



# LIFE GROUPS

Small Group Ministries at TDM

## God's Design For Your Life Series

Student Guide

[www.ourtdm.org](http://www.ourtdm.org)



## Designed for Relationship

This study explores five insights we can learn from David's life on God's Design  
for Your Lives

1 Samuel 18:1, 3, 4 (NIV)

In building deep relationships we must leave our weapons, protection strategies, our masks, and quit faking "everything is okay."

We practice \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ to build deep relationships.

The second step is letting people \_\_\_\_\_ our lives.

1 Samuel 23:15–18 (NIV)

When giving counsel to a friend we need to help them \_\_\_\_\_ and \_\_\_\_\_ for their lives.

# Small Group Guidelines

Discuss these guidelines after watching the video session. It's a good idea for every group to establish and commit to a set of values and expectations in order to build a community where you can be open and honest with each other. These guidelines will help you avoid unspoken and unmet expectations and agendas. Whether you're a new group or an experienced group, reviewing these values will help your group start and stay healthy. Add anything that you feel needs to be added for your group.

Our small group's purpose is to grow healthy lives by building a healthy small group community

A Healthy Small Group . . .

- Building relationships with others in the group
- Supporting each other's spiritual growth
- Serving each other in the group
- Inviting others to join the group
- Connecting with God through worshipping together

We agree to:

## **Clear Purpose**

To grow healthy, spiritual lives by balancing the 5 Biblical purposes in our group.

### **Group Attendance**

To give priority to the group meeting time. I will do my very best to attend every week and will call if I am going to be absent or late.

### **Safe Environment**

To create a safe place where people can be heard and feel loved so we will be careful with being judgmental, giving quick answers, and offering our simple fixes to complex situations

### **Be Confidential**

To keep anything that is shared strictly confidential and within the group (unless someone states they are going to hurt someone else or themselves)

### **Conflict Resolution**

To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17, which begins with going directly to the person with whom we have an issue

### **Spiritual Health**

To challenge and encourage one another to live a healthy and balanced spiritual life that is pleasing to God.

### **Limit Our Freedom**

To limit our freedom by not serving or consuming alcohol, drugs or tobacco during Small Group meetings or events to avoid causing a weaker believer to stumble and not showing up under the influence. (1 Corinthians 8:1-13, Romans 14:19-21)

## **Welcome Newcomers**

To invite our friends who might benefit from this study and warmly welcome newcomers

## **Building Relationships**

To get to know one another outside of the group time and pray for each other regularly

## **Shared Responsibility**

To work with each other and develop group ownership as each one of us helps with group responsibilities (rotate homes, study facilitators, snacks, drinks, collect prayer requests, etc)

## **Building Unity**

To work on building unity by focusing on what unites us, Jesus Christ and Scripture. To not participate in controversies that could cause division in our group. Avoid opinions in things that separate people based on opinions such as politics and conspiracies.

## **Maintain Group Integrity**

We will use the material provided by TDM for all lessons. We understand that there are a lot of great materials out there. At the same time there are some erroneous teachings that could be very harmful to my group and could cause confusion among group members. Because of this we agree that we will not bring in other teachings, messages found on YouTube or social media or any other material that have not been pre-screened for accuracy by TDM's main leadership.

• **Starting time** \_\_\_\_\_ **Ending Time** \_\_\_\_\_

How will we handle child care?

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# Designed to Grow Spiritually

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David was, “a man after \_\_\_\_\_.”

David’s passion for \_\_\_\_\_ and continual  
\_\_\_\_\_ marked  
him as “a man after God’s Heart.”

*Psalm 119:72–79 (NIV)*

The goal of reading the Bible is to \_\_\_\_\_  
\_\_\_\_\_ in each passage.

Psalm 142:1–7a (NIV)

Our prayers need to be \_\_\_\_\_ with God, not a religious exercise.

Then our prayers should transition to \_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ connect, encourage one another, and keep each other accountable to God’s purpose for their lives like Jonathan helped David.

Spiritual Partner(s)

Next Step


With your spiritual partners, share any prayer requests and write them down.

## Designed to Serve Others

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1 Samuel 17:25–27 (NIV)

God has given each of us a \_\_\_\_\_  
according to his design for our life.

It's important to realize that our personality is God-given and that he wants us to live the way he created us.

1 Samuel 17:32–37 (NIV)

Our \_\_\_\_\_ prepare us for the impossibilities that we will face.

Your \_\_\_\_\_ equips you to \_\_\_\_\_ to others going through similar experiences.

1 Samuel 17: 37c, 40–50 (NIV)

Relying on \_\_\_\_\_ is the best way to get killed when facing our giants. We must depend on \_.

# Group Time

## Icebreaker

Four different personality scales are listed below. Spend a minute sharing where you fit on each of the scales.

1 .....2 .....3 .....4..... 5

**Introverted** **Extroverted**

Energized from alone time Energized from being with people

1 .....2 .....3 .....4..... 5

**Organized** **Spontaneous**

Prefer life to be orderly and routine Prefer life to be varied and messy

1 .....2 .....3 .....4..... 5

**Thinker** **Feeler**

Base decision on "facts" not "feelings" Base decisions on others feelings

1 .....2 .....3 .....4..... 5

**Big Picture** **Details**

Like dreaming about what could be

Enjoy figuring out specifics of the now

*Discussion questions*

- What do you like about your personality?
- What would you like to change about your personality?
- Is what you'd like to change something you think God would like you to change?

# Designed to Connect with God

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David's connection with God enabled him to live out God's design for his life.

Psalm 27:4 (NIV)

When we \_\_\_\_\_ we connect with God.

Psalm 19:1 (NIV)

Psalm 145:8, 9, 13b–20 (NIV)

As you read God's Word, look for scriptures that \_\_\_\_\_  
\_\_\_\_\_.

*Anyone who belongs to Christ has become a new person. 2*

Corinthians 5:17 (NLT)

Remembering \_\_\_\_\_ in our  
lives helps us connect with God.

## Communion

\_\_\_\_\_ is an act of remembering what Jesus did for us on the cross.

*“Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” 1 Corinthians 11:23b–25 (NIV)*

If we are to take the Lord’s Supper, we must be \_\_\_\_\_  
\_\_\_\_\_.

We must \_\_\_\_\_ before we take communion.



## Designed to Share Your Story

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2 Samuel 22:17–20 NIV

Psalm 145:4–5a, 6, 11–12 NIV

Sharing the stories of what God has done helps strengthen our relationship with him, encourages others who know him and help people who don't know Jesus come to know him.

We need to share the \_\_\_\_\_  
 \_\_\_\_\_ in our lives.

### *Sharing your story*

Start with life before you knew Jesus.

Then share how and why you asked Jesus to be your savior.

End with telling the difference Jesus has made in your life, what means the most to you personally.

There should always be room for \_\_\_\_\_  
 \_\_\_\_\_.

I can invite \_\_\_\_\_  
to the group.

When someone joins your small group, \_\_\_\_\_  
\_\_\_\_\_ of what God has done in your lives.



### Activities You Enjoy

(hobbies, sports, work, kids, clubs, etc.)

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### People to Invite

(friends, family, coworkers, etc.)

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Now select one or two people on your list and invite them to your party next week. Share who you will invite with your group.

# Finding New Group Members

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Use the circles below to help identify people you can invite to your small group.

1. Simply list one or two people in each circle
2. Prayerfully select one or two of the people from your list and tell your group about them.
3. Invite that person to your group meeting or group party. Over fifty percent of people invited to a small group say, “Yes.”

The diagram consists of five overlapping circles arranged in a pentagonal pattern. Each circle is labeled with a category and contains two horizontal lines for writing names.

- Family**: Located at the top center.
- Fellowship**: Located on the left side.
- Friends**: Located on the right side, with the subtext "(neighbors, kids, sports," below the label.
- Fun**: Located at the bottom left.
- Factory/Firm**: Located at the bottom right.

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## Spiritual Health Assessment

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The Spiritual Health Assessment is designed to help you evaluate how you are doing in each of God’s five purposes for your life, the five areas that this study focuses on, and create a plan to improve your weaknesses and serve in your strengths. The assessment is also available as the *Transform Me* app at [www.SpiritualHealthApp.com](http://www.SpiritualHealthApp.com) if you prefer to do it on your mobile device.

### *Instructions*

1. Rate yourself on each of the statements from 0 to 5, with zero meaning the statement doesn’t match you and five meaning it is a strong match.
2. After you have rated each statement, add the results by transferring your ratings from each of the statements to the scoring table on this page. Then add up the numbers in each column to find your score for each purpose.
3. Then use the Spiritual Health Plan on page 83 to create a plan to help you grow spiritually.

*Test yourselves to make sure you are solid in the faith. Don’t drift along taking everything for granted. Give yourselves regular checkups . . . Test it out. If you fail the test, do something about it. 2 Corinthians 13:5 (MSG)*

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The Spiritual Health Assessment and Spiritual Health Planner measures your health at a particular point in time. It is not a tool to see how you measure up against other people; nor is it a tool to see how close you are to perfection. We all know we'll never be perfect this side of heaven. Rather, this is a tool that will help you evaluate your spiritual health, and give you direction for developing a plan to bring God's five purposes for your life into balance.

	Doesn't Match	Partial Match	Strong Match
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### Worship: Designed to Connect with God

How I live my life shows that God is my highest priority .....	0	1	2	3	4	5
I am dependent on God for every aspect of my life.....	0	1	2	3	4	5
There is nothing in my life that I have not surrendered to (kept back from) God ...	0	1	2	3	4	5
I regularly meditate on God's Word and invite Him into my everyday activities	0	1	2	3	4	5
I have a deep desire to spend time in God's presence .....	0	1	2	3	4	5
I am the same person in public that I am in private .....	0	1	2	3	4	5
I have an overwhelming sense of God's awesomeness even when						
I do not feel His presence .....	0	1	2	3	4	5

Worship Total \_\_\_\_\_

### Fellowship: Designed for Relationships

I am genuinely open and honest about who I am.....	0	1	2	3	4	5
I regularly use my time and resources to care for the needs of others.....	0	1	2	3	4	5
I have a deep and meaningful connection with others in the church .....	0	1	2	3	4	5
I have an easy time receiving advice, encouragement, and correction from others	0	1	2	3	4	5
I gather regularly with a group of Christians for fellowship and accountability .	0	1	2	3	4	5
There is nothing in my relationships that is currently unresolved .....	0	1	2	3	4	5
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person .....	0	1	2	3	4	5

Fellowship Total \_\_\_\_\_

### Discipleship: Designed to Grow Spiritually

I am quick to confess anything in my character that does not look like Christ	0	1	2	3	4	5
A review of how I use my finances shows that I think more about God and others than I do about myself.....	0	1	2	3	4	5
I allow God's Word to guide my thoughts and change my actions .....	0	1	2	3	4	5
I am able to praise God during difficult times and see them as opportunities to grow ..	0	1	2	3	4	5
I find I am making better choices to do what is right when I am tempted to do wrong .	0	1	2	3	4	5
I have found that prayer has changed how I view and interact with the world.	0	1	2	3	4	5
I am consistent in pursuing habits that are helping me model my life after Jesus	0	1	2	3	4	5

Discipleship Total \_\_\_\_\_

Doesn't Partial Strong  
Match Match Match

Ministry: Designed to Serve Others

I regularly use my time to serve God .....	0	1	2	3	4	5
I am currently serving God with the gifts and passions he has given me .....	0	1	2	3	4	5
I regularly reflect on how my life can have an impact for the Kingdom of God	0	1	2	3	4	5
I enjoy meeting the needs of others without expecting anything in return ....	0	1	2	3	4	5
I often think about ways to use my God-given gifts and abilities to please God .	0	1	2	3	4	5
Those closest to me would say my life is a reflection of giving more than receiving	0	1	2	3	4	5
I see my painful experiences as opportunities to minister to others .....	0	1	2	3	4	5

Ministry Total \_\_\_\_\_

Evangelism: Designed to Share the Story

I feel personal responsibility to share my faith with those who don't know Jesus	0	1	2	3	4	5
I look for opportunities to build relationships with those who don't know Jesus	0	1	2	3	4	5
I regularly pray for those who don't know Christ .....	0	1	2	3	4	5
I am confident in my ability to share my faith .....	0	1	2	3	4	5
My heart is full of passion to share the good news of the gospel with those who have never heard it .....	0	1	2	3	4	5
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him .....	0	1	2	3	4	5
I am open to going anywhere God calls me, in whatever capacity, to share my faith .....	0	1	2	3	4	5

Evangelism Total \_\_\_\_\_

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## Spiritual Health Plan

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After completing the Spiritual Health Assessment, you can create a plan for growth in each of God's purposes. Start with Fellowship and Discipleship as those are the two areas we've discussed so far. Pick one next step for each of the areas. Then each week you can pick one more next step with your spiritual partner for that week's area.

Purpose	Next Step
<b>Fellowship:</b> Deepening my relationships with others.	
<b>Discipleship:</b> Growing to be like Christ.	
<b>Ministry:</b> Serving others with my God-given shape.	
<b>Worship:</b> Connecting with God	
<b>Evangelism:</b> Sharing the story of what God's done in my life.	