

# Life Transformation Groups

## Major Components

1. Scripture Intake (Minimum of 7 chapters per week - 1 per day)
2. Multiplication (group multiplies when group gets to 4 people)
3. Confession of sin (accountability questions)
4. Prayer for their friends and family who are far from God.
5. No curriculum outside of the Bible, accountability questions, and prayer

**What is an LTG?** A Life Transformation Group (LTG) is made up of two or three people of the same gender who meet weekly, to discuss their daily Bible reading, to ask each other character-building questions and to pray for their pre-Christian family and friends.

**How often does an LTG meet?** Groups should plan to meet one hour a week (This is essential any less than that, will cause the group to be ineffective). The group agrees on a time and location for their meeting that fits their schedule. These groups can even meet over Zoom. The group does only four things during the meeting. They discuss their Bible reading, ask one another character-building questions, pray for each other and pray for family and friends who do not yet know Christ.

**How much Bible reading is required?** Each group selects a book of the Bible to read through. They agree on how much reading to do each week. A week's reading assignment is repeated until everyone in the group is able to complete it in one week. The amount of reading is decided by the group. The number of chapters per week varies with the groups but can often range from 7 chapters to 28 chapters per week. If the group is reading a book of the Bible with fewer chapters - e.g. James - they may agree to read the book through two or three times in one week or start reading another book of the Bible.

Here is a suggestion for how your group might decide how much reading to do each week. The first time you meet, select the book of the Bible you wish to read. Then agree on how much time each day you will spend reading. For example, your group might decide to read each day for 15 minutes. At the end of the week, determine how much reading each group member can accomplish in 15 minutes a day. It would be a good idea to set a stretch goal. Most people can read 14 – 28 chapters a week if they read 15 minutes a day.

Once you have set the group goal the group stays on a reading assignment until everyone completes the entire reading in one week. Sometimes this means a group will re-read a passage several times. The pay-off is that you are getting more familiar with the Bible – God's word to men and women.

**What are Character-Building (accountability) questions?** At each meeting group members ask one another character-building questions. These questions should stimulate conversations of character and confession of sin in a safe environment that values honesty, vulnerability, confidentiality, and GRACE. There is a suggested list of questions and a group can add their own set of questions.

**How do we pray for our pre-Christian family and friends?** Some time at each meeting is devoted to pray for members of the group as well as specific pre-Christian family and friends. Each person in the group should identify two or three people for whom they are praying and share these names with the group. Each group member commits to pray for each of these people everyday - as well as during the group meeting.

**How do I start an LTG?** LTG's are led by the Holy Spirit You can begin your own by asking one or two others to join you. Individuals forming a group might commit to an LTG for a specified time e.g. 3-6 months. At the end of that time group members may recommit or decide to disband.

**What does a group talk about in a typical group meeting?** The character-building questions stimulate conversation. Some time is also spent talking about the week's Bible reading. Often questions arise or new insights can be shared. Finally, the group spends some time praying for one another and for two or three pre-Christian friends and family. *The success of an LTG depends on the level of trust developed between the participants. Absolute commitment to confidentiality will allow for sharing, accountability, intimacy, and true-life transformation.*

**Why is the group size limited to two or three people?** There are several reasons for keeping the group small.

First, with only two or three schedules to coordinate, it is easier for a group of two or three to find a time to meet each week.

Secondly, in a one-hour meeting there just isn't time to allow each member of the group to fully share their answers to the accountability questions and to have time to discuss the Bible reading if the group is larger than three.

Third, developing trust and confidentiality is important in an LTG and easier to maintain with a group of two or three people of the same gender.

**What happens if our group grows larger than three people?** As a group grows larger it can choose one of two paths.

First, a group of four or more people may decide to stay together and change the character of the group from a Life Transformation Group to a Bible Study Group, Prayer Group, Service Group, or another type of growth group. This transition will occur as a result of the increase in size as it will be difficult to maintain an LTG format with more than three people.

Secondly, as a fourth member is added to the LTG, the group may decide to divide and multiply. That is, a group of four will divide into two groups of two. Each of these groups may invite a third person to join and the LTG will multiply.

**I'm interested...now what?**

Pray about individuals that you know and that you'd be interested in having a Life Transformation Group with. Make a list of these individuals. Start at the top of your list and personally ask this individual(s) if they'd be interested in doing a Life Transformation Group with you. When you have 1-2 others who've agreed to be in a Life Transformation Group, set up a time for your first meeting.

# LIFE TRANSFORMATION GROUPS:

## ACCOUNTABILITY QUESTIONS

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These questions are to be asked of one another in a *weekly meeting* of accountability. They are to stimulate conversations of character and confession of sin in a safe environment which values honesty, vulnerability, confidentiality, and grace.

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions? (i.e. If being a Christian was against the law, would there be enough evidence to convict you this week?)
  2. Have you had any Spiritual Conversations with those who are not following after Christ this week?
  3. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts about another this week? Have you sexually acted out with someone other than your spouse (if you are married)?
  4. Have you lacked integrity in your financial dealings (Including bringing the full 10% tithe to your local church) or have you coveted something that does not belong to you?
  5. Have you been honoring, understanding and generous in your most important relationships this week?
  6. Have you damaged another person by your words, either behind their back or face-to-face?
  7. Have you been given to drunkenness or abused any form of drug (i.e., getting high) this week?
  8. Have you given in to an addictive behavior this past week?
  9. Have you continued to remain angry toward another?
  10. Have you secretly wished for another's misfortune so that you might excel?
  11. Did you finish the reading and hear from God? What are some of your key takeaways from each chapter?
  12. Have you been completely honest with me?
- \*\*Is there anything else that is on your mind or that you are wrestling with, that you would like to share?

NOTE: Feel free to add accountability question(s) that are applicable to your group.