



Creative Ideas For Five Areas Of A Balanced Life Group

Our desire is for Chi Alpha to look like the early church community described in Acts 2:42-47. This community was balanced and strong in five key areas: worship, prayer, discipleship, fellowship, and mission. In order for our community to look like this, it must start within the Life Group. Here are some ideas for incorporating each of these components into your group.

Worship: Showing God How Much He is Worth to You

1. Do a short Bible Study on worship.
2. Read a psalm out loud. Discuss the emotions expressed. Have people write their own psalm expressing similar emotions in their own lives.
3. Share testimonies of what happened during the week, how people came to know the Lord, or significant times of God's faithfulness in their lives.
4. Read 1 Corinthians 14:26. Ask each person to come next week with something to share in worship with the group: a song, a prayer, a verse, something God has showed them, etc.
5. Group singing with or without a guitar. Allow times for spiritual gifts to be expressed (time for someone to share something God may be speaking to them at that moment).
6. Cut out pictures from magazines. Each person chooses the picture that most represents God to them and explains why.
7. Do communion together.
8. Have music playing in the background and spend time worshipping God individually. Then people share anything God spoke to them during that time.

Prayer: Conversation with God

1. Pray through a psalm.
2. Keep a jar, and every time there is an answer to prayer, place a small object (rock, penny) in it – a visual reminder of God's faithfulness.
3. Focus on different types of prayer: intercession, petition, confession, and thanksgiving.
4. Lead the group in a guided prayer. Pray through the Lord's Prayer.
5. Create a prayer box for individual prayer requests. Spend time each week praying for specific requests and sharing testimonies of answered prayers.
6. Divide the group into pairs and have them meet up at some point during the week to pray for one another.
7. Use *Operation World* to find prayer requests for various countries.
8. Bring a newspaper and pray over international situations.
9. Go for a prayer walk around campus.

Discipleship: Studying the Word

1. Over the semester, go through an entire book of the Bible.
2. Memorize scripture.
3. Pick up on a theme from large group meeting sermon and go deeper.
4. Have people rewrite a parable in contemporary terms and setting.
5. Rewrite a psalm with modern setting and personal application.
6. Give a "sermonette" with insights you gained from research on a particular passage. Then discuss as a group.
7. Have one or two people prepare background information for text.
8. In the spring, divide group into pairs and have each pair lead the study for a week.

Fellowship: Sharing Lives & Social Interaction

1. Each person describes how they're doing with a weather forecast for the week.



2. Give each person a piece of foil. Have them make something that represents a gift God has given them (ex. service: make a broom; mercy: make a tear drop; etc.).
3. Ask people what “color” they are today and why.
4. Have people draw pictures of their family and share with the group.
5. Have a night where each person shares their testimony. Or over the course of several weeks, have one or two people share at each meeting.
6. Go to dinner or dessert with another Life Group.
7. Cook dinner for the staff!! (Amen).
8. Finger jello fight (wear clothes you don’t care about).
9. Slumber parties.
10. Athletic events – playing or watching.
11. Video or photo scavenger hunt (Entire team in a bathtub – 10 points, reenact the Battle of Waterloo – 25 points Bonus: 10 extra points if a stranger plays Napoleon; four members of your team square dancing with 4 complete strangers – 20 points, etc.).
12. Game night, movie night, skit night: weird charades (diseases, types of plants, light fixtures, kitchen utensils).
13. Hiking, biking, canoeing, bowling, camping.

Mission and Evangelism

1. Adopt a missionary – pray, write letters, bring their picture to Life Group. Select a missionary that has spoken at a weekly service.
2. Visit a mosque or synagogue.
3. Get involved with international students: become a conversation partner, pray for groups on campus.
4. World Vision 30-hour famine.
5. Serve a meal at a local homeless shelter.
6. Visit a nursing home.
7. Cook a meal for international students.
8. Two by two evangelism.