



LIFE GROUP GUIDE

CONNECT • GROW • SHARE • PRACTICE

Jan 8,11, 2026

Cultivate: Teaching, Training, Equipping, and Discipling

Connect (15-20 mins)

1. Follow up on any prayer requests from last week. Share highs and lows or updates as you settle in. You can also find our list of 100 Ice Breaker Questions in our Leader Tool Kit in your [Well account](#). If this is your first time meeting since the holidays, view last week's Connect section [here](#).

Grow (5-10 mins)

2. In last week's practice section, we were challenged to reflect on last week's sermon and think of ways we can get involved with the next generation at our church. What were some of the things that came to mind? Did you have any ideas, whether individually or as a group? Remember, this could be something as simple as praying regularly for the next generation.

Share (45-60 mins)

3. What stood out to you or piqued your interest in this week's sermon?
4. **Read Matthew 5:13-16 and Matthew 28:19-20.** In light of these passages, describe the mission of the Church in your own words.
5. As Christians, what are some of the dangers of choosing to isolate from the world? Think about this from both an individual standpoint and a corporate perspective.
6. If you're honest, where do you feel like you need to grow in being taught, trained, equipped, and/or disciplined? Where do you feel like you need to grow in the action of teaching, training, equipping, and/or discipling others?



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Practice: Teaching, Training, Equipping, and Discipling

This week's message challenges us as a local body of believers, not *only* to teach others what Jesus did, but to also do what He did. As the Church was born and the gospel spread, centers—or hubs—were established in major cities throughout the region. These hubs focused on the teaching of God's Word and the discipling of God's people, not so that they would merely be enlightened by the truth of the gospel, but so that they would be moved to put the gospel on display and pass on what they had learned to others. In one sense, nothing has changed. As a church, we desire to be a gospel hub in our city. But this only happens as we begin to recognize our shared responsibility in this endeavor.

“And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ; until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ. As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.”

(Ephesians 4:11–16)

In last week's practice section, we were challenged to think of ways we can get involved with the next generation at our church. In a similar way, take some time over the course of the next week to think through what it would look like for you to take the next step in deepening your own relationship with the God of the universe (being taught, trained, equipped, and/or disciplined). Then, think through ways you can get involved in our local body and in our city for the display and advancement of the gospel. See the table below:

Try to write at least one thing in each box. Come ready to share what you wrote down at next week's group time.

Being taught, trained, equipped, disciplined:	Teaching, training, equipping, discipling others:
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Memory Verse:

“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect”.

(Romans 12:1–2)