

If you would like  
to lead a

*LifeGroup*

Please note that all Life Group  
leaders must have completed  
Advance Discipleship, and  
attend mandatory training  
sessions in order to receive  
final approval from Solid Rock's  
senior leadership before  
hosting a Life Group!



Join us

**Contact us**

[www.solidrockcog.com](http://www.solidrockcog.com)

Instagram Page:  
@SolidRockNY

[LifeGroups.srchurch@gmail.com](mailto:LifeGroups.srchurch@gmail.com)



LIFEGROUPS

## ABOUT LIFEGROUPS

LifeGroups are about doing life together. Sometimes that means taking a course to increase our knowledge and skillset, sometimes it means focusing on going deeper in the Word of God, and other times it means spending time with other believers who can encourage and guide us into a deeper walk with Jesus, or advise us on life situations we're struggling with.



BECAUSE LIFEGROUPS  
IS WHERE WE GROW

### WHO CAN PARTICIPATE?

Anyone who wants to grow in their spiritual life as well as in their relationships within the church. There is always a LifeGroup available for your needs.

### WHEN DOES IT HAPPEN?

LifeGroups are available all year long! We offer sessions in the Fall, Winter, Spring, and Summer, each one lasting 10 weeks with a 2-week break in between.



LIFE GROUPS ARE  
CATEGORIZED ON  
OUR SRCHURCH APP  
TO ASSIST YOU IN  
FINDING WHICH LIFE  
GROUP BEST MEETS  
YOUR NEEDS!

