



## Session Three

### Introduction

The aim of this session is for groups to give time for members to reflect on the last few weeks, both in relation to the live webinars and also their own journey with developing a rule of life.

### Spiritual Exercise

It would be good to start the group session by engaging with the spiritual exercise of the Examen. You can choose how to do this best within your individual group dynamics using the Examen resource [trentv.org/examensg](http://trentv.org/examensg) as a guide. This resource contains a version you can lead the group through by yourself, or a video version (the second video clip on the resource).

### Reflect & Discuss

Spend the rest of your evening reflecting and discussing the **'Take Away Activity'** from Session Two - using the grid as a focal point.

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

1. *What did you write in each box to highlight what you are currently doing in each of these four areas to nurture your relationship with Jesus?*

2. During your time reflecting on the four areas:

- Which area did you feel drawn to?
- Where did you sense Gods invitation to grow?
- What resistance or barriers did you notice?

3. *In what ways, if any, have you begun to step into this invitation?*

4. *What is the one next step you will take?*

## **Pray**

Spend some time praying for one another around the areas discussed during the evening. (You could use breakout rooms for this)

## **Further Resources**

You may wish to continue with this theme or related themes at other times during the coming weeks and months.

As a leader it would be good to familiarise yourself with the spiritual practices resource and to highlight it to your group members again: [trentv.org/spiritualpractices](https://trentv.org/spiritualpractices)

### ***Included in this resource:***

- Links to spiritual exercises to try (for use by individuals and in group settings)
- A link to a useful 'Rule of Life' workbook from Bridgetown church
- Recommended reading
- Videos & talks around the theme of 'healthy rhythms'

Don't forget the webinar recordings and reflection resources are all available to re-watch here: [trentv.org/rolsessions](https://trentv.org/rolsessions)

## **Small Group Courses**

*We now have online access to the following recommended courses:*

**Emotionally Healthy Spirituality**

**Emotionally Healthy Relationships**

**Emotionally Healthy Woman**

We also recommend the '**Soul Keeping**' video sessions.

If you'd like more information on how to run these in your small group online, please email us at [small.groups@trentvineyard.org](mailto:small.groups@trentvineyard.org)

