!”. We are on our discipleship journey being made whole, growing in our love for God, and finding healing as we allow God into the parts of our lives that need a surgeon.

Worship: As you prepare your hearts for Life Group or during your quiet time, listen to the worship song [“I speak Jesus by Charity Gayle”](#). We can speak the NAME of Jesus over every situation that we are facing. Jesus is our Saviour, Healer, Provider, and Peace and His Presence comes into the midst of the storm to calm it and bring His peace.

Check-In: Share how you were able to use one of the tools (**PAUSE (Rest), PERSPECTIVE, PRAY, PATIENCE**) from last week’s sermon to combat the negative thoughts or anxiety you are facing.

Bible Readings: Read 1 Thessalonians 5:23-24; Matthew 4:23; 9:35; 10:1; Philippians 4:2; John 15:5 (NLT)

Preparation and Discussion for Group Time:

Jesus wants us to be whole, He wants us to experience the life-changing love of Jesus (Devotion), become a person of love, joy, and peace (Formation/Discipleship), and do what Jesus would do if he were me (Mission).

1. Jason spoke about the “10 signs our soul is struggling”. (Adapted from R.H. Barton & J.M. Comer) Irritability; Hypersensitivity; Restlessness; Workaholism (or nonstop activity); Emotional numbness; Out-of-order priorities; Lack of care for your body; Escapist behaviours; Slippage of spiritual disciplines and Isolation. These are an invitation from God to come to Him to find healing, which one or more of these do you need to bring before God?
2. The goal is formation/discipleship, it’s about being loved by God, loving Him, and loving others. We can come daily before Him, position ourselves to be formed by Him or we can choose to be ‘deformed’ by the world. Share with the group what you need to start or stop doing to order your life to:
 - a) BE with Jesus
 - b) Become like Jesus
 - c) Do what Jesus would do
3. A “Rule of Life” is like a trellis that a vine can grow up against (John 15:5), it’s how we prioritize or put practices/habits into place. Use the [Rule of Life Workbook PDF](#) to assess and design your own rule of life and then share with the group an area of your life that you are choosing to start with. Remember this is a working document, it’s a rule, not a law.

Tips for creating a rule of life: Start where you are not where you want to be. Consider your personality, season, and stage of life. Be specific. Prioritize (keystone habit). Keep a healthy balance. Everything is spiritual. It’s a working document. It’s a rule, not a law. Share with someone, accountable for what you want God to do, not only the things that aren’t working. Pursue progress, not perfection.

Check out and Prayer:

Take time to be silent, then go around the circle, and tell God what your soul needs. Keep encouraging one another in the week ahead to keep positioning yourself to be formed by God.

Love God:

- The memory verse for this week is John 15:5 (NLT) “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”
- For personal study, here are suggested **YouVersion** devotionals:
 - [DIY for the Soul!](#)
 - [Soul Care Part 1- Reviving your Soul.](#)

- Resource Tools:
 - [One-Minute Pause App](#) (Play Store/Apple Store)
 - [Lectio365](#) (Play Store/Apple Store)
 - [Rule of Life Workbook PDF](#)

Love People:

There are several next steps you can take on your discipleship journey over the coming weeks:

- sponsor a teen to attend Elevate “Imagine” Camp 2023 or sign up to serve.
- sign up to be part of the Christmas Spectacular.
- sign up online via Church Center or the [website](#).