

# Life Transformation Groups

## Sample Meeting Format:

### Pray ..... 15 minutes

During this period of prayer, focus on God, His goodness, His salvation, His grace to you and your loved ones, and seek his face, not his hand (not typical “request” prayers). Spend this time praising and glorifying God. The opportunity for requests will come during the “Ask” & “Follow Up” phases. Intercessory and personal prayer requests can be offered up during the week.

### Review ..... 15 minutes

The first time you meet, agree upon a book of the Bible you’ll read together during the week and the amount of time you’ll spend in scripture each day of the week. Journal your days, times, scriptures read, and reflections. Bring your journal with you to share what the Holy Spirit has spoken to you through the Word.

### Ask ..... 20 minutes

Ask questions that get at the heart of the matter: Is your sister improving her walk with Christ and is she being more “fruit-bearing”? You might start out with the questions that get at the issues that your sisters have confessed they struggle with the most. Remember: What is said in the group stays in the group. The only exception is when other sisters in the group agree that an issue must be taken to the Pastor for consultation. The group and the Pastor will agree on next steps.

### Follow Up ..... 5 minutes

This step is critical for some to be transformed. Once a week may not be enough for some sisters to be asked the tough questions or to be prodded into the right direction. So, some sisters may make suggestions or some may make requests for follow-up actions for the coming week. This is only to help keep each other on track toward life transformation. So, take note and pay special attention to ways you can be that sister who walks alongside another sister during times of need.

### Pray ..... 5 minutes

End every meeting in prayer to the One who calls you together. So, make sure no one leaves the room until you’ve praised Him, and prayed for the needs of your sisters and their transformation process, their families, and the church.



A Biblical profile  
of an Authentic  
Disciple  
of Jesus Christ:

Surrendered to God  
Romans 12:1

Separate from  
the World  
Romans 12:2

Sober in  
Self-Assessment  
Romans 12:3-8

Serving in Love  
Romans 12:9-13

Supernaturally  
Responding to Evil  
Romans 12:14-21

From “An R12 Christian”  
by Chip Ingram