

# Group Guide: February

*This is meant to be used alongside the Restful Life Practice booklet*

## Welcome & Pray -

## Review -

Take some time to chat about the practice introduced last month (hint: it is found on page 9).

Invite the group to share about the question: What has been easy and what has been challenging about practicing rest?

## Read -

“The Table” - Page 11

Acts 2:42

## Reflect & Chat –

Invite the group to share!

- Share a story of when something significant happened around a table.
- Describe a time when you felt welcomed at someone else’s table or home.
- What might it look like for you to welcome others to your table and share a meal? Who would you invite and when?
- Is there anything that needs to shift in order to make more room in your life for the practice of sharing a meal?

**Practice** - Read & plan to practice on your own between now and the next time your group meets.

**PRACTICE**

Find a time to be with God  
and ask...

God, what is one way that I  
can move towards others  
around the table this season?

Write down what comes to  
mind.

**\*For this exercise we encourage you to journal. We have notebooks available at the info center if you'd like to grab some ahead of time! If your group wants to dive deeper, check out the resources on page 15.**

**Pray:** Take a little time to pray for each other before you go.