



# TELOS

## CATCH UP ON LIFE:

*We want to update each other on what Jesus has been up to in our lives since we last saw each other: what we're celebrating, what we're mourning, what decisions we are praying through, and where we've seen Jesus at work. ([1 Thessalonians 2:8](#), [Romans 12:10](#) and [15](#))*

**Suggested time: 20-30 minutes**

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

## REVIEW THE MISSION:

*Just like God the Father sent Jesus on mission for us, Jesus sends us out on mission for others. So as a LifeGroup, we always want to invite our neighbors in, share Jesus with them, make disciples, and eventually plant a new LifeGroup so more people can come to know Jesus in our city. ([Matthew 28:18-20](#), [John 20:21](#) and [2 Corinthians 5:18-20](#))*

**Suggested time: 10-20 minutes**

### 1. People:

- **Reactive** - Who in your life (neighbors, coworkers, kids, friends, etc.) can we pray for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- **Proactive** - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our plans to love, serve, and build relationships with this group?

**2. Plan:** Are there any rhythms in place or a different rhythm we could plan to create for these friends to connect with our group?

**Pray:** *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

## SERMON DISCUSSION:

*God uses His Word to reveal Himself, equip us to live the good life, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. ([2 Timothy 3:16-17](#), [Titus 2:11-12](#) and [James 1:22](#))*

**Suggested Time: 20-40 minutes**

# I. Scripture Discussion

Read [Genesis 1:26-27](#), [Genesis 2:7](#), [1 Corinthians 6:19-20](#) and [Romans 12:1](#) out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does the passage reveal to us about God?
- What does the passage reveal to us about people?

Share with one another what you thought and wrote about.

# II. Sermon Discussion

What stood out from the sermon that was beneficial for you? Why is that?

Based on the passages we read, God created our bodies to honor Him, and ultimately, He has authority over our bodies.

In what ways are you tempted to believe in other stories about your body (the secular story, the gnostic story)? How does that play itself out?

In the sermon, we defined the body as a psychosomatic union made in the image of God, to be filled with the Spirit of God, to cultivate the Earth with God.

Was there anything about that definition that was new to you?

Based on that definition, what's a practical way you can further honor God with your body?

**Pray:** *Before moving on to Engage the Heart, let's ask God to help us apply this week's passage to our lives.*



During the series, we want to know the concepts and ideas you wrestle with the most.

**If you have a question, text "LEXINGTON" followed by your question to 855-855-0655.** In the final week of this series, we'll choose a few of the texts we've received to discuss and answer.

## ENGAGE THE HEART:

*Jesus calls us to abide with Him and confess our sins to God and each other. Through confession and community, God's Spirit works to lead us to repentance and walk further in the light. ([John 15:4](#), [1 John 1:8-9](#), [James 5:16](#), and [1 John 1:5-10](#))*

**Suggested Time: 20-40 minutes**

**Formation** - How are you doing abiding with Jesus (Bible reading and prayer)? What's He teaching you this week?

**Confession** - What sin(s) do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

**Celebration** - Where have you seen victory over sin in the last week? Where have you recently been encouraged in your walk with Jesus?

**Pray:** *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*