



Strengthening Your Core

Pastor John kicked off 2018 with a special message for the new year: to strengthen our core. Physically, having a strong core is crucial for athletes to achieve their peak performance, for a child's healthy development, and to protect against injury. As we are just at the beginning of 2018, we will take some time tonight to consider what it looks like for us to strengthen our core.

VISION: Explain the purpose of lifegroup.

FAMILY TIME:

- Introduction Question: What was a highlight from the holiday season? Or what are you most looking forward to in 2018.
- Share praise reports and prayer requests.

DISCUSSION:

We'll start with a brief discussion on the key theme from Pastor John's message on Sunday and then move into thinking about what 2018 can look like.

Ephesians 3:14-19 - 14 For this reason I kneel before the Father, 15 from whom every family in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Discussion Questions:

- What strikes you from this text and why?
- What do you learn about God?
- What do you learn about God's heart for you (and for 2018)?

Personal Reflection: (10-15 min)

What does it look like to strengthen your core in these key areas: (1) personal life, (2) walk with God, and (3) family.

Small Group Discussion

Share your goals for 2018 with each other then take time to pray for each other as we begin this new year!