



1 CORINTHIANS 12:12

" We are one but many, and we are many but one. "

2025 LifeConnect Group Material

About Together

"If you want to go fast, go alone. If you want to go far, go together." ~ African Proverb.

Togetherness has a multiplier effect. The wise king of the Bible - King Solomon - highlighted this value in Ecclesiastes 4:9-12:

"Two are better than one, because they have a good return for their labour:

If either of them falls down, one can help the other up.

But pity anyone who falls and has no one to help them up.

Also, if two lie down together, they will keep warm.

But how can one keep warm alone?

Though one may be overpowered, two can defend themselves.

A cord of three strands is not quickly broken."

1. **Good return for their labor.** There is greater productivity and efficiency when we do it together.
2. **When one falls down the other can help them up.** 'Falling in life' happens to us all. Having someone to catch you when you fall is a great reassurance.
3. **Two will keep warm.** There is shared comfort in companionship. Life's challenges are easier to face with a partner.
4. **Two can defend themselves.** You are stronger and bolder together and greater able to defend against adversity.
5. **A three-cord strand is not quickly broken.** We are better together, but what if God joins us? Now, that is supernatural strength and victory that comes from God's enabling power.

A strong relationship with God and with others is powerful. The best analogy of togetherness is our body. Its parts are one but many, and they are many but one—interconnected, interdependent, equally important, due the same care, and with a collective identity in Christ.

Together is oneness not sameness, it's unity in diversity, it's iron sharpens iron.

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Guidelines:

This guide contains six subjects in line with our theme - “Together” — to aid LifeConnect group leaders in steering their group discussions. Its purpose is to foster meaningful dialogue, alleviating the challenges of preparing topics. Read it through prayerfully. Infuse your unique perspective while adhering to the teachings of God's Word.

Some topics can be conducted in more than one session; feel free to divide them as needed. Deliberately navigate through each subject, ensuring the group comprehends it thoroughly before moving forward.

Avoid conducting LifeConnect groups like a traditional Bible study, where only one person dominates the entire session. The LifeConnect environment is crafted to foster mutual learning. Skilfully redirect the conversation to the topic if it strays. Pose questions, listen attentively, and discern the Spirit's guidance as you navigate the discussion.

Remember, God's grace is more than enough for you.

1. "TWOGETHER"

"Do two walk together, unless they have agreed to meet?" — Amos 3:3

Ice Breaker:

"Can you share a time when you had to work with someone, and you had to agree on something important before moving forward? How did that agreement shape the outcome?"

(You can come up with your own ice breaker.)

Introduction:

"Life is your relationships," as noted by Drs. Les and Leslie Parrott. Relationship determines the proximity between individuals, while relationship is determined by the quality of your conversation. The ultimate goal of any conversation is alignment in communication, enabling meaningful cooperation or shared purpose.

The rhetorical question offered by Prophet Amos —"Can two walk together unless they agree?"—invites reflection on what agreement is necessary. What must they agree upon to walk in unity?

a. They have to agree that they want to walk together.

All good relationships are voluntary based on mutual respect and shared commitment to the relationship and its goals. A genuine and mutual desire to be together forms the foundation of commitment, empowerment, and staying power.

(Ask the group to share their thoughts here.)

b. They have to agree it is to their advantage to travel together.

There must be a mutual understanding that you are better together. Everyone brings something of value to the table, with one's weaknesses balanced by the other's strength, and vice versa. Rather than competing, you complete each other.

Your relational high comes from seeing the person you've supported do well. The concept of 'Twogether' fosters humility too. It makes you think less about yourself (but not think less of yourself). 'Twogether' you thrive in mutual empowerment and connection.

(Ask the group to share their thoughts here.)

c. They have to agree to find common ground.

To walk together doesn't imply that disagreements won't arise. On the contrary, healthy relationships often involve differences of opinion. As Proverbs 27:17 said, "As iron sharpens iron, so one person sharpens another."

Disagreement is handled by finding common ground, allowing you to move forward together while continuing to address challenges. Time can be a valuable ally, offering the space to process thoughts with an open mind.

(Ask the group to share their thoughts here.)

Reflection:

In contrast to the concept of 'togetherness' in human relationships, what challenges do you encounter when seeking agreement with God? How can you align yourself to walk in harmony with Him?

2. TOGETHER IS TO GATHER

Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. — Hebrews 10:25

Ice Breaker:

"Can you share a time when being part of a community or gathering had a significant impact on your life? How did it encourage or uplift you?"

(You can come up with your own ice breaker.)

Introduction:

Imagine being in a long-distance relationship. You might wonder how long it can last. Relationships are meant to thrive through proximity and interaction. The Covid restrictions we all faced highlighted how much our well-being was affected by the lack of social contact, particularly in the gathering of believers. How can we foster the gathering of believers?

a. Make it a priority.

Traditionally, churches gather on Sundays for worship. Attending a church service to join fellow believers in worshipping God requires making it a priority, which means being intentional about protecting your Sundays. Sometimes, this means saying "No" to other events or getaways that conflict with your commitment to being in church. We must overcome both laziness and busyness, avoiding the bad habit of neglecting the assembly of the believers.

Attending church is an act of honouring God, and it is one of the few 'traditions' we should uphold and pass on to our children.

(Have you ever considered not going to church, but then decided to go and ended up experiencing something wonderful with God?)

b. Keep an attitude that church service is a communion.

Attending a church service is more than just marking your attendance. When the gospel is preached and the Word of God is proclaimed our lives are changed by the renewing of our minds.

This has a multiplying effect on your communion with God and other believers as your heart is encouraged and empowered to be salt and light in your sphere of influence. You grow healthily in your Christianity, equipped to share what you have received.

(Can you recall a time when you made a godly decision after experiencing a renewal of your mind during a church service?)

c. Recognise there's a corporate blessing when we gather.

It is pleasing in the sight of God when the church comes together in unity. Psalm 133:1,3 said, "Behold, how good and how pleasant it is when brothers dwell in unity...for there the LORD has commanded the blessing, life forevermore."

Jesus said in Matthew 18:20 that when there are two or three gathered in his name, he is there among them. There's no greater blessing than when His presence dwells in us. We are in for a surprise from God when we gather in His name.

(Can you recall a revelation, insight, encouragement, or answered prayer you received simply because you chose to be in the gathering of believers?)

Reflection:

Imagine the planks of wood on a bonfire—burning fiercely, emitting a bright light, and generating intense heat. You remove one piece of wood from the fire, and its flame quickly fades. What happens when a believer isolates themselves, without the warmth and support of the church community? What actionable steps can and should you take to be intentional in being part of the assembly of believers?

3. “TAHI”

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. — 1 Corinthians 12:12

Ice Breaker:

"Can you think of a time when you felt like an important part of a team or group? What role did you play, and how did it contribute to the overall success or unity?"

Introduction:

Tahi is a Te Reo Māori word for “One”. In Filipino, it means “to seam” or “stitch”. “Oneness, not sameness,” “Unity in diversity”, and “One but many, many but one” are paradoxical catchphrases that convey profound truths by combining seemingly opposing concepts to highlight harmony amidst contrast.

The human body is a perfect illustration of this concept. We can draw timeless wisdom from this biblical analogy:

a. Unity in diversity (1 Cor 12:12-14)

The human body is made up of many parts, each with its own unique function. In the same way, the church is composed of individuals with diverse skills, backgrounds, and personalities, each fulfilling different roles with a shared purpose—to do the will of the Father.

b. Interdependence (1 Cor 12:15-22)

Every body part relies on the other. Everyone is needed, everyone is valuable. No member can fully thrive in isolation from the church community. Together, we are greater than the sum total.

c. Every part is equally important (1 Cor 12:21-23)

No part of the body can say to another, “I don’t need you.” Every part is essential—none is too small or less honourable. There is no hierarchy of importance within the body; every individual’s contribution is valued and honoured, regardless of status or visibility.

d. Care for one another (1 Cor 12: 25-27)

When one part of the body suffers, the whole body feels the pain. If one member is honoured, everyone shares in the joy. Each member deserves the same respect, care, and protection that you would want for yourself.

e. We have collective identity in Christ.

You might be an ear, an eye, a leg, or a foot within the Church's body, but no matter your role, you are part of Christ's body. Together, we form one body in Him. Every part belongs to this body, and Christ is the head, guiding all the parts to work together as one.

Reflection:

1 Corinthians 12 reminds us of the profound unity and diversity within the body of Christ. It uses the human body as a metaphor to illustrate our interconnected-ness. With this understanding, how would you value your role as a part of the church?

4. NOT BUILT TO BE ALONE

“Then the LORD God said, “It is not good that the man should be alone; I will make him a helper fit for him.” — Genesis 2:18

Ice Breaker:

Imagine being stranded on an island all by yourself, like in the movie *Cast Away*. What challenges would you face? How long do you think you could survive?

(Feel free to come up with your own ice breaker!)

Introduction:

From the very beginning, God designed us for relationships. The creation of Adam and Eve highlights that togetherness is part of God’s plan. We are wired for connection. In fact, our lives are shaped by our relationships—our bonds with others define the quality of our existence.

God said, *“I will make him a helper fit for him.”* He didn’t just give Adam a companion; He also gave them the ability to procreate. God’s intention was for humanity to multiply, ensuring that relationships would continue to thrive.

Because we are created for relationship, loneliness and isolation can be dangerous. You can feel lonely even when surrounded by people. Simply being present isn’t enough. One of the great benefits of being part of a church community is that we find belonging—a place where we cultivate meaningful togetherness. But what makes togetherness truly meaningful?

a. A Common Purpose

The *Westminster Shorter Catechism* sums up this common purpose well: *“Man’s chief end is to glorify God, and to enjoy Him forever.”*

There are many noble pursuits in life, but our ultimate purpose is to glorify God. Everything we do should point to His glory. Our greatest joy is found in following Him and aligning our lives with His will and ways.

b. Shared Experiences

“And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favour with all the people. And the Lord added to their number day by day those who were being saved.” — Acts 2:42-47

Shared experiences are about doing life together—walking through moments, events, and challenges as a church family. These experiences deepen our relationships, strengthen unity, and foster a true sense of belonging.

c. Serving One Another

“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.” — 1 Peter 4:10

Following Jesus’ example of humility and love, serving one another means selflessly looking after each other’s needs. We do this by using our God-given gifts and talents to serve the Church, demonstrating love through action—whether by lending a listening ear, praying for someone in need, or providing practical help in difficult times. Serving one another fosters a culture of care, from sharing meals to participating in church or community outreach initiatives.

d. Worshiping God as a Corporate Body

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” — Romans 12:1

Worshiping together means uniting in praise, prayer, preaching, and mutual encouragement. This was the pattern of the early church, reflecting their shared faith and commitment.

Practical ways to worship God together include singing and music, prayer gatherings, preaching and teaching, partaking in communion, giving generously, acts of service, and fellowship.

Summary

God created us to live in community, not in isolation. When we pursue togetherness with a common purpose, shared experiences, a heart for serving, and a commitment to corporate worship, we reflect God’s design for His people.

Reflection:

The importance of relationships as a central component of God’s design for mankind is very high. Does the value you place on developing meaningful relationships in your own life (revealed by the time, effort and treasure you invest in them) reflect the value that God places on relationship?

5. TOGETHER LIKE THE ALTOGETHER GOD

“God is our refuge and strength, a very present help in trouble.” — Psalm 46:1

Ice Breaker:

Have you ever had a conversation with someone, but you could tell their mind was somewhere else? Or maybe you've talked to someone who wasn't really listening—just waiting for their turn to speak? How did that make you feel? If you haven't experienced this, how do you think you would feel?

(Feel free to come up with your own ice breaker.)

Introduction:

The phrase **“the altogether God”** reminds us that God is fully and completely God. Picture a coin with two sides. On one side, we see His fullness—He is altogether holy (Isaiah 6:3), altogether loving (1 John 4:8), and altogether righteous and just (Psalm 89:14).

On the other side, He is also deeply personal and fully present with us. The Bible gives us a glimpse of how much God cares for us:

“¹ O Lord, you have searched me and known me! ² You know when I sit down and when I rise up; you discern my thoughts from afar. ³ You search out my path and my lying down and are acquainted with all my ways.” — Psalm 139:1-3

“²⁹ Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. ³⁰ But even the hairs of your head are all numbered. ³¹ Fear not, therefore; you are of more value than many sparrows.” — Matthew 10:29-31

“Call to me and I will answer you and will tell you great and hidden things that you have not known.” — Jeremiah 33:3

God isn't distant or indifferent—He fully understands our daily struggles. He is present and engaged with us in His fullness, without ever compromising His character.

If life is all about relationships, then character determines the quality of those relationships. From the altogether God, we can draw two key characteristics that shape the way we connect with others in a meaningful and impactful way.

a. Engage with One Another in His Fullness

“If we walk in the light, as he is in the light, we have fellowship with one another.” — 1 John 1:7

“²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.” — Galatians 5:22-23

When we allow His character to shine through us, it transforms our relationships. As we grow in the fruit of the Spirit, we learn to navigate personality differences and contrasting views with grace.

This also shapes our conversations—making them **full of grace, seasoned with salt** (Colossians 4:6). Our words will be **sweet to the soul and healing to the bones** (Proverbs 16:24). We will be able to respond with **gentleness that turns away wrath** (Proverbs 15:1). But this is only possible when His Spirit is at work in us.

b. Be Fully Present When Engaging with Others

“³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others.” — Philippians 2:3-4

“No one should seek their own good, but the good of others.” — 1 Corinthians 10:24

“For God does not show favouritism.” — Romans 2:11

People long for **genuine, meaningful connections**—not shallow, transactional relationships. Being present means truly listening, making eye contact, and caring about what’s on their hearts. It’s in these moments that we can point people to Christ, build deeper relationships, and encourage one another in faith.

Let’s follow the example of our altogether God—engaging with others in His fullness and being fully present in every interaction.

Reflection:

Take some time to reflect on the interactions you have had with people over the last week, both established relationships and with strangers or new acquaintances.

Can you identify a conversation or an interaction in which you feel you were fully present and engaged, or perhaps a difficult discussion that you navigated well with grace and gentleness?

On the flip side, can you think of a conversation you had where you were distracted, impatient or overly harsh? If so, what factors do you think may have contributed to make it difficult for you to interact as patiently and graciously as you would have liked?

6. SPIRITUAL TOGETHERNESS

"²¹ Jesus said to her, 'Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.'

— John 4:21-24

Ice Breaker:

- What does "spiritual togetherness" mean to you personally?
- How do you feel when you see the church worshipping, praying, or reading the scripture together. What made that experience special?

(Feel free to come up with your own ice breaker.)

Introduction:

The context of Jesus reply to the Samaritan woman is in relation to where worship should take place. Jesus said the hour is coming (and was already here, because He had been revealed), when true worshippers will worship the Father in spirit and in truth.

Through Jesus, the walls that divide people—culture, race, religion, and nationality—are torn down. True worship happens when we come together in spirit and truth. But what does that mean?

a. Worship Isn't Limited by Location

A.W. Tozer once said, "If Jesus is at the centre, then He is everywhere." If Christ is truly at the centre of our lives, then we can worship and pray together no matter where we are. Being physically together is a blessing, but worship isn't confined to a building—it's about being united in Him.

b. Worship Comes from the Heart

Worshipping in spirit means engaging with God from deep within. As Jeremiah 31:33 says:

"For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people." (cf. Hebrews 8:10)

Worship transforms us. It renews our minds and changes the way we live. And when we worship together as a church, we create a culture that fuels a deeper pursuit of God.

c. Worship Is Rooted in Truth

A worship leader-turned-teacher once said, “Worship isn’t emotional, but it’s full of emotions.” Worship isn’t dictated by how we feel—it’s grounded in the truth of who God is, as revealed in His Word.

That’s why we as a church have embarked on this incredible journey of preaching and reading through the entire 66 books of the Bible. We want to worship Him in truth, and through the guidance of the Holy Spirit, we come to know His nature and character even more.

Reflection:

Consider the relationships you have with other Christians, particularly those with whom you worship together at church. On a scale of 1 to 10, how would you rate the level of “spiritual togetherness” that you share with those other believers?

What are the main things that make you feel “spiritually together”?

What are the things that are preventing you from rating your level of “spiritual togetherness” higher?