

The LTG is simple, yet powerful. It incorporates the values of community, internal life transformation and reproduction of disciples.

The Three Spiritual Disciplines for LTG:

Study: to hear and obey (15 min). Scripture must be read repetitively in context and in community. Each person shares what they have heard from God that week during their reading. Come prepared to share a journal of what you learned in the scripture you read the past week. Then share specifically how you can obey what you have learned from the Bible in the coming week.

Confession: to repent and believe (30 min). Sin is confessed in mutual accountability. Each person spends time repenting of their sin and believing the gospel. Share with one another how you have sinned against God this past week. The accountability questions are a helpful tool and will give you some questions to consider. Be specific, and also share your heart motivations behind the sin. After sin has been confessed, spend time speaking out loud to yourself and to one another the good news of Jesus' work for us. Hearing the gospel spoken out loud enables us to believe the gospel is good news for us!

Prayer: to consider and pray (15 min). Souls are prayed for strategically. Each person shares opportunities they have to share the gospel in the coming week. Talk about how your relationship and spiritual conversations have gone with your non-believing friends. Share how you plan to weave this person into your community. Then pray for them by name for God to save them.



LIFE TRANSFORMATION GROUP

Who should be in an LTG?

There are only two suggested qualifications for starting or joining an LTG:

- 1. A desperate need for Jesus Christ (Luke 5:29-32).
 - 2. Faithfulness in the process itself (2 Tim. 2:2).
- These two criteria balance one another to keep the group on track both with healing for hurting people and health for helping people. To compromise either of these principles will slow down or derail the effectiveness of the group.



Life Transformation Group (LTG) is a simple way to release the most essential elements of a vital spiritual walk to people who need Jesus to change their lives from the inside out. It is a tool for growth which encourages and supports people to follow Christ by fueling internal motivation rather than applying external pressures and ploys. This tool empowers the common Christian to accomplish the uncommon work of multiplying spiritual disciples who can in turn multiply others.

Proverbs 27:17 (NIV) As iron sharpens iron, so one person sharpens another.

Let's Get Started

- Meet with your group once a week for approximately one hour.
- A group's needs to consist of two or three people with no specific leader. If you reach a fourth person then start another group.
- The groups are not co-ed, but gender specific.
- There is no curriculum, workbook or training involved.
- Only three tasks are to be accomplished in an LTG: Study, Confession, and Prayer.

STUDY 15 MIN

Read 1 chapter of the Bible each day. During or after your reading, take time to journal about what you read. Here are a few simple questions to ask yourself while reading your Bible.

1. What does the passage say?
2. What did this passage mean to its original audience?
3. What does this passage tell us about God?
4. What does this passage tell us about man?
5. What does this passage demand of me?
6. How does this passage change the way I relate to people?
7. How does this passage prompt me to pray to God?

Questions from
Sevens Arrows: Aiming Bible Readers in the Right Direction
by Matt Rogers & Donny Mathis

CONFESSION 30 MIN

During your weekly meet, use the following questions and more that you create over time. The purpose of the questions are to stimulate conversation of character building and confession of sin. The environment you create for one another must be safe honest, vulnerable, confidential, and grace-filled.

- How has your anger or fear or anxiety or addiction shown up this week? How does that reveal what you're trusting in besides God?
- How have you wasted time?
- How have you felt yourself resisting obeying God this week: in your mission to the lost? In your sacrificial love for community?
- In light of God's love toward you, do you need to reconcile with somebody? Are you subconsciously holding a grudge?
- How have you battled sexual or intimacy temptation, and how are you preparing to deal with it next week?
- How has the Holy Spirit been testing and growing you this week? Did you respond in faith or grumbling?
- Is anything (school, work, technology, etc.) isolating you from important relationships?
- Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
- Have you damaged another person by your words, either behind their back or face to face?
- Did you finish your reading and hear from God? What are you going to do about it?
- Have you been completely honest with me?

PRAYER 15 MIN

Identify two or three who you feel led to pray for their salvation. List the names of those identified in the group so you can pray for each person weekly.

1. Lord, I pray that You draw _____ to Yourself (John 6:44).
2. I pray that _____ will seek to know You (Acts 17:27).
3. I pray that _____ will hear and believe the Word of God for what it really is 1 Thess. 2:13).
4. I ask You, Lord, to prevent Satan from blinding _____ to the truth (2 Cor. 4:4; 2 Tim. 2:22-26).
5. Lord, I pray that _____ will confess Christ as Lord, grow in faith, and bear fruit for your glory (Rom. 10:9); Col. 2:6-7; Luke 8:15).

Pray these things for each other.

1. "Lord, help us grow deeper in our relationship with You. Strengthen our faith, increase our hunger for Your Word, and mature us in our walk with Christ." (Colossians 2:6-7)
2. "God, grant us wisdom to speak truth in love and discern Your will in all things. Help us hold each other accountable in grace and truth." (Pr 27:17, James 1:5)
3. "Father, empower us through the Holy Spirit to resist temptation and walk in purity. Help us to stand firm and support each other in the battle against sin." (1 Cor 10:13, Gal 6:1-2)

Romans 10:1 (NASB 2020) Brothers and sisters, my heart's desire and my prayer to God for them is for their salvation.