



Experiencing 7 Rhythms

Life Groups at CrossCity are encouraged to incorporate the 7 Rhythms of Discipleship into their regular weekly meetings. Below is a suggested meeting agenda for your weekly life group meeting. There are also some ideas of how to incorporate these rhythms in your group. For more details on some of the 7 Rhythms, find the Rhythm listed on our Life Groups Leaders Resources page.

Suggested Weekly Meeting Schedule

- Share a meal together (30 Minutes)
- Discuss the Rhythm of the Week (See below, time varies)
- Share an experience from your Daily Devotions (15 minutes)
- Share a take away from the Weekend Message (15 minutes)
- Discuss the Life Group Discussion Guide (30 Minutes)
- Pray for needs, application of what you have heard, and opportunities to share your story (15 Minutes).

Note: If you are doing a separate study, you can replace the time you would use for the Life Group Discussion Guide.

Rhythm of the Week

Week # Rhythm-Description



Daily Devotion

1 **Daily Devotions** – Ask everyone to share how they are doing with their daily Bible reading (SOAP Journal or other reading plan). Be sure that this is done in an encouraging way, not to bring guilt or shame on anyone who is struggling. Help everyone to set goals for what they can achieve.



Share Your Story

2 **Share your Story**-Take an extended time to have everyone share their story in 2 minutes. Everyone is encouraged when they hear how God has worked in other people's lives. This is also good practice to help us to be ready when we have an opportunity to share with other people.



Prayer

3 **Prayer** – Make plans for a prayer experience for the following week. You may want to encourage everyone to fast, and consider breaking the fast after your prayer experience with a light meal. Just take a few minutes to prepare everyone for next week.

4 **Prayer** – Take your entire meeting time and spend it in prayer. Consider using one of the guided Prayer Experiences on the Life Group Leader Resource page.



Freedom from Strongholds

5 **Freedom from Strongholds** – Plan to shorten the rest of your meeting, and take 30-45 minutes at the end to break into gender groups for a time of confession and prayer. (If your group has not been through Rooted and Shapes of Rooted, you will need to prepare your group as described in the Freedom from Strongholds page on the Life Group Leaders Resource page. This may take a few tries before you are ready to actually have a time of confession and prayer.)



Serve the Community

6 **Serve the Community** – Spend a few minutes planning a serve experience. You may have to schedule it several weeks in advance, so use this time to begin to put your plans in place. Ideas for a Serve Experience can be found on the Life Group Leaders Resource page.

7 **Serve the Community** - Take this week for your Serve Experience. It may not fall exactly on week 7, as you will need time to plan and carry it out. Plan not to have your regular weekly meeting on the week of your Serve Experience.



Sacrificial Generosity

8 **Sacrificial Generosity** – Take a few minutes to have everyone share where they are giving their time and talents at CrossCity. This is a good time to encourage everyone to volunteer, and to share some stories of the rewards of serving the body of Christ. See the Life Group Leaders Resource page for some questions to help with this discussion. You will also find some information about how to talk about giving our resources as well as information on Ramsey+, which is a great resource to help everyone with their finances. This can be a challenging discussion, so be sure and reference this page before your attempt it.



Share Your Story

9 **Share Your Story** – Spend some time talking about who each person in the group would like to see become a follower of Jesus. Spend some time praying for opportunities to share your story with them. Also consider inviting them to join your group. We should always consider our life groups open to new people, especially those who may be searching for a relationship with God.



Celebration

10 **Celebration** – Take an extended time to affirm each person in the group by telling them they are appreciated and noting how we have all seen growth in them over the last few weeks. You may also share what you appreciate about God and what he has done in your life and in the Group. This is a good time to share communion together. End your time praying for each other and giving thanks and praise to God for all he has done in your group.