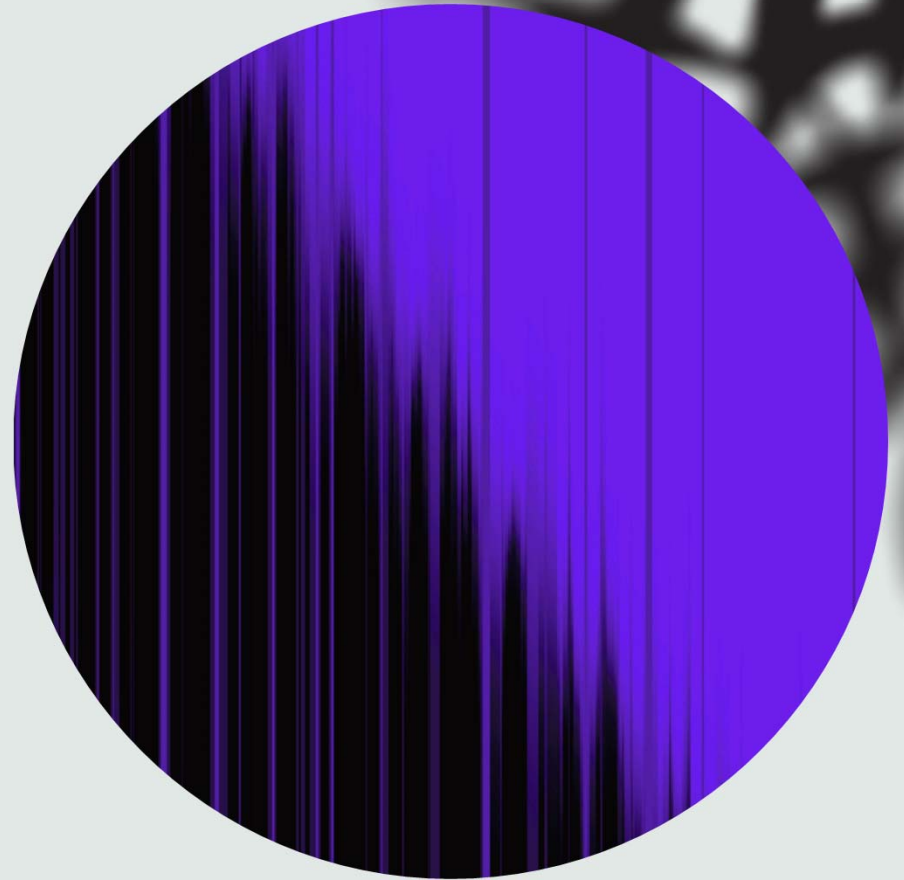


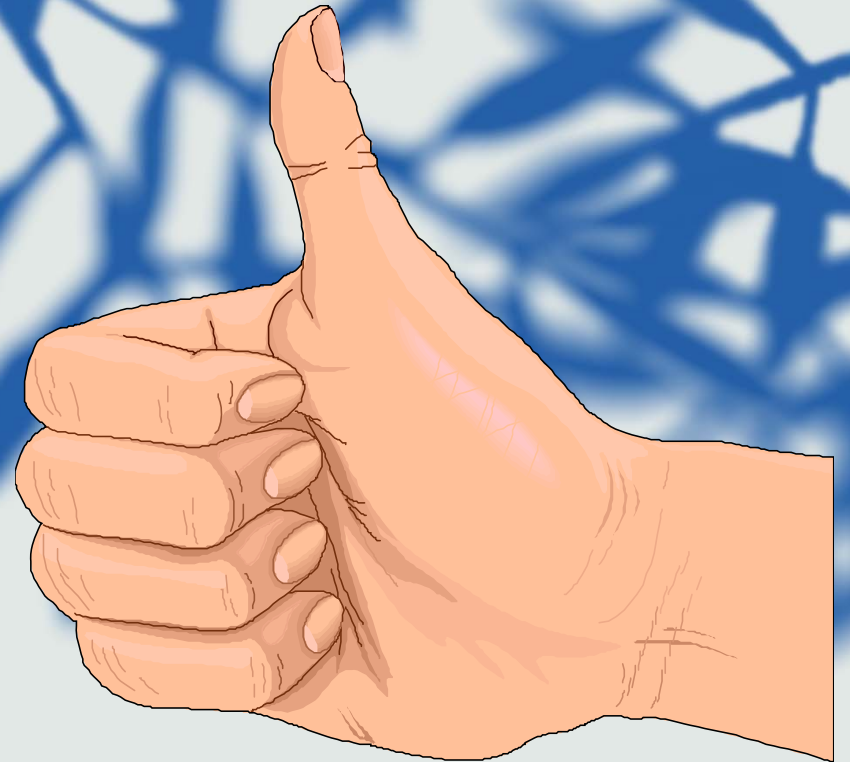
# Health Disciplines groups

Session 1 – Health disciplines  
groups



# The 5 systems of group life

Can be illustrated with a hand.



# Community

- The thumb represents the community.
- Everything the group does, works in relation with the community.
- This community exists when every member is in Jesus Christ.



# Community



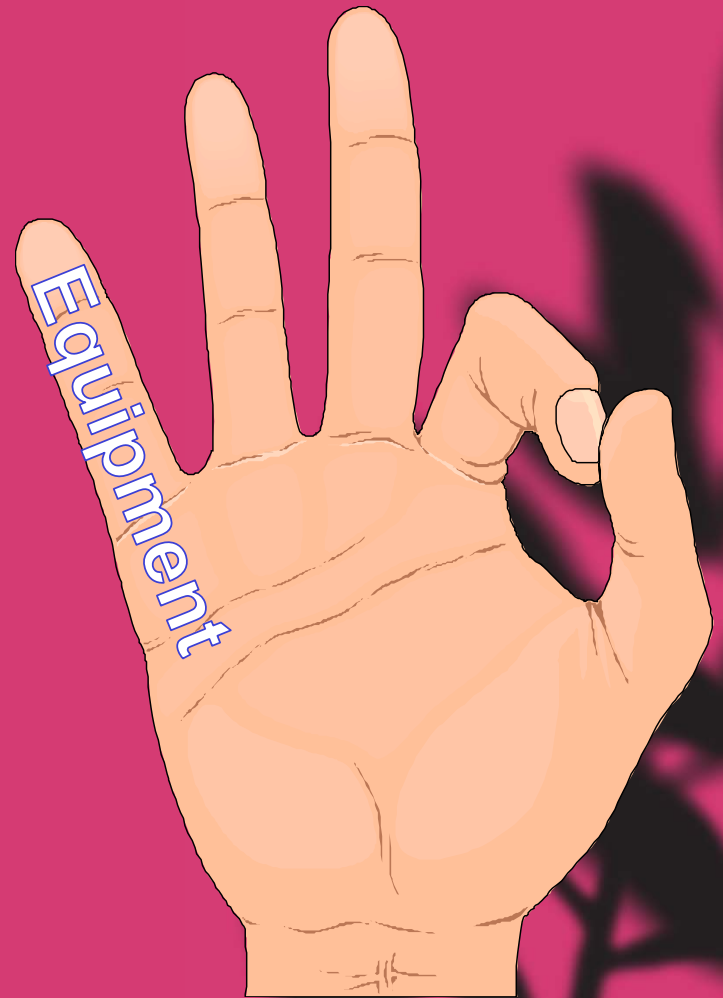
Each time when members of the group get closer to God-then we all get closer.



It's entering into relation with the others during the week.

# Equipment

- The little finger represents the weaker limbs-they're not yet spiritual children, but they're about to grow up.
- They need to be equipped for a life of prayer and spiritual growth within God's kingdom.



# Accountability



- The ring finger represents responsibility to one another.
- The group has a support system for members. They encourage each other as they walk.



# Leadership

- The middle finger represents leadership growth.
- Leaders are those who are spiritually mature.
- Leaders maintain a daily relationship with God through prayer and study of the Word.
- This is supervision through SERVANT leadership.

# Evangelism

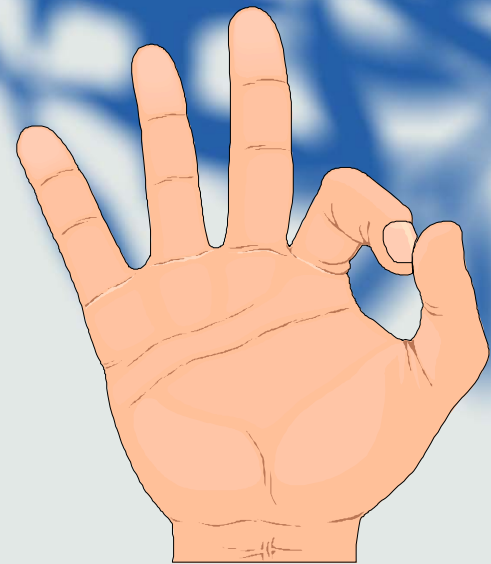
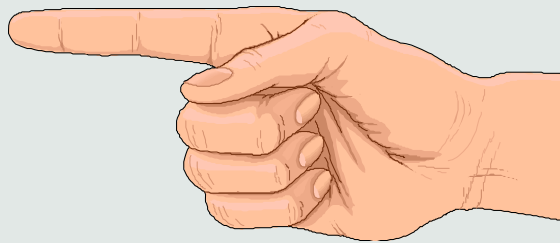
- The index tell us: “Go”!
- This represents evangelism.
- It’s evangelism that gives the group a sense of mission, otherwise it becomes a private club that makes no progress.
- Matthew 28:19





# The 5 disciple group systems

Can you name them?



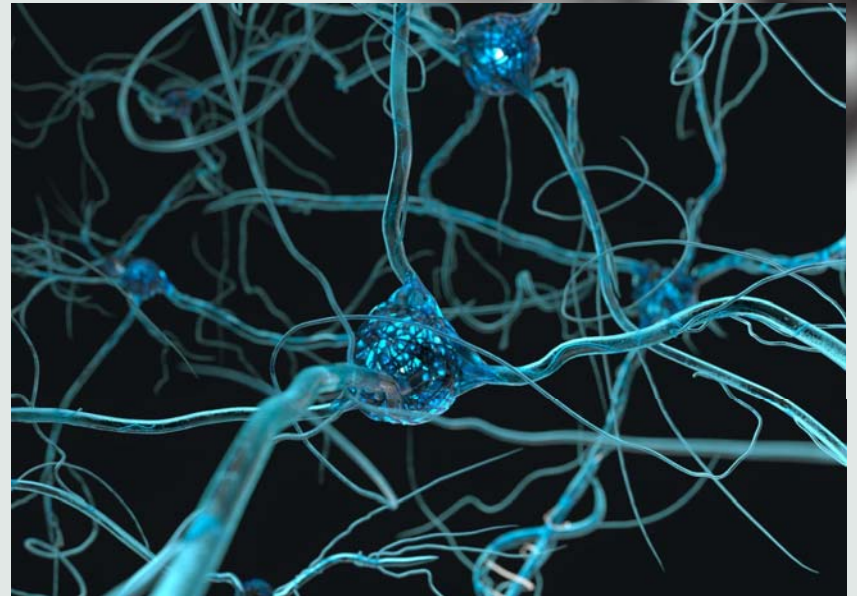
# Most churches will have 2 or 3 of the systems working!

But churches with all 5 systems are the ones with the highest growth rates!



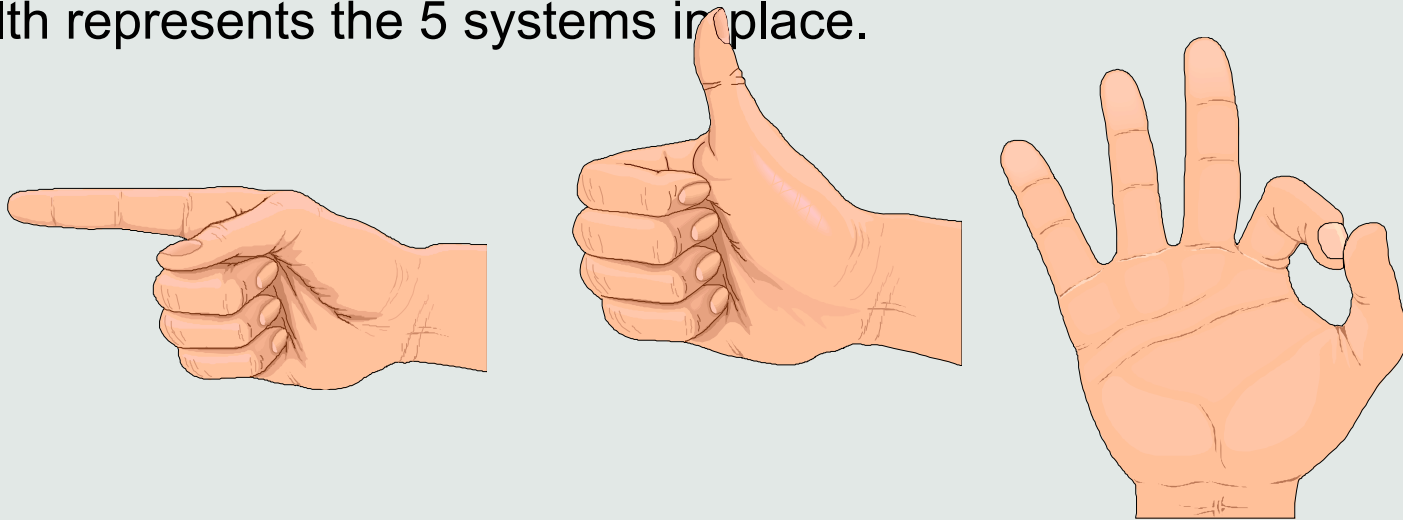
# Systems in synergy

**The goal: to form enough groups of healthy disciples to reach a critical mass-what we'll call a base congregation-10 to 15 cells.**



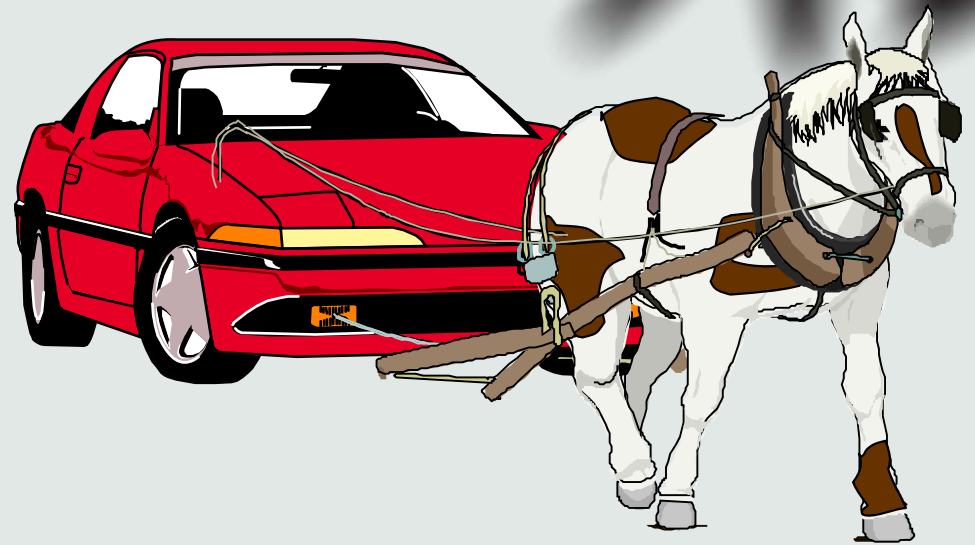
# Systems in synergy

- The 5 ministries or systems are integrated and interdependent.
- Health represents the 5 systems in place.



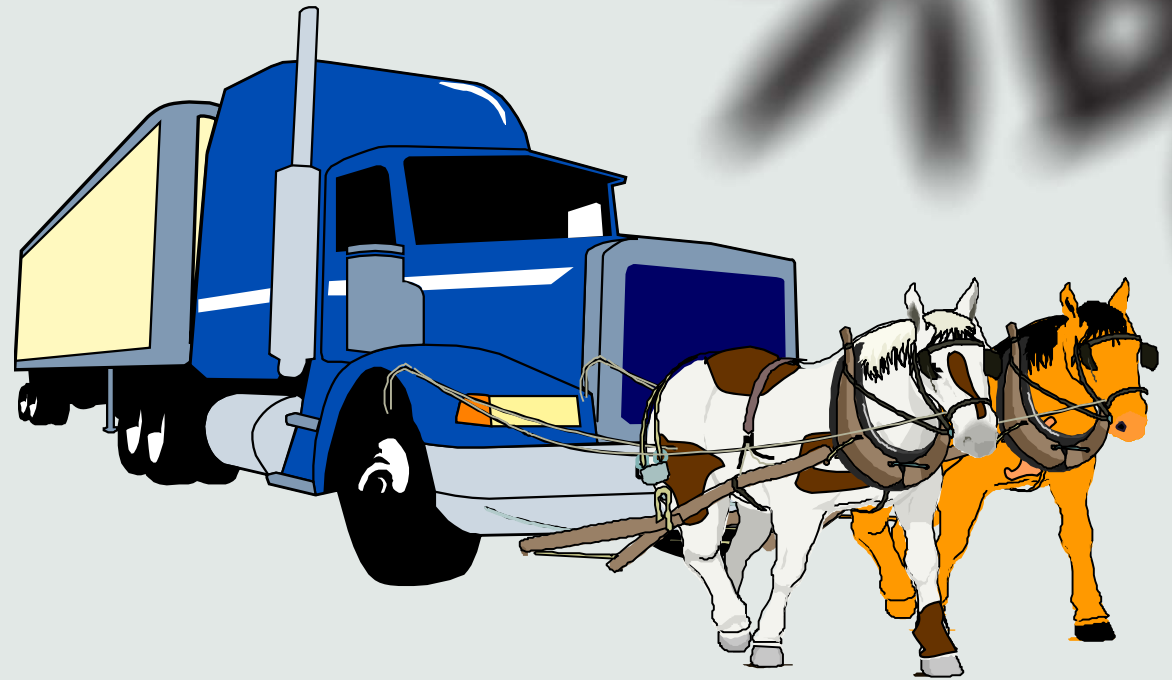
# Systems in synergy

- The total sum is greater than the parts-divine synergie. Normally a horse can pull 2 tons.



# Systems in synergy

- Two horses harnessed together can sometimes pull 23 tones.





## EXERCISE

Associate each verse with a finger on your hand:

John 15:5

Matthew 28:19

Exodus 18:21b)

Exodus 18:17-18

Exodus 18:21a)

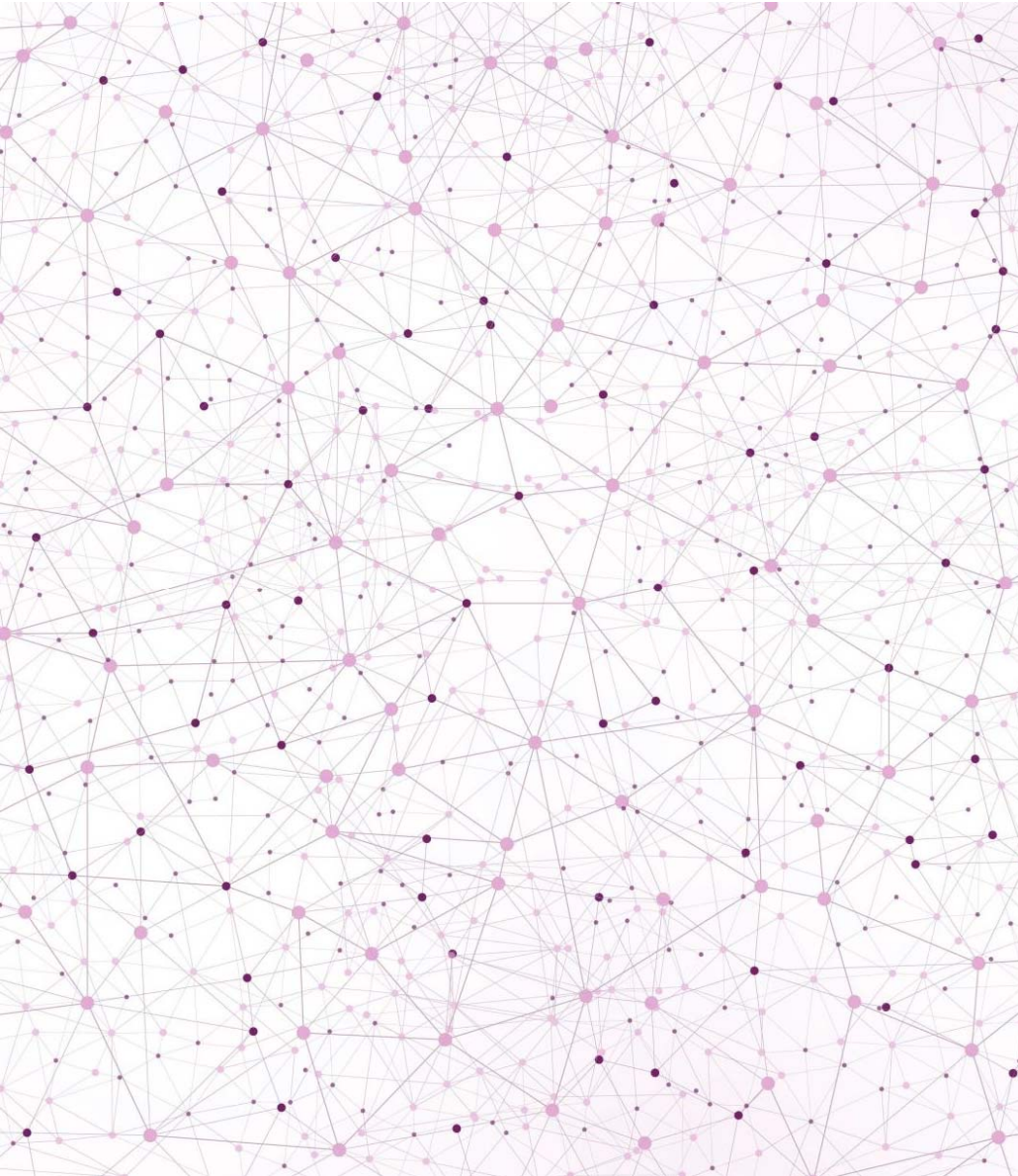
The background of the slide is a blurred photograph of a server room. It features rows of server racks with numerous small, glowing lights in shades of blue, green, and orange. The lights are out of focus, creating a bokeh effect. The overall color palette is dominated by dark blues and blacks, punctuated by the vibrant colors of the server lights.

Exercise  
exchange:



# QUESTION PERIOD?





# SUMMARY

The 5 key elements are the result of intentional action;

It's important to pray for the necessary humility to constantly readjust our actions within the small group –SG.