

Seeking God Together Session 1

Gathering Time (5 min)

Guidelines: Confidentiality, respect, authenticity, openness.

Centering Time (10 min) Lectio Divina: A way to go deeper into scripture.

Matthew 11:28-30

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Sit comfortably

Brief Silence

Read Scripture

Brief Silence

Each person responds with a word or phrase

Read Scripture a second time

Each person responds with where the text has touched their heart (one sentence)

Read Scripture a third time

Each person responds with what God is calling them to do or to be (one sentence)

Brief Silence

Brief Check-In (10 min)

Please share your name and where you are experiencing joy this week. (max. 2 min each)

Leave a brief silence between each response.

Group Time (30 min) What is spiritual direction? (chapters 1 & 2)

Our task is to help each other become more aware of God in our lives for the sake of others.

Questions for reflection:

1. What interested or attracted you about this group?

Everyone listens as each person shares. Pause to allow a little silence between each response.

2. Where have you seen God at work this past week?

3. What burdens do you need to put down today?

Closing prayer.