



## 7 Rhythms of Discipleship

Life Groups at CrossCity are encouraged to incorporate the 7 Rhythms of Discipleship into their regular weekly meetings. Over the years, we have found that groups that incorporate these rhythms have a healthier and more complete group experience. Here is an explanation of these rhythms. See *Experiencing 7 Rhythms in Your Life Group* for ideas on how to implement the rhythms in your group.



Daily Devotion

Groups are a great place for support for our individual connection with God through our Daily Devotions. Developing a pattern of sharing what we learn and what God says to us will provide encouragement and support for this important part of our walk with Jesus.



Share Your Story

The story of your life before and after you came to Christ will encourage others in your group as you share it. Sharing it in your group prepares you to use it as a powerful tool to help others become followers of Jesus by sharing it with them (Relational Evangelism).



Prayer

Prayer is an important part of our relationship with God. Learning how to pray more effectively by praying with and for your group helps to develop this as a good habit in your life.



Freedom from Strongholds

We all struggle with consistently being obedient to what God calls us to do. These areas of sin sometimes become deeply ingrained in our lives. Finding people in your group you can confess to and be supported by helps bring freedom from these strongholds.



Serve the Community

Serving our community is a great way to demonstrate God's love for them. Serving with your group makes your service more impactful to you and to those that you serve. We suggest every life group find a serving experience at least two times per year.



Sacrificial Generosity

Jesus calls us to give of our time, talent and treasure. Learning to be generous is an important part of following Jesus. Your group can help you find new ways to give, and encourage everyone to be more generous.



Celebration

An important part of our group life is affirming one another. When we affirm each other, we are affirming how God created us and how he values us. Healthy groups find ways to incorporate worship and celebration of God, as well as affirming and encouraging one another.