



Life Group - Frequently Asked Questions

What is a life group? A life group is a gathering of approximately 6–12 people who meet regularly. Though groups will differ in how they do things from week to week, most groups spend time catching up with one another at the beginning, then move into a time of Christian study, and conclude in prayer. Occasionally, groups also enjoy getting together socially outside of the regularly scheduled group time. We think of it as "Doing Life Together."

What do life groups study? All studies are rooted in the Christian Faith but their topics vary greatly based on the interests and needs of the group. Raising children, strengthening marriage, caring for elderly parents, or study a book or topic from the Bible are some examples. The formats range from book club like discussions where participants read between sessions to video-based studies with no expectation of "homework" outside of meeting.

Why would I want to join a life group?

Connection – By seeking deeper connections we develop a stronger sense of community and belonging. Meeting regularly creates opportunities for deeper friendships and creates an authentic bond between members. You'll discover the joy of experiencing life with genuine friends who accept you for who you are and for who you are becoming.

Encouragement – We all have our ups and downs. Meeting with people who are traveling on the same path and in the same life stage, allows sharing of struggles and celebrating of good times.

Spiritual Growth – a small group environment is a safe place to explore, ask questions and grow in your faith. Where do we look for guidance? We believe the Bible has a lot to say about the world. By sharing in the Word, we grow in our Faith.

How much Bible knowledge do I need? None. A life group is a safe place for individuals to learn and grow together through group discussion. People are at various points in their relationship with God and knowledge of the Bible, and we believe that is what makes the time together rich and enjoyable for all.

How often do life groups meet? The actual day and time of life group meetings are determined by each individual group. Most groups meet weekly or bi-weekly. Often groups take a break over summer and near Christmas when school is out.

Where do life groups meet? Most groups meet in homes, but some meet at Ascension, coffee shops, etc.

Is it okay to check out a life group and not join? Certainly, you may check out a group and your decision to join can be made after your visit. No obligations.

How long does a typical life group stay together? Life groups stay together for the time period they choose, and this can vary from 6 weeks to years.

How do I join a life group? Life groups are constantly being formed. We encourage you to complete a sign-up form and return it to the church office. You will be contacted when a new Life Group is being formed.

Questions? if you have questions or would like more information send your inquiries to lifegroups@alcto.org

Connection ~ Encouragement ~ Spiritual Growth