

LIFE GROUP LEADERS GUIDE Whatever You Do #1 – “Whatever You Do”

Tips for Leaders

The start of the year often sees a spike in visitor numbers to our Sunday services. Please encourage your Life Group to keep an extra eye out for guests during our meetings. This could be a key time of growth for your group as you welcome new people to come and try out your Life Group and help them find their place at Everyday Church as they take their next steps as disciples of Jesus Christ.

CONNECT IN with one another

On ‘*Match of the Day*’ they sometime analyse a football players performance by using a ‘heat map’, which shows where on the pitch they have spent every minute of the game. Take some time on your own to work out your own ‘heat map’ to see where you spend the 168 hours of your average week. How many hours do you spend: at *church*? (Sunday service, Life Group, prayer meetings, etc), at *work*? (paid, volunteering, studying, job hunting, full-time parenting), on *chores*? (define that for yourself!), on *media*? (TV, Netflix, YouTube, social media, web surfing etc), on pure *relaxation*? (other hobbies, socialising etc), *sleeping*? Give everyone in the group an opportunity to quickly share their ‘heat map’ with the others. [Leaders note: *This is meant to be a bit of fun. So don’t worry too much about the absolute numbers. It’s about rough trends.*]

CONNECT UP with God

- **Read Psalm 24:1.** To what extent does this verse reflect the reality of your life – all 168 hours of the week?
- **Read Genesis 28:16.** In what ways are we a bit like Jacob, asleep to God’s presence? “*The Lord is in this place, and I was not aware of it!*” Are there any areas of your life that you that you haven’t consciously used to glorify God? [Leaders note: *With this question you’re challenging your group members to see if there are areas of their lives that they’re not deliberately using to glorify God.*]
- **Read Colossians 3:12-4:6.** Focus on 3:17 & 23, where Paul urges us to glorify God in “*Whatever we do*”. The other verses simply give us examples of what this means for us at church, at work, at home and with friends. What does it mean, in really practical terms, for us to serve God and glorify him in all 168 hours of our week? How might deliberately living to glorify God in whatever you do affect the following areas of your life? Is there anything you need to stop, start or change?
 - What does it mean for us to glorify God in the hours we spend at *church*? [Leaders note: *Paul’s emphasis, in 3:12-16, on one-anothering and on what we can give, not just receive.*]
 - What does it mean for us to glorify God in the hours we spend at *work* and in our *chores*? [Leaders note: *If you missed Phil & Ruth’s sermon that launched the WYD series, it may help you to watch it online.*]
 - What does it mean for us to glorify God in the hours we spend on *media* and with *friends*?
 - What does it mean for us to glorify God in the hours we spend *relaxing* and *sleeping*? [Leaders note: *Many people laugh at the idea that we can glorify God by resting and sleeping, but that’s because we live in a culture that devalues the Fourth Commandment. See Exodus 20:8-11.*]

CONNECT OUT with those exploring faith around you

- You have spent a lot of time today discussing how you use the 168 hours that the Lord gives each of us every week. Now move into time of worshipping God that it all belongs to him and that it all matters to him. Pray out the truth of Psalm 24:1 & Genesis 28:16 together.
- When your prayers eventually die down, break into smaller groups and pray for one another, that God will bless and prosper you in every single hour of the life he has given you.
- End your time together by commissioning people to go out and serve God for the next 168 hours!