



MOSAIC

CONNECTING

Community Building

- Catch up on the week while people arrive
- If someone is new - Introduce anyone new and the group to them.

Worship & Prayer

- What aspects of life are in good shape for you at the moment? Share and then give thanks together in prayer.

Checking In

- Report back on next steps that you committed to take from the last life group meeting.

OPENING GOD'S WORD

Getting Focused

- Have you ever had an experience where one aspect of your life got out of kilter and then affected your health in another area of life or you got one aspect of your life into good shape and it overflowed into other areas of your life?

Going Deeper

Read Mark 12:29-31

NOTE: When Jesus talks about love he is not talking about feelings but your decisions and actions.

1. Why did you think Jesus named four parts of our being in this command?
2. How can your health affect your ability to love God or love others?
3. God has given us one life to live. Take a moment to rate your stewardship of each area of your life.
 - a. Heart (Will / Decisions) 1 2 3 4 5 6 7 8 9 10
 - b. Soul (Emotions) 1 2 3 4 5 6 7 8 9 10
 - c. Mind (Mental) 1 2 3 4 5 6 7 8 9 10
 - d. Strength (Physical Body) 1 2 3 4 5 6 7 8 9 10

Do you need to improve your rating in any area? What can you do to make that happen? Share if you are comfortable

Read Matthew 16:17-19 (especially 19) and Luke 12:31-32

1. What are some of the resources of God's Kingdom that you can draw on and use for your wellbeing or for the sake of the wellbeing of others?
2. Are you using them?

Taking a Next Step / Growing your Influence

1. What is one thing you can focus on in the immediate future that will help you live healthy as God intended?

IN IT TOGETHER

Prayer

- Pray for each other's next step
- Pray for who's on your heart

Looking Ahead Who can you invite next time? Is there any planning for your groups' missional activity?

HVUC LIFE GROUPS

Who's on your heart? Open & Inviting Multiplication Built on Jesus Acting on the Word Taking next steps Stronger & Closer