



LIFE GROUP NOTES

Week Beginning: 9th March 2025



One Body, One Family, One Mission

Warm Up

What do you consider to be the most remarkable thing about the human body?

What makes the family unit the central part of our society? Why is it so important?

Background and context

The New Testament clearly identifies believers/Church as one body made up of all the different body parts. Believers are also described as adopted into God's family, heirs to the Kingdom, with responsibilities and rights. We are also commanded to be on a mission to make more disciples and teach people about Jesus. What does all this look like in our lives today? How do these truths impact us?

Thinking it through: Main discussion/activity



1. **Read 1 Corinthians 12:12-31.** How does Paul use the analogy of a body to describe the Church?
2. When you have a headache or some other ailment, how does it impact the rest of your body? How should this relate to the Church in other parts of the world?
3. How does the analogy of the body encourage diversity, difference and variety within the Church?
4. **Read Galatians 3:26-29.** What is the one thing that unites us as children of God?
5. How do these verses challenge any prejudices we may carry? Do you think because something is not listed in this passage we are able to harbour that prejudice? (E.G. wealth, sexuality, skin colour, language...etc.)
6. What does it mean to be part of a family?
7. **Read Matthew 28:18-20.** What is the threefold mission of the Church?
8. How are we, as the Church, to do this? What other teachings did Jesus give us, that could be seen as our methodology for evangelism?
9. Are we to do this mission alone? Who is with us? Why is this important?

Discipleship and Application



10. Spend some time reflecting on whether your relationships with other Christians reflect the body, family and mission teaching from scripture. If not, what can you do to change that?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.