

## Group Guide: May

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

### Welcome & Pray –

### Icebreaker Question –

Share what you are most looking forward to this summer or a fun memory from a past summer.

### Review -

Take some time to chat about the practice introduced last month (shown below):

#### PRACTICE

Over the next month:

Sit with God, with the complicated parts of your life and ask Him to help you simplify.

Invite the group to respond to: Share a little about your experience this past month of practicing sitting with God with the complicated parts of your life. What did you notice?

### Grab your Bible & the Simple Life Booklet -

Read: Create Rhythm - Page 15 – 17

Matthew 6:9-13

## Reflect & Chat –

Making time to be with Jesus in our daily lives has the incredible ability to change the way we engage with those around us. Today we are talking about having a daily prayer rhythm.

Invite the group to chat using these questions...

- As you've been creating space in your life to practice prayer, have you noticed a particular rhythm that works well for you?
- What has felt easy?
- What has felt challenging?
- The practice this month focuses on creating a daily rhythm of prayer. What are your initial thoughts on when you might pray on a regular basis during your day? Share with the group the daily time and place you are planning to pray.
- Praying with Scripture is a beautiful practice. Take a little time in your group to look up some prayers you find in Scripture and read a few out loud.  
Hint – The Psalms are full of prayers!

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

### PRACTICE

Praying throughout your day.

Choose a time and place to pray that works. Write it down and commit to it, each day for a week.

Write down what you notice.

\*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.