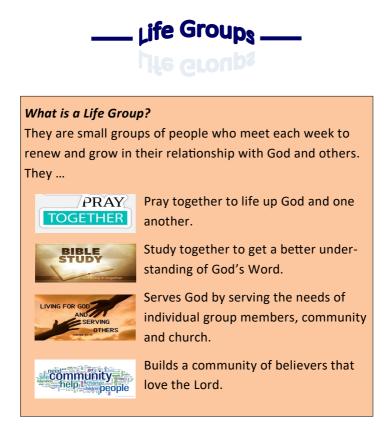




The Heartbeat of a Church

Life Groups are the heartbeat of a Church. The main purpose of a life group is fellowship, Bible study, and Christian accountability. It is meant to encourage and strengthen one another and is the primary source of discipleship that cares for each person that attends.

Life Groups are the best place to connect with other believers. They are designed to develop deeper relationships first with God and then with others who can encourage and challenge you to consistently apply the truths of God's Word to each area of your life.



Doing - Real. Life. Together.



Parents whose children have grown up and moved out.



Parents whose children are heading off to college or moving out on their own.

Parents whose children are away at college who are interested in travelling to various locations and praying for our children.



Strengthening marriages. Group developed to offer enrichment to couples at any stage of marriage.



Provides a setting for men to grow in their faith journey through prayer, the study of God's Word, and character-sharpening relationships.



Empowers, strengthens, and encourages women to realize their full, God-given potential through prayer, Bible study and fellowship.



Young Adults Groups provide guidance and support as they share problems, build confidence, explore questions, as well as build relationships, while studying God's word.



First Responders Group provides spiritual, physical and emotional support to anyone responding to emergency situations. New Facilitator Training - designed to minimize the "anxiety" and "fear" associated with leading a group. Coming in 2024: Following Jesus in a Digital Age - staying Jesus-focused in a digital world.



Connect. Assist. Restore. Encourage. Our issue-focused CARE groups offer support and tools as you develop healthy, biblically-based habits and skills and experience God's healing touch.



Celebrate Recovery - A fellowship ministry helping to bring freedom from our hurts, hang-ups & habits through biblically-based principles that lead to God's healing power in our lives.



2-4 (max) member groups designed to teach members how to disciple others. Jesus showed us the way, so that we could show others.



Life Groups for Everyone

Life Groups are for "EVERYONE" - men, women, young adults, older adults, married couples, singles, parents and empty nesters.

We offer

- Sermon-based
- Bible-based
- Book based Study
- Specialty Groups -
 - New Facilitator Training
 - First Responders
 - The Digital Age
- CARE Groups
- Celebrate Recovery
- CORE Groups



CONTACT Talanna Williams, Life Groups Assistant (209) 765-1122 twilliams@lifegroups.org

or Chris Martinez, Life Groups Pastor (760) 685-5152 cmartinez@lifegroups.org



southwinds CHURCH

13400 W. Middle Road, Tracy CA 95304 southwinds.org/lifegroups