

Groups.

Mates, Dates & Marriages: Godly Attraction

God designed relationships to be built in order - spirit, soul, and body - while the world often reverses this. The Song of Songs reminds us that true beauty flows from the heart, not outward appearance, and spiritual foundations lead to lasting joy and security.

Strong relationships are marked by pursuing God together, encouraging faith, and practicing sacrificial love through prayer, worship, and shared values. Men are called to lead spiritually, honouring and cherishing their partners. Emotional connection - through affirmation, kindness, and joy - is as vital as physical attraction, while purity protects God's design for intimacy.

Whether relationships are thriving or struggling, God restores and renews. Placing Him at the centre brings healing, wholeness, and fresh beginnings. Lasting love is found in growing together with Christ at the core.

REFLECTION

Share something that stood out from the Sunday message 'Godly Attraction'.

MESSAGE POINTS

One: Godly Attraction Begins with the Heart, Not the Outward Appearance

True godly attraction follows a divine order: spirit, soul, and body. While the world often prioritises physical appearance, Scripture and wisdom teach that the heart and character are what truly matter. The Shunammite woman in Song of Songs acknowledges her own perceived flaws but emphasises her inner qualities, reminding us that God looks at the heart, not the outward appearance. When we focus on cultivating spiritual depth and inner beauty, we align ourselves with God's design for relationships and discover a love that endures beyond the surface.

Song of Songs 1:5-6 (ESV)

"I am very dark, but lovely, O daughters of Jerusalem, like the tents of Kedar, like the curtains of Solomon. Do not gaze at me because I am dark, because the sun has looked upon me. My mother's sons were angry with me; they made me keeper of the vineyards, but my own vineyard I have not kept!"

Discussion

Why does Scripture consistently emphasise the condition of the heart over outward appearance?

- Reference 1 Samuel 16:7 - God evaluates what is unseen.

- Discuss how external beauty and status are temporary, but the heart shapes destiny and legacy.
- Invite reflections on how this truth challenges cultural norms and even personal biases.

What does it practically mean to cultivate spiritual depth and inner beauty in this season of your life?

- Explore disciplines of formation: prayer, Scripture, worship, generosity, forgiveness.
- Encourage identifying areas of "inner vineyard" (Song of Songs 1:6) that may have been neglected.
- Ask: Which practices are drawing you closer to Christ, and which distractions might be dulling that growth?

In what ways does ordering attraction - spirit first, then soul, then body - create a foundation for relationships that endure?

- Spirit: shared faith, mission, alignment with Christ.
- Soul: emotional maturity, friendship, communication.
- Body: physical attraction placed in its right context.
- Contrast with the instability that comes when relationships begin with the physical and neglect spiritual formation.

Two: Spiritual Hunger and Pursuit Matter More Than Spiritual Maturity

It's not about how long you've been a Christian or how much you know, but about your hunger and pursuit of God. God doesn't measure us by ladders of maturity but by our willingness to follow Him wholeheartedly. Whether you're new in faith or have walked with God for years, what matters is your direction and desire to grow. Are you talking about what God did in your life years ago, or what He's doing now? Let your hunger for God be evident and pursue Him together in your relationships.

Philippians 3:12-14 (ESV)

"Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

Discussion

What does Paul's statement, "I press on," reveal about the posture of spiritual hunger and pursuit?

- Emphasise Paul's humility - he admits he hasn't "arrived."
- Discuss how hunger keeps us pressing forward rather than settling into past victories.
- Invite people to share how they've experienced this kind of pressing forward in their walk.

In your life right now, are you living more out of past encounters with God or present pursuit of Him?

- Contrast "living on yesterday's manna" vs. seeking fresh revelation today.
- Ask: When was the last time you encountered God in a way that stirred fresh desire?
- Encourage honest reflection on areas where spiritual hunger may have grown dull.

How can we practically cultivate a lifestyle of pressing forward in our pursuit of Christ?

- Explore practical rhythms: prayer, fasting, worship, Scripture meditation, community accountability.
- Discuss removing distractions that numb hunger (comfort, routine, compromise).
- Ask: What is one next step you sense God is inviting you to take to deepen pursuit?

Three: God Restores and Makes All Things New When He's at the Centre

No matter how broken or far gone a relationship - or your own heart - may feel, God is able to restore, heal, and make all things new. He meets us not when we're perfect, but right where we are, offering forgiveness, wholeness, and a fresh start. The most important step is to put God back at the centre, trusting Him to mend what's been lost and to bring new life. His love is not earned but freely given, and when we surrender to Him, He can do more than we could ever imagine.

2 Corinthians 5:17 (ESV)

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

Discussion

What does it mean to you personally that "if anyone is in Christ, he is a new creation"?

- Explore the contrast between *old life* and *new life in Christ*.
- Invite stories: how have you seen God's restoring work in your own life?
- Encourage reflection on the ongoing process of renewal, not just a one-time event.

Why is it so important to put God at the centre if we want restoration and renewal?

- Discuss what happens when other things (self, career, relationships, image) become the centre.
- Highlight that God restores from the inside out - healing hearts before fixing circumstances.
- Ask: What might it look like for you right now to re-centre God in an area of your life?

How can we actively walk in the "new creation" identity Christ has given us, rather than slipping back into the old?

- Talk about practices that reinforce new life: repentance, forgiveness, community, worship.
- Share examples of how identity in Christ changes the way we see ourselves and others.
- Invite people to consider one specific step they can take this week to live out of their "new creation" identity.

WATCH

<https://www.youtube.com/@LIFEMelbourne/videos>

GROUPS PRAYER POINTS

Pray for each other's personal journey as a disciple and discipleship in our church

- Being in the presence of Jesus, becoming more like Jesus and continuing the work He did.

Pray for the Holy Spirit's presence

- That we would be led, filled and empowered to live surrendered, love God and serve others.

Pray for Decade of Destiny

- **Debt Free on Sims and Stage One** Believe that we could be debt free on the purchase of Sims St and the stage one fit-out costs.
- **Launch Two New LIFE Campuses** That we would pioneer two additional LIFE campuses across Melbourne and continue to make room for more people to discover the wonder of Jesus, find their family and step into all that God leads.
- **LIFE Homes** To have short-, medium- and long-term accommodation navigable to enable emergency support, crisis help and essential care to key areas of vulnerability.
- **Education Services Engaged** It is our vision that we will have multiple pathways that we will be able to bring lasting transformation to our communities through learning and education and reverse the cycle of poverty.
- **Sims Street Revival** God is entrusting us to first and foremost lift up the names of Jesus and see many thousands upon thousands discover His eternal life.

WHATS HAPPENING

FAMILY DISCIPLESHIP

Our amazing Kids Team launched the *Bite Sized Bible* this week - and we're so excited to share it with you!

This resource is designed to help families explore God's Word together, one bite at a time. With simple, easy-to-read portions of Scripture, it's a fun and meaningful way to spark faith conversations and build lasting habits of engaging with the Bible as a family.

If you haven't picked one up yet, grab your copy from the Kids Connection desk or just outside the Base Camp room.

We believe this will be such a blessing to families, and we can't wait to hear the stories of how your child connects with God's big story - and how you grow together on the journey.

SISTAHOOD CONFERENCE

DIVINELY ASSIGNED

Within every woman stirs a sacred ache—a yearning for our lives to matter, for our worth to be woven into something far greater than ourselves.

We are called to live in tune with a melody that echoes through eternity — a song God Himself placed deep within us. He etched it on our souls, marking us for His divine purpose. This is the melody He invites us to awaken — one that carries His heart, transcends our weakness and releases heaven's purpose.

It is divinely written. Divinely assigned.
Ours to embrace.

We're honoured to have Ps Maree de Jong (Founding Pastor at LIFE) and Ps Jemima Varughese (Senior Leader at Kingdom city Church) with us for 2 powerful and destiny-defining days.

Schedule:

Fri 24 Oct
Night session

Sat 25 Oct
Full day from 9am till 6pm

Cost:
\$80

Location:
LIFE Melbourne (41-59 Sims St, West Melbourne)

We look forward to seeing you at the conference!

<https://lifeau.org/sistahoodconference/>

UPCOMING DATES

August – Sunday Series 'Mates, Dates & Marriages'

31st August – Baptisms at Life PM Service

7th September – Celebrate Father's Day with us at Life! 9am & 11:15am. No 6pm service

9th September – TEAM Night!

15th September – Expansion Builders Dinner

28th September – International Sunday