



Life group questions

For the week of 14th June

Let's Pray: For Gentleness Philippians 4:5; Mark 5:24-34

The original Greek word used here for "gentleness" describes an attitude of reasonableness, consideration, and fairness. It means looking beyond the strict letter of the law to show mercy and charity. It is the opposite of being contentious, rigid, demanding, or harsh. This gentleness is not weakness. It is a controlled strength and willingness to yield our rights for the sake of peace. Back then, secular Greeks considered this 'gentleness' to be the pinnacle of civilised behaviour, while Paul elevates it as a vital fruit of a life secure in Christ.

Let your gentleness be evident to all. [Philippians 4:5]

24 ... A large crowd followed and pressed around him. 25 And a woman was there who had been subject to bleeding for twelve years. 26 She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. 27 When she heard about Jesus, she came up behind him in the crowd and touched his cloak, 28 because she thought, "If I just touch his clothes, I will be healed." 29 Immediately her bleeding stopped, and she felt in her body that she was freed from her suffering. 30 At once Jesus realised that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" 31 "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' " 32 But Jesus kept looking around to see who had done it. 33 Then the woman, knowing what had happened to her, came, and fell at his feet and, trembling with fear, told him the whole truth. 34 He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering." [Mark 5:24-34]

Look Back

- What are you thankful for this week?
- What challenges or stresses are you facing?

Look At

- Read the Bible passage out loud twice. Have someone retell the story in their own words.
- What was one thing you noticed as you read this passage?
- What does this passage tell us about God?
- What does this passage tell us about people?

Look Forward

- How will you put God's word into practice this week?
- Who will you share this passage with this week?

Look Up

- How can we pray for each other this week?
- Spend time praying for each other.



Life group questions

For the week of 21st June

Let's Pray: For Peace Philippians 4: 6-7

The Apostle Paul wrote these words from a Roman prison, where he was chained to a guard and facing a potential death sentence. The church in Philippi was also under immense pressure. They faced fierce outside persecution and internal conflict between key leaders. They were anxious about their safety and Paul's looming execution. Paul encourages them to respond to their anxiety with prayer, confident that as they do, God will replace their understandable human anxiety, with his peace that surpasses our understanding. This peace is not the absence of trouble but comes from the presence of God.

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Look Back

- What are you thankful for this week?
- What challenges or stresses are you facing?
- How did you go applying/sharing last week's passage?

Look At

- Read the Bible passage out loud twice. Have someone retell the story in their own words.
- What was one thing you noticed as you read this passage?
- What does this passage tell us about God?
- What does this passage tell us about people?

Look Forward

- How will you put God's word into practice this week?
- Who will you share this passage with this week?

Look Up

- How can we pray for each other this week?
- Spend time praying for each other.



Life group questions

For the week of 28th June

Let's Pray: For Opportunities Colossians 4:2-6

This passage bridges the gap between our inward faith and outward witness. It encourages us to devote ourselves to prayer with an alert, and thankful heart. When we ground ourselves in God, our daily lives naturally overflow into how we treat others. Paul urges us to walk in wisdom toward those around us, making the most of every opportunity. Even our everyday conversations should be gracious and "seasoned with salt" so that our words should encourage, bring healing, and reflect the love of Christ. How can our daily lives reflect the love of Christ to those who don't yet know him as their Lord and Saviour?

2 Devote yourselves to prayer, being watchful and thankful. 3 And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. 4 Pray that I may proclaim it clearly, as I should. 5 Be wise in the way you act toward outsiders; make the most of every opportunity. 6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Look Back

- What are you thankful for this week?
- What challenges or stresses are you facing?
- How did you go applying/sharing last week's passage?

Look At

- Read the Bible passage out loud twice. Have someone retell the story in their own words.
- What was one thing you noticed as you read this passage?
- What does this passage tell us about God?
- What does this passage tell us about people?

Look Forward

- How will you put God's word into practice this week?
- Who will you share this passage with this week?

Look Up

- How can we pray for each other this week?
- Spend time praying for each other.