

Sermon Discussion Guide

We believe that spiritual formation happens best in the context of Christ-Centered relationships. Christ-centered relationships are characterized (among other things) by spiritual conversations – conversations about life and truth that go below the surface and reach the deeper places of our convictions, questions and longings. Use this guide and the most recent Covenant sermon to lead your group into a spiritual conversation that spurs you along in your walk with Jesus.

Ice Breaker

Have some fun catching up with each other before diving into the Word. Choose one.

- If you could repeat a moment (or series of moments) from the last week, what would it be?
- Share about a _____ (book, movie, outing, podcast, restaurant, etc.) that you've enjoyed recently.
- Share a joy and a struggle you've experienced this week.

Sermon Discussion

These questions are designed to walk you through the primary Biblical text(s) examined in the sermon and help you unpack its application together.

What 1-2 significant passages were examined?

What does the passage say?

What does the passage mean? Or what does it teach you about God/Others/Yourself?

How does its message apply to your daily life?

Name some obstacles that could *keep* you from following what the Bible says here.

Name some things that could *help* you follow what the Bible says here.

What else about the message (or this passage) resonated with you that is worth mentioning?

Prayer

People in Christ-centered relationship pray for one another. Take some time to pray for one another in one of the following ways.

- Have one person pray in general for each person in this group and express gratitude to the Lord for His loving kindness.
- Based on what you've talked about and heard people share today, have each person say a brief prayer for the person on their right.
- Split into groups of 2-4 people and take 7 minutes to pray for each other.
- Commit to pray for the people in this group throughout the week.

Lectio Divina (divine or sacred reading)

1. Lectio – Taking up the Scripture

Read: Open to your chosen passage, drink in the text, and receive the Scripture while listening for a word, phrase, or sentence that catches your attention.

Rest a few moments with whatever arises, repeating the words silently while pondering them. Rest and silence are important throughout this practice even when doing it in a group setting.

Share: What word or phrase catches your attention? Why do you think it does?

2. Meditatio – Engaging with the Passage

Read: Read the text again. Meditate on the passage (actively engaging with the passage) using your imagination and intellect. Consider what images or questions come to mind around the passage. Consider how this passage might link to your own life.

Share: How is my heart being spoken to this moment? Where does this word intersect my life right now?

3. Oratio – The deep self touched

Read: Read the passage again considering the response it calls forth in you. Hopefully this interaction with the Word unearths a response to God within you.

Pray: Out of your interaction with the Word, what would you like to say to God? Pray about questions you have in regard to the passage and truths that God has highlighted for you.

4. Contemplatio – Rest and silence

Read: Read the passage slowly one last time, not to glean further insights, but to simply soak in/rest in the Word. With the seed of the Word sown in your heart, you enter a period of silence and rest before the Lord.

Be still and silent: Sit in silence a minute or two, allowing God to complete in you the time you've spent together in this Lectio Divina practice.