

Life groups—Ethos of accountability

Life Groups operate within the following ethos.

- What is shared is confidential
- All are comfortable with group members
- They are friendship based
- There is freedom in how groups form
- Regular attendance is important
- Facilitators are trained and accountable
- They express low control—high accountability
- We listen to one another and to God
- Individuals share what they want
- Sharing is without judgment and with grace
- Prayer for one another is central
- Normally same-gender
- Ethos erosion concerns the pastoral leadership of the church



Personal reflection questions

Being a follower of Jesus is to live as he did, conscious that his relationship with God the Father, is the primary relationship of our lives. The discipline of reflecting is not an endless turning inwards to check up whether we are doing okay, but living life before God, conscious of his loving, joyful presence.

We can easily fall into the trap of thinking the Christian life is a set of rules and regulations that merely govern our behavior without deep-down change. 'Above all else guard your hearts because it is the wellspring of life.' (Proverbs 4:23)

These questions form part of a series of tools to help you keep life in shape. They focus on our relationships with God and our neighbor, whether close to us or not. They are organized around a triangle, an easily remembered pattern of UP—relationship with God, IN—with others and OUT—within wider society.

Keep this leaflet in your bible and review them on a regular basis. Focus on those that stand out at a specific time—don't dwell on each one. It's not a list to be gone through comprehensively each time. You might come up with other questions relevant for you at a given time. They are *examples* to help you develop habits of personal reflection. They are a tool to prepare what you want to share in your *Life groups*



Personal reflection questions



Personal reflection questions

Life groups

UP—relating to God

Become still – slowly breathe in and out for a while as you focus on Jesus or Father God. How do you see God looking at you at the moment?

In what parts of my life do I feel energy, joy and life? Am I paying sufficient attention to these things?

In what parts of my life do I feel drained? What is God saying to me about that?

Is a Bible passage speaking to me currently & am I going into my 'inner-room' regularly? (Matt 6:6)? If not why is this?

What do you want/need God to do for you?
See Luke 18:41

Is a situation currently on your mind? In a stilling time as outlined above, imagine that situation for a while with Jesus or the Father now within it. See where this leads.

'My peace I leave with you' (John 14:27) Are you living in his peace or is a fear growing?

Where do I need forgiveness and strength to sin no more?

Am I aware of my deepest desires at the moment? Am I nurturing them and giving them sufficient opportunity to grow?

Are my habits with regard to money and any health issues honouring God?

IN—relating to others

What relationship am I thankful for or for which I need God's help at this time?

Is there a relationship that is becoming inappropriate, hidden or a fantasy?

Do I need to clear something up with someone? (Matthew 5:23-24)

Am I being called to walk the pathway of forgiveness? Where am I on that journey?

Is this a time to express the discipline of openness and confrontation? (Matthew 18:15) And in what spirit might I do this?

Am I open and vulnerable enough with those closest to me or in danger of withdrawing?

Am I sufficiently accountable to others?

How self-aware am I of how I impact others?

Do I encourage others or is jealousy finding a root within me?

Am I becoming self-centred in my close relationships and not loving the family of God enough?

Is there a calling or desire to serve the family of God in some way?

Are my closest relationships feeding my spirit? If not where will I find nourishing relationships?

OUT—relating in society

Am I living in society as one who has been sent by the Lord? (John 20:21)

How do I need help to share in God's mission?

Where do I sense or see a movement of God's Spirit in my family, neighbourhood, work place, or within my circle currently?

Is God giving me a vision for my family, work place, neighbourhood

Are you in a time where you are saying 'Here I am, send me'?

Am I leaving enough time for relationships with people who do not know Christ & for whom am I praying to experience God's love?

Is God growing a dream within me and in what way does that dream relate to God's mission?

Do I need to ask others to pray with me about the dream growing within me?

Am I committed to working with God and maybe others to see it happen?

In what way am I serving the poor, the least or the vulnerable? (Matthew 25:40)

Is my ministry or involvement in mission becoming too precious to me? (Luke 10:20)

