



Dear LifeGroup Leader,

I want you to keep a date in mind: 8/26/18. It's a Sunday afternoon, and it will be vitally important for the life of our church.

We're planning a church-wide volunteer kick-off. This will be a chance for LifeGroup leaders (among other roles) to come and be energized. Dave will give some teaching, we'll talk together about important aspects of your ministry, and I'd like to say a few words to you as well.

Could I ask a few things of you?

1. Could you plan on being there on 8/26?
2. Could you identify ONE person who you think might be interested in leading a group? We especially need LifeGroup leaders for young families. They don't need to have led before, they just need to be hospitable! Think of ONE person and invite them to come! Your personal invitation could get them involved and provide community for many families who need it!

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## The Heart of Worship

### The Peaceful Heart of Worship

Worship involves much more than singing songs or prayer. Worship, we're told by Paul, involves offering our bodies as "living sacrifices". Larger than any isolated deed, worship involves the intentional act of living a life with divine purpose. Chris Adam's story teaches us about the importance of creating peace, even entering into conflict to create peace. Our call to live in peace is responding to Jesus' presence, his joy, his commitment to us, and his rest.

FOCAL POINT: Worship involves cultivating peace in our daily lives.



### Getting Started

Catch up together about how your week has been, possibly also revisit last week's meeting.

- ▶ If you could go anywhere to feel at peace, right now, where would you go? What would you be willing to give up to get there?



### Exploring Scripture

Read the following passage together.

Psalm 37:3-6

- ▶ Where do you hear God's heart in this passage?
- ▶ What words or phrases stick out to you?



## Reflection

Take time to reflect together about the passage.

- ▶ What are you feeling right now, even in your body, as you read this passage? How is it affecting you?
- ▶ In each of us, there's a desire for peace. Yet it is equally true that as we start to lean toward rest, resolution, and presence, it draws out another part of us that resists, that holds on tightly, that is sometimes fearful. What thoughts often stop you from resting or from feeling at peace? What voices stop you from letting go of anger or frustration?



## Praxis

With the understanding that we gathered here are the body of Christ, let's allow the truth from today's scripture to impact us as a LifeGroup.

- ▶ Every moment of the day is an invitation to step into peace. Peace isn't simply calm, but the right-ordering of all the pieces, like a perfectly smooth engine, or a healthy garden. If we are one piece of a system, peace means stepping into our right order, recognizing our place, our limitations, our surrendering to God's hand in the present moment. Let's take time right now to recognize our place, our role, our being-here-now with God.
- ▶ Take a deep breath in, and out, allow any anxiety to fade away, and recognize God's presence in this moment with us.
- ▶ I'll re-read the passage one more time, and as I do, allow yourself to find one word. When I'm finished reading, allow this word to turn over in your mind, drawing you back to God's presence. We'll then allow 1-2 minutes of silence.
- ▶ What was this like for you?



## Moving Outward

Challenge each other to live out God's truth this week.

- ▶ Have you ever thought about leading your own LifeGroup? Come to "Imagine Volunteering" on Sunday, 8/26, 12:45 for lunch, training, and get a sense of how easy it is to start your own group. Part of the purpose of LifeGroups is to continue to grow and open ourselves up to new communities. Come and get a sense of whether this would be right for you!

Psalm 37:3-6

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Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.

Take delight in the Lord,  
and he will give you the desires of your heart.

Commit your way to the Lord;  
trust in him and he will do this:  
He will make your righteous reward shine like the dawn,  
your vindication like the noonday sun.