

FLCC LIFE GROUP FACILITATOR TRAINING

4-Session Leadership Course

Building Healthy Disciple-Making Communities

Purpose:

To equip every Life Group Host and Facilitator to lead Christ-centered, church-aligned, disciple-making Life Groups that multiply leaders and transform lives.

Format: 4 Sessions • 60 Minutes Each

SESSION 1

THE "WHY"

Why Life Groups Matter

Key Scriptures

Acts 2:42–47: The early believers devoted themselves to teaching, prayer, and sharing meals, gathering both publicly in the temple and privately in homes to form a thriving, supportive community.

Hebrews 10:24–25: Encourages believers to continue meeting regularly so they can motivate and support one another in love and good deeds.

Ecclesiastes 4:9–12: Highlights the strength of companionship, showing that working and living together provides better results, mutual help during hardship, and protection against life's challenges.

John 13:34–35: Jesus commands His followers to love one another as He loved them, stating that this sacrificial love will be the defining mark of His disciples.

BIG IDEA

Life Groups exist because disciples are not made in crowds alone but through authentic biblical community.

Learning Objectives

By the end of this lesson participants will:

- Understand God's design for biblical community.

- Discover why Life Groups are essential to church health.
- Recognize how Life Groups fulfill the Great Commission.
- Embrace the vision of becoming disciple-makers.

Session Outline (60 Minutes)

1. Welcome & Icebreaker (10 min)

Question:

Tell us about a person who helped you grow spiritually.

Transition:

Growth almost always happens through relationships.

2. Biblical Foundation (15 min)

Acts 2:42–47

The early church devoted themselves to:

- Apostles' teaching
- Fellowship
- Breaking bread
- Prayer

Notice:

They met

- In the Temple (large gathering)
- House to house (small groups)

Principle

The Church gathered publicly...

...and grew personally.

Jesus Modeled Small Groups

Jesus preached to thousands.

Yet invested deeply in twelve.

Then even closer with three.

Healthy discipleship happens in relationships.

3. Why Life Groups Matter (15 min)

They help people BELONG

- People don't stay because of programs.
- People stay because someone knows their name.

They help people GROW

- Sunday inspires.
- Life Groups apply.

They help people CARE

- Needs are discovered.
- Prayer becomes personal.
- Relationships become genuine.

They help people SERVE

- Everyone participates.
- No spectators.

They MULTIPLY DISCIPLES

Every healthy group eventually develops new leaders.

4. Discussion Questions (15 min)

- Why do people leave churches?
- What keeps people connected?
- Which happens more naturally in a Life Group than during Sunday worship?
- How has biblical community changed your own life?

Challenge

Pray this week for one person who needs biblical community.

SESSION 2

THE "WHAT"

What Happens in a Life Group?

Key Scriptures

- **Colossians 3:16:** Let the word of Christ dwell richly among believers as they teach, encourage, and admonish one another with wisdom and sing songs of gratitude to God.
- **James 5:16:** Confess sins to one another and pray for each other so that healing can take place, emphasizing the great power and effectiveness of righteous prayer.
- **Romans 12:10–13:** Love one another with genuine affection, honor others above yourselves, stay passionate in service, and share with fellow believers in need while practicing hospitality.
- **Philippians 2:1–4:** Live in unity, harmony, and humility, looking out for the interests and needs of others rather than selfish ambition or vanity.

BIG IDEA

Life Groups are not Bible lectures—they are communities where people encounter Christ together.

Learning Objectives

Participants will understand the four essential elements of every Life Group.

The Four Pillars

1. Fellowship

- People before programs.
- Conversation before curriculum.
- Relationship before information.

Questions

- How was your week?
- How can we pray?
- Where did you see God this week?

2. Scripture

The Bible remains central.

- Read
- Observe
- Discuss
- Apply
- Ask

"What does God want us to obey?"

Not

"What interesting facts did we learn?"

3. Prayer

Prayer is ministry.

Pray for

- Families
- Jobs
- Health
- Salvation
- Church
- Community
- Nation

4. Care

Life Groups become spiritual families.

- Celebrate birthdays.
- Visit the sick.
- Encourage the discouraged.
- Provide meals.
- Support during crises.
- Carry burdens.

Sample 60-Minute Meeting

- Welcome & Fellowship – 10 min
- Prayer – 5 min
- Bible Discussion – 30 min
- Application – 10 min
- Closing Prayer – 5 min

Group Discussion

- Which of the four pillars is strongest in your group?
- Which needs improvement?

Challenge

Practice listening more than speaking.

SESSION 3

THE FACILITATOR ROLE

Leading Without Dominating

Key Scriptures

- **Mark 10:42–45:** Jesus contrasts worldly leadership—which lords authority over others—with kingdom leadership, teaching that true greatness comes through serving others, following His example as one who came to serve and give His life for many.
- **2 Timothy 2:2:** Highlights the multiplication of leadership by instructing believers to pass on biblical truth to reliable, faithful people who will, in turn, be qualified to teach others.
- **1 Peter 5:2–3:** Directs leaders to shepherd God's flock willingly, eagerly, and humbly, serving as gentle examples to the community rather than ruling over them with heavy-handed authority.
- **Ephesians 4:11–13:** Teaches that church leaders are given to equip believers for ministry and work together to build up the body of Christ until everyone reaches unity, maturity, and spiritual completeness.

BIG IDEA

A facilitator guides discussion rather than delivering sermons. The goal is transformation through participation.

Learning Objectives

Participants will learn the heart and responsibilities of biblical facilitation.

A Facilitator Is...

- A Shepherd - Cares for people.
- A Guide - Keeps discussion moving.
- A Listener - Draws others into conversation.
- A Disciple-maker - Raises future leaders.
- A Servant - Leads by humility.

NOT a Lecturer

- Avoid dominating.
- Avoid answering every question.
- Avoid long sermons.
- Avoid theological debates.
- Avoid embarrassing people.

DO

- Ask questions.
- Invite quieter people.
- Affirm contributions.
- Stay on topic.
- Keep discussions biblical.
- End on time.

Practical Facilitation Skills

- Ask open-ended questions.
- Encourage everyone.
- Summarize discussions.
- Redirect gently.
- Pray confidently.
- Follow up during the week.

Difficult Situations

- Someone talks too much.
- Someone never speaks.
- Controversial doctrine arises.
- Conflict develops.
- A visitor dominates discussion.
- Someone shares personal struggles.

How should we respond?

(Group Workshop)

Leadership Reminder

- People rarely remember perfect lessons.
- They remember how you made them feel.

Challenge

- Identify one future leader in your group.
- Begin mentoring them.

SESSION 4

NEXT STEPS

Launching Healthy Life Groups

Key Scriptures

- **Matthew 28:19–20:** The Great Commission commands believers to make disciples of all nations through baptism and teaching them to obey everything Jesus instructed, backed by His ongoing presence.
- **2 Timothy 2:2:** Focuses on leadership multiplication by entrusting biblical truth to trustworthy people who will equip and teach others in turn.
- **Ephesians 4:16:** Illustrates the church as a healthy body, growing and building itself up in love as every member does their unique part and stays properly connected.

BIG IDEA

Healthy Life Groups reproduce disciples, leaders, and new groups while remaining aligned with the mission and leadership of FLCC.

Learning Objectives

Participants will understand the process of joining, launching, and multiplying Life Groups.

Step 1

Join a Life Group

- Attend consistently.
- Participate.
- Build relationships.
- Grow spiritually.

Step 2

Become an Apprentice

- Observe.
- Assist.
- Learn.
- Serve.
- Lead portions of meetings.

Step 3

Become a Facilitator

- Complete training.
- Agree with FLCC Mission.
- Affirm Doctrine.

- Follow Leadership Covenant.
- Submit reports.

Step 4

Launch a New Group

Prayerfully identify:

- A Host Home
- A Facilitator
- An Apprentice
- A Core Team (3–5 people)
- Church approval
- Launch

Support Provided by FLCC

(LIFE GROUP RESOURCE SYSTEM see other page 2)

- Bible discussion guides
- Monthly curriculum
- Leader coaching
- Prayer support
- Leadership meetings
- Resource library
- Outreach materials
- Training events

Reporting Relationship

Lead Pastor



Life Group Director



Coach



Facilitator



Host



Members

Multiplication Goal

Target Group Size:

8–12 Adults

When attendance reaches 12–15 regularly:

- ✓ Identify an apprentice.
- ✓ Train a new facilitator.
- ✓ Pray for a new host.
- ✓ Launch another Life Group.

We don't divide people—we multiply disciples.

Final Challenge

Ask yourself:

- Am I willing to open my home?
- Am I willing to shepherd people?
- Am I willing to raise another leader?
- Am I willing to help fulfill the Great Commission through Life Groups?

"One Church. Many Homes. One Mission."

Closing Commission

"Go and make disciples—not only by inviting people to church, but by welcoming them into Christ-centered community. May every Life Group become a place where people belong, grow, serve, lead, and multiply for the glory of God."