

Group Guide: March

This guide is meant to be used alongside the Simple Life Practice booklet.

Welcome & Pray –

Icebreaker Question –

What is a hobby you would like to try but haven't yet?

Review -

Take some time to chat about the practice introduced last month (hint: it is found on page 11 of the Restful Life Practice Booklet).

Invite the group to respond to: Share one way that you moved towards others around the table or that you hope to in the future.

Grab the Simple Life Booklet & Read -

“Welcome” - Page 02

John 15:9

“Be Present” – Page 08

Reflect & Chat –

Invite the group to share!

- Who and/or what has influenced your experience and practice of praying?
- Thinking back from your childhood until today, how has your prayer life changed over time?

- Talk a little about what you would like your prayer practices to look like in your life now.
- What might need to change in your life for that to happen?

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

PRACTICE

Over the next month:

Establish a rhythm of spending some time in silence, quietly turning your attention to God.

Start simple and realistic.

***If your group wants to dive deeper, check out the resources page in the back of the Practice Booklet.**

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