

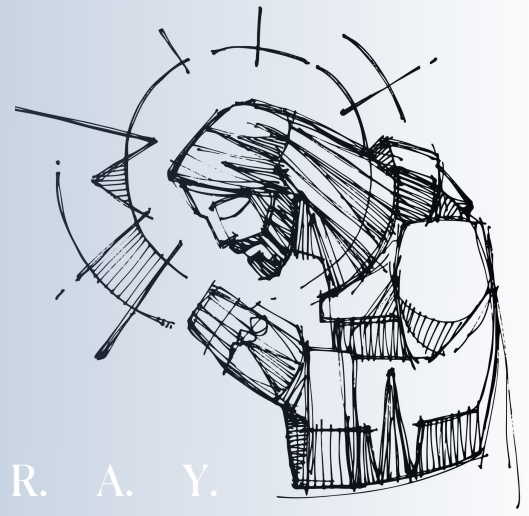
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## PT. 1 DISCUSSION GUIDE

Part 1 - Feb. 28, 2021

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### 1/3 - Looking Back

Start with prayer and/or worship (reading a Psalm, singing a song, giving thanks, etc.). Re-cast the vision (see example video at [www.jesusisthevision.com](http://www.jesusisthevision.com)), review obedience goals from the previous week, and ask how everybody is doing. Check-in

question options:

- Up/In/Out – How are you doing in your three primary relational spheres? (Up: God. In: fellow believers and family. Out: unbelievers)
- Highs/Lows: What was your “high” and your “low” from the past week?

### 2/3 - Looking to Jesus in the Present

Explore these Scripture passages together: Matthew 6:5-8 (see esp. the paraphrase in The Message); Psalms 46:10; 62:1, 5; 131:1-2

- As the facilitator, first read the passages aloud and invite the other members of the group to just listen and take note of what stands out to them. You may want to read these more than once.
- Discuss the question: “what do we learn from these passages about who God is and what He does?”
- Discuss the question: “what do we learn from these passages about who we are and what we do?”
- Alternative question: “what do we learn from these passages about the way God desires for us to approach Him in prayer?”

### 3/3 - Looking Forward

Ask Jesus how he wants you to respond (corporately and individually) to what you have heard and learned. You can also practice the following exercise:

- Sit quietly together in Jesus’ presence and ask yourself the question, “How much space am I making for simply pausing to be with Jesus in stillness and silence?” Pay special attention to whatever thoughts or feelings surface in your mind and heart, and remain open to however the Spirit may want to speak to you through them. When you are ready, ask Jesus if there is anything in your daily or weekly habits that you need to change in order to make space for pausing to just be with Him. After some time of listening and reflection, share your thoughts with one another as a group. End your time by praying together, asking Jesus for the grace to be still with Him in the midst of life’s noise and distractions.