

## LIFEbands



*Why:* 1 John 1:9 - “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

- LIFEbands are the place where people share their souls with one another in order to help each other become more like Jesus.

*What is a LIFEband:*

- A LIFEband is a community of 2-4 people of the same gender, who gather weekly to encourage one another in their walk with Jesus.

*LIFE Band Commitment:*

As a LIFEband, we realize that cultivating in-depth community requires time, trust, and a clearly identified telos (Greek word for goal or end). Therefore, we place a premium on both organized and organic time. We organize our gatherings by prioritizing scheduled time to connect, grow, serve, and engage our community. We also value organic time for spontaneous connection and to ensure that fellow group members never suffer alone. This requires flexibility and priority. Furthermore, we know that developing a culture of trust is mission critical to experiencing transparent community. By being trustworthy we aspire to foster an atmosphere of trust whereby people are more apt to share their prayer requests, invite us into their lives and accept our gracious nudges to properly align with Jesus and removing sin

## *LIFEbands*

### LIFE Bands Guidelines:

- Commit to read 15-20 chapters of the Scripture each week and discuss them together
- Create a culture where people are lovingly challenged to become more like Jesus
- Help one another apply what the Holy Spirit is revealing to each person

### LIFE Bands Questions:

- How did you experience God through the Word, prayer, and life experiences this week?
- Who are you praying for to become a Jesus-follower?
- What known sins have you committed since our last band meeting?
- What temptations have you experienced?
- How were you delivered from those temptations?
- What have you thought, said, or done, of which you doubt whether it be sin or not?
- Is there anything you desire to keep secret?