

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 11).

Invite the group to share about the question:

What has been easy and what has been challenging about practicing rest?

Read -

“The Table” - Page 15

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. If your group wants to dive deeper, check out the resources on page 23.**

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