

Group Guide: September

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

Welcome & Pray –

Icebreaker Question –

Fall is coming! Share a fall food or activity that you enjoy and how you first were introduced to it.

Review -

Take some time to chat about the practice introduced last month (the Generous Life booklet) - below:

PRACTICE

It matters what you think about before you go to sleep at night.

As you close your eyes, take a few moments to reflect on your day with both humility and gratitude, resting in God's Presence and thanking Him for His goodness in your life.

Invite the group to respond to: Share a little about your experience of reflecting with God on your day and resting in His Presence as you have closed your eyes each night.

Grab your Bible & the Rooted Life Booklet -

Read: Welcome on page 3, Romans 12:2 (NIV), & Scripture – Pages 9-11

Reflect & Chat –

Today you are reading about an intentional approach to prayer using an ancient practice called Lectio Divina. Or simply put, we are reading the Bible prayerfully.

Together, practice Lectio Divina using a passage of Scripture – perhaps Psalm 23 or a passage in one of the Gospels and then reflect together on the below questions.

It may be helpful to have someone in your group read through the practice out loud as you begin.

- As you prayerfully read Scripture, listening for the still small voice of God, write down any words or phrases that stood out to you.
- What might He be saying to you? Jot some notes down here.
- Talk to God about what you're hearing and feeling and then share with each other as you are comfortable.

- Check out the practice for the month (in the box below). Which of the three ways mentioned to engage daily with Scripture feels like one you would like to practice?

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

PRACTICE

Pick one of the three ways mentioned on page 9 of the booklet to engage daily with Scripture and start practicing!

Pray: Take a little time to pray for each other before you go. You could consider closing your time with the prayer from Ephesians on page 19.