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# LIFE TRANSFORMATION GROUPS

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## What is a Life Transformation Group (LTG)?

“ Although someone may overpower a person who is alone, two can withstand him. Even more, a three-stranded cord is not quickly broken.” [Ecclesiastes 4:12]

An LTG is a small group (2-4) of men or women who intentionally meet together to accomplish two goals: 1] cultivate spiritual growth toward maturity in Christ so that we may 2] be encouraged and equipped to share the love of the Father in the grace of Christ through the power of the Spirit.

## Why Do We Promote LTGs?

As followers of the Lord Jesus, we all share a *War* and *Mission* in common. Both our battles and our mission are too big for us; we cannot bear them alone. **We need one another.** Engaging in our battles while pursuing our mission together produces *communitas* (binding together through a common struggle), a key catalyst in personal transformation.

## Who Can Participate in an LTG?

Anyone who 1] **realizes** his or her **desperate need** for our Heavenly Father's provision in Christ through the Spirit all the time, in all of life and 2] will **commit** to be **faithful** to the goals and process can participate in an LTG.

## How Does an LTG Work?

LTGs may come together to accomplish different short-term goals, but all share three core components:

### **We Share True Life Together.**

**We celebrate** the ways the Lord is transforming us as we intentionally add the Seven Key Virtues of 2 Peter 1: Excellence, Knowledge, Self-Control, Perseverance, Godliness, Brotherly Affection, and Christlike Love.

We also bear one another's burdens as **we confess** our sins and failures in order to pursue spiritual healing and growth [James 5:16]. **We pray** for one another continually realizing that we are in a Spiritual War [Ephesians 6:18].

**We encourage** one another to keep our eyes focused on Christ—our Master and our Goal [Hebrews 12:1-3].

Because the things that we share in these groups may be sensitive, it is important that we trust those with whom we meet and that we each protect the

security of the group by being truthful, compassionate and confidential.

### **We Hear from the Lord in His Word.**

“ Every scripture is breathed out by God and useful for teaching, for reproof, for correction, and for training in righteousness, that the person dedicated to God may be capable and equipped for every good work.” [2 Timothy 3:16-17]

Groups are centered around the daily reading of (or listening to) the Scriptures to hear from the Lord so that we may come to know Him in a deeper personal way. We encourage reading large portions Scriptures (about 5 pages a day) in order to see the larger picture and to develop our taste for the Word and our desire to be in the Word and have the Word in us.

### **We Motivate One Another to Mission.**

“ From [Christ] the whole body grows, fitted and held together through every supporting ligament. As each one does its part, the body grows in love.” [Ephesians 4:16]

The ultimate goal for these groups is to help us be able to pour our lives out for others in Christlike service so that they may come to know Him in a deep, personal way. As we become spiritually healthy and mature, we are better equipped to engage in the process of making and training other disciples/apprentices of Jesus. We pray specifically for those we know who do not yet know Christ Jesus. We encourage one another as we seek to follow the Lord wherever He may lead us according to our **gifts** and **calling**.

## What Happens Next?

**Reproduction** and **multiplication** should be the natural outcome. As we are growing and sharing our hope, faith and love with others, we invite others (hopefully, new followers) into a group. When a “fourth person” is added and demonstrates faithfulness to the process, it is time to reproduce the group by splitting it in two. Each group then prays for a “3rd person.”

As groups grow and divide, they may all have different short-term goals. Some groups may be “**Gospel Groups**” that include non-believers interested in the faith. Others may be “**MilktoMeat**” groups that teach the foundational truths and life-long practices of the faith. There are many other types of groups: Life-Coach/Mentor groups, Spiritual Healing groups, Growth Groups, etc. All, however, pursue the three core components we have just discussed.

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