

Life Groups: What to do



*They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendour.
They will rebuild the ancient ruins
and restore the places long devastated.*

Isaiah 61:3-4



Life Groups connect people together from different backgrounds and parts of the village. They teach the truth of Jesus to everyone and work together to make life better for everyone. Like strong trees of God's righteousness, they rebuild community, truth and love within your village.

The world is experiencing a medical emergency.

You may feel like you are a long way from the city so it does not matter. But it does matter and we all need to take precautions. The spread of the COVID-19 disease means that we may need to do Life Groups differently for a time. This leaflet helps you to know how. You can also look at our other leaflet 'What is COVID-19' which explains what the disease is. Knowing about the disease will help people to understand that it is not from God and it is not a curse or witchcraft.



Together

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another.

Hebrews 10:24-25

The virus COVID-19 is spread from person to person when they are close together. We need to run groups in a way that reduces the risk of people passing the virus from one person to another. We have a responsibility to each other and to our village. We need to depend on Jesus and continue to love one another.



The advice of health authorities should always be followed explicitly.

Groups may need to stop meeting altogether. If so the organiser should use the phone, WhatsApp or SMS messages to make sure that everyone is fine. Remember that you can work together for the truth and the good of everyone even if you are not able to meet together.

If a Life Group can meet together, people should have no physical contact from person to person. Meet outside or in a large church or classroom where everyone can sit separately. Everyone must be at least 3 big steps apart.

Do not greet by shaking hands, hugging or with any physical contact. Do not share cups, plates or anything that is passed from person to person.

If someone is sick, coughing, has a fever or does not feel well in any way, they should not come to the group.



Pray

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:18

It is really important to pray for your village and area at this time. Pray for everyone whether they are of a different tribe, race or religion. We have a responsibility to pray for everyone.

Ideas

In your village, there may be people who are sick from the disease or from something else. You can visit them as long as you keep apart from your companions and do not enter the hut or house where they live. You can pray for them loudly from outside without touching them. In no situation must someone pray by laying hands

on a person. This is a way in which the virus can spread.

You could have an SMS or WhatsApp prayer meeting. One person can pass prayers to everyone in their homes and you can all pray at the same time. When praying, people could light a candle as a symbol to let people know that they are praying for the village.



Truth

But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

John 3:21

Everyone can continue to learn the important truth of Jesus together. We want people and villages around us to know the truth and know Jesus. They can trust him and especially at this time, find peace in his truth.

Ideas

The people who the organise the group could take lessons around the village. They need to make sure that they do not have any physical contact with anyone. Wherever there is a gathering of huts they could teach loudly and discuss with everyone. If this cannot work, the organisers could also go from hut to hut teaching. They must not go into the house, accept a drink or touch anyone at the house.

If people are not allowed to move around at all then this could be done via SMS message, WhatsApp, phonecall or Facebook. Of course you will not be able to teach everything. You could simply share the scripture from the material and ask what people think about it. Ask God which bits are important each week.



Love everyone

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

1 John 4:7

Loving people is very important. We may think of ourselves as poor and not able to achieve much. This is not true. We are all capable of caring for someone. We should look to our own needs but we should also look to the needs of others. How can we do that at the moment?

Ideas

Help people! If you are well, you can go to the market or shop for someone who cannot go because they are elderly or unwell. You can leave food or water outside someone's house. You could look after someone's crops. You should not expect payment.

If people need to stay away from others they are likely to feel lonely. You can make a big difference by simply sending them messages or speaking to them from outside their house. Share a passage from the Bible, give your time and be friends! Remember to stay at least 3 big steps away from each other.

Help people know that they do not need to be anxious. There is peace and comfort in God. This life is not the end if we know Jesus. We can help people to know this truth for themselves.

Share the knowledge that you have about what is happening with COVID-19. This is so people understand and are not frightened by misinformation.

REMEMBER: ALWAYS FOLLOW THE GUIDANCE AND ADVICE OF GOVERNMENT AND MEDICAL PROFESSIONALS

ONLINE

Find out about being more involved with Dignity, access materials, training, advice and more.



Get access to online resources at:
www.dignityonline.org.uk/publications