

Life Groups

Content Pathway

The Content Pathway is our guided pathway for content and curriculum for all of our Life Groups. We recommend that you follow along with our guided path as you lead your groups in this next season. Life Group Content falls into the three categories below.

- 1:** Sermon-Based Discussion Guide
- 2:** Deep Dive (in person at Mariners Irvine or on demand at any time)
- 3:** Additional Rooted Network Curriculum

Sermon-based discussion guides are the default studies. They bring so much momentum to our church. In other seasons, choose an option from our Recommended Studies list that your group would most benefit from.

Sermon-Based Discussion Guide

Most of our Life Groups follow the sermon series discussion questions as their primary study, and we strongly encourage all groups to do the same.

Each series comes with thoughtfully crafted questions to help your group engage more deeply with the weekend message. Using this resource not only enhances group discussions but also encourages members to attend church and even sit together.

As a leader, you'll be fully supported and equipped each week to make the most of these discussions. Our team provides:

- **A Weekly Podcast for Leaders** – Designed to help you prepare with practical tips, leadership insights, and timely updates to help you lead your group with confidence and clarity.
- **"If I Had More Time" Podcast** – A deeper dive into the weekend message, featuring guests and additional perspectives.

The weekly discussion questions are a simple yet powerful tool to help your group explore God's Word, apply it to daily life, and grow spiritually. Whether your group is new or well-established, using these questions ensures your time together is meaningful, engaging, and impactful.

Deep Dive

Deep Dive Studies

The Deep Dive series includes three distinct courses, all eight weeks in length, to equip you to study God's word and deepen your practice of faith. We encourage Life Groups to engage in one Deep Dive course per year, completing all within 3 years.

- **The Story of God**
- **Theology and the Mission of God**
- **The Image of God**

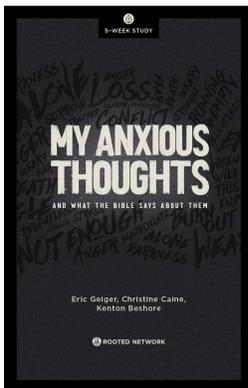
Life Groups are invited to facilitate the course in-home using our on-demand teaching videos or attend together when offered on-campus. .

marinerschurch.org/life-group-leader-resources

Other Studies from the Rooted Network

(As of Spring 2025 with new studies released throughout the year. For an updated list, visit the Rooted Network other studies page.)

experiencerooted.com/collections/other-studies



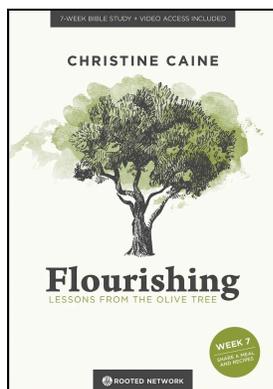
My Anxious Thoughts: And What the Bible Says About Them

This 5-week Bible study from Eric Geiger, Christine Caine, and Kenton Beshore will not only help you discover that you are not alone in your wrestling, but you will also see that God wants to meet you right in the middle of your struggles, interrupting your anxious thoughts with His words of truth, wisdom, and peace.



On The Table: Questions Confronting the Christian Faith

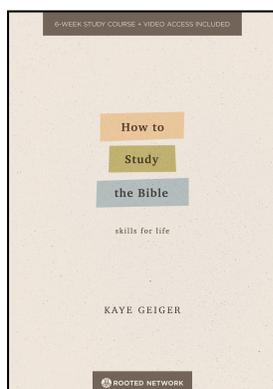
Tough questions like *Can we trust the Bible? Is there only one way to God? Why does God allow suffering? Why does God care about sex?*—and more—are answered with both grace and truth. Each talk is clear, thoughtful, and easy to understand, equipping you to grow in your faith and confidently share with others.



Flourishing: Lessons From The Olive Tree

Flourishing: Lessons from the Olive Tree is a 7-week, group-discipleship resource designed to inspire women to remain steadfast in every season of life through the rich thematic study of the olive tree throughout Scripture.

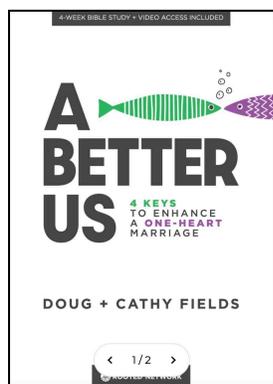
In addition to daily study through the *Flourishing Workbook*, Christine Caine shares biblical insights and personal stories through engaging teaching videos, guiding participants to gain wisdom and encouragement from the olive tree.



How To Study The Bible

How To Study The Bible is a 6-week women's group resource. Whether you are new to the Bible or have been studying the Bible for years, *How to Study the Bible* is designed to help you develop the skills needed to study the Bible for a lifetime.

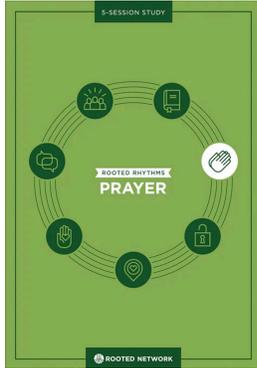
Through this course led by Kaye Geiger, participants will learn practical Bible study skills to help them grow in their understanding and application of God's Word. No previous knowledge is needed—this course is for every woman who wants to gain everyday skills for a lifetime of enjoying the Bible!



A Better Us: 4 Keys To Enhance A One-Heart Marriage

A Better Us is a 4-week marriage resource designed to present simple and practical truths and exercises for couples to move toward a healthier marriage. When a couple commits to embracing biblical principles around commitment, communication, conflict, and connection they will find a richer and more fulfilling marriage waiting for them.

Whether newlyweds or married and stuck in a rut, it's time to pursue a one-heart marriage and become *A Better Us*.



Rooted Rhythms

Acts 2 shows us there are essential behaviors every follower of Jesus should integrate into their lives. The NEW *Rooted Rhythms series* will teach and reinforce these 7 rhythms of discipleship and help people live them out. It is designed to help people intentionally pursue the foundational practices for walking with Jesus.