



Session Two

Leaders note: This resource is available to view at: trentv.org/rolsessions

Please feel free to share this link if it would be helpful for members of your group to view the resource during/after your session.

"We are led to God by desire. We are drawn upwards towards Him as if by a rope." Gregory of Nyssa

Reflect

Jonny led us in a reflection exercise spending time considering how God is inviting us toward Him - drawing us toward Him 'as if by a rope'.

Spend some time sharing your reflections with one another.

(You could use breakout rooms for this)

Here is a summary of the reflection to help your discussion:

What contributes to the 'blizzard' in your life?

What does that blizzard obscure? What gets "lost"?

Recall the rope that led back home in the Parker Palmer story from "A hidden Wholeness." Imagine Jesus offering you a rope — a rope which guides you 'back home' to deeper life with God. Notice how ropes are made up of a series of smaller entwined threads...

What are the 'threads' you noticed in this life saving 'rope' Jesus offered you?

Rule of Life

Introduce

Introduce the 'take away activity' (at the end of this resource). Don't forget to share the link to this resource trentv.org/rolsessions with your group members so that they can engage with the take away activity in their own time in preparation for Session Three.

Pray

Spend some time praying for one another.

(You could use breakout rooms for this)

Takeaway Activity

Personal preparation for Session Three

1. Using the grid below - take about 5 minutes to think about your life in terms of the four areas of prayer, rest, work/ activity, and relationships.

<u>Prayer</u>	<u>Rest</u>
<u>Work/Activity</u>	<u>Relationships</u>

Rule of Life

2. In each box, write one specific thing you are currently doing in each of these four areas to nurture your relationship with Jesus.

3. Spend some time over the next week or so in silence and solitude reflecting in God's presence on the four areas.

Is there one area that you feel drawn to?

Where do you sense God's invitation to grow?

Notice any resistance or barriers.

4. Begin to step into this invitation - start small and manageable.

Journal your reflections and any steps you take. (You could use the grid for this or take an opportunity to begin to use your own journal).

Perhaps there's a spiritual practise you'd like to try? For helpful resources visit:

trentv.org/spiritualpractices

5. Bring your reflections and journaling with you to Session Three to share, as appropriate, with your group.

