

Welcome - Start by asking people to share one thing that they are thankful for and explain why. What's the greatest commitment you've ever made?

Word - The theme is "The Committed You"

What does being committed to God look like for you?

What are some of the barriers that stop us from committing?

Why is commitment so hard?

Read Luke 10:27

Two of the greatest commandments Jesus gives us are in this one verse and it's a verse we may know well...

But what does it mean and look like to love God with all your heart, soul, strength and mind?

How do you stay committed to this commandment and apply it to your life?

How difficult do you find this really? How committed are we to love our neighbour as ourselves?

Read 1 Thessalonians 5:18

How challenging do you find this verse?

Why is committing to be thankful in all circumstances so important?

What might be some of the benefits of committing to this?

Read Romans 15:13

Why is trust so important?

Share with the group when you've had to trust through a difficult situation and experienced the Joy, Peace and Power of the Holy Spirit.

Pause and take a few moments to pray for those in the group that may be in a difficult situation now.

Finally, why is familiarity so dangerous?

How can you tell the signs?

How do you avoid this happening?

To finish, think about how you as an individual and as a Lifegroup can commit to God more this year. Discuss what impact this could have within your Lifegroup and beyond.