



LEADER PAGE | SERIES | Traditions | WEEK 4 of 6 | Sermon date: May 2, 2021

Discipleship Phrase: Tradition honors past, action honors present, God sees both.

Big Idea for Series: This is why we do what we do each week.

Abiding (*grow as a disciple yourself*)

This week we are moving into the topic of soul care. Before you can lead your group into what it looks like to care for their souls, spend some time this week truly understanding how you care for your soul. What does the word soul mean to you? How are you caring for your soul? Do you create intentional space in your day to slow down, step away from the hurriedness of the world and spend time with you creator caring for your soul? If not, why? Romans 12:2 calls us to be transformed by the renewing our minds. This should be a daily practice. If it's not part of your regular routine, this week before life group, spend the week setting aside time to slow down, connect with the presence of God. Notice any differences in your mind. Share your experience with your group!

Leading (*facilitate your group effectively*)

This week, as you lead, the heart question (#2), will be asking you to “name your distractions” that keep you from being in the presence of God. These distractions can be a variety of things. Think about the things that keep us busy pulling our mind’s attention and our heart’s affection from truly caring for our soul well. This has the tendency of being a very “safe” week, yet it also has the potential to get deep as for some people it may just be the first time they actually name and speak the distraction. Remember that as the leader your charge is to continuously work to create an atmosphere of trust and safety. One that is conducive of sharing and leading with vulnerability. Ask solid follow up questions. Know when to press in and when to press pause. Your group will pick up on this and they it will help create that atmosphere we’re all looking to create.

*Email Jen for more detailed information tied to the sermon regarding an integrated life vs. a disintegrated one. This could help you frame a larger conversation.

Shepherding (*know, feed, lead, and protect the sheep*)

We are digging deep this week into prayer and two practices which will lead you into His presence in the way He most desires, allowing you to connect to Him in a transformative way. As a leader, you will be asking your group to talk through what distractions in their lives come from hurriedness that keep them from caring properly for their soul. You're also going to be asking them to name "next steps" they will be taking towards health/healing in this area. This is sacred territory, please treat this with care and deep intentionality. Make sure to follow up with anyone and everyone that was vulnerable and shared their distraction(s) and next steps, to let them know you are praying for them and ask if you could partner with them as an accountability partner.

Church Announcements (*be in the know & share with your group*)

- Prayer Workshop! May 7th and May 8th! Click [here](#) for more details and to register!

REMEMBER: “Every group deserves a great leader.”

LifeGroups at Southeast

SERIES | Traditions | **TOPIC: Prayer** | **WEEK 4 of 6** | **Sermon date:** May 2, 2021

Welcome/Introductions (*creating a relational environment starts here; be friendly & acknowledge everyone*)

Open in Prayer (*kickoff every group gathering with honoring the Lord*)

Ice Breaker, God Moments, or Highs & Lows (*choose one that is best for your group this week*)

Weekly Vision Checklist (*See Flipbook re: announcements, the “why”, goal, outreach, guidelines, & branching*)

Ask a Hook Question (*a thought-provoking question to get the group heading in the right direction*)

Who do you know that is an unhurried/fully present person?

Recap the Message (*ask a couple people to share what stood out to them in this week’s message*)

Scriptures References (*Read scriptures **directly from the Bible**—it carries its own authority*)

Romans 8:6 (ESV), Mark 8:36 (ESV), Matthew 6:33 (ESV), Mark 1:35 (ESV), Romans 8:34 (ESV)

Implications (*takeaways from the message*)

1. At its core, prayer is connecting our souls to God.
2. Soul care is critically important to God.
3. Caring for our souls through prayer allows us to live in a holistic, integrated way.
4. True freedom from sin and brokenness can only be found in spending time with God at a soul level.

Discussion Questions (*going beyond the surface*)

1. Read Mark 8:36. What is your understanding of the soul?
2. Hurriedness prevents us from caring for our soul well. Naming our distractions help us identify them. Name your biggest distraction that keeps you from caring for your soul.
3. What is one step you can take to begin eliminating the distraction you just named and how can we as a group support you in that?

Prayer Requests (*record, share, and follow up throughout the week. Use the LEAD App or CCB if possible.*)

Closing Prayer (*ask openly for a volunteer, encourage your people to step outside of their comfort zone regularly*)