

## 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 15 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 03

“Be Present” – Page 08

Psalm 46:10 (or read the whole Psalm, it's beautiful!)

John 15:9-10

### Reflect & Chat –

Invite the group to share!

- Who and/or what has influenced your experience and practice of praying?
- 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:

Spend some time in silence each week, quietly turning your attention to God.

Start simply and realistically.

\*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.