

# CENTERPOINT LIFE GROUP RELIEVER FAQ

## 1. What is a Life Group?

- At CenterPoint, we want everyone to live for Christ and live like Him. Outside of a Sunday, the main way we do this is by helping people join a life group. Life groups are supportive environments where people can make progress in their faith. They're defined by 5 characteristics: A loving environment where people learn about Jesus, lend a hand to others (times of getting together to serve others), laugh together (times of getting together just for fun), and leave a legacy (raising up others in their faith).

## 2. What does a Life Group Reliever do?

- The primary role of the Life Group Reliever is to help the Life Group Leader be healthier and more effective by assisting them with certain responsibilities. It is a position that assists, encourages and supports the Life Group Leader as they lead the group. This can include, but is not limited to, making sure the group environment is inviting (well-lit with some music in the background and maybe some snacks ready to go), writing down prayer requests, helping to make sure those attending digitally have a good experience, inputting attendance in planning center (don't worry we'll have you trained in this in five minutes) and *occasionally* leading the discussion portion of the meeting (i.e. the leader cannot make it that night).

## 3. What if I don't know enough?

- That's okay. Here at CenterPoint, we don't need you to be an expert on biblical languages or the end times in order to be a Life Group Reliever. If you *love Jesus* and *have a heart for people*, you've already got most of what you need to be a great Life Group Reliever. Besides, the Life Group Leader is the one who will be doing the teaching/leading anyway.

## 4. How do I become a Life Group Reliever?

- **Complete Application.** We want to make sure that all those who have influence at CP also have a theology that lines up with our church. So we've created a short application that will allow us to determine whether or not now is a good time for you to take on this role. You can access it here (takes 15-20 minutes):  
(Please complete this within 2 weeks of receiving it).
- **Watch Training.** Before the Life Group season starts, it is mandatory that you watch the video on [cpchurch.com/lgr](http://cpchurch.com/lgr) and complete the quiz. That should answer and lingering questions as well as help you feel completely prepared for this new role.
- **Sign Code of Conduct.** Even though *this position doesn't carry spiritual authority*, it does give someone considerable influence in a group. As a result, we hold our Relievers to the same lifestyle requirements we hold anyone at CP with a public role and influence.

## 5. How long does this role last?

- We ask each Life Group Reliever to commit to at least one season (September – June). At that point, you'll be able to explore moving on to potentially leading a Life Group, remaining a Reliever for another season or taking a break entirely.