

LENTEN SMALL GROUPS

DISCUSSION GUIDE: WEEK 2

DUNWOODY UMC

Week of March 1st

GETTING STARTED

(~15 minutes)

As we begin, make sure that everyone has a copy of this Discussion Guide and a nametag, or has identified themselves if meeting on Zoom. Remind folks that this meeting will last 60 minutes and start and end on time. Note that these guides are designed around discussing this week's sermon.

Week 2! You know some of what to expect. Our goal for this week is deepening connections and for your group to choose a way to serve together.

Introductions

Give each person a chance to share, begin by offering your name and responding to the following:

- Think of a time—big or small—when you felt tired, uncertain, or stretched thin, and someone or something helped you keep going. What was that moment, and what did it teach you about receiving help?

Ground rules (review again this week)

Every group needs rules to live by. For this group, we commit to creating an environment that God can work in to speak to our lives. To do that (and build trust) we commit to the following rules:

- Show up and be as fully present as possible. (You know, put your phone away)
- Share your perspective in ways that respects other people's perspectives.
(Begin with "I" statements)
- No fixing, advising, or correcting. (Instead, respond with honest questions)
- Observe confidentiality (don't share thing said in the group outside of the group)

Take a moment to discuss these. How did we do with them last week? Any affirmations to offer?

Opening Prayer *(You may use your own, or a sample prayer is provided below)*

O God, may our conversation today remind us that we are never alone. For you keep tabs on us. Move us to be people who do the same for one another, as we move forward in faith. Amen.

SCRIPTURE

(~5 minutes)

Read aloud this week's Scripture from **Psalm 121**, sharing the people and leader parts:

The people would sing:

I lift up my eyes to the hills—from where will my help come?

My help comes from the Lord, who made heaven and earth.

The Lord is your keeper;

the Lord is your shade at your right hand.

The sun shall not strike you by day, nor the moon by night.

Then a priest or leader would respond and remind them:

He will not let your foot be moved;
he who keeps you will not slumber.

He who keeps Israel will neither slumber nor sleep.

The Lord will keep you from all evil; he will keep your life.

The Lord will keep your going out and your coming in

from this time on and forevermore.

DISCUSSION QUESTIONS

(~25 minutes, you don't need to cover all questions)

1. What's a line of this Psalm that jumps out to you? How does it connect to your own life?
2. Where do you tend to look when life feels overwhelming?
3. How is God's help different than the "quick fixes" we often reach for?
4. *The sermon lifts up the image of pilgrims carrying heavy packs.* If you imagine setting down your "pack" at the Communion table, what might be inside it right now?
5. Since, "A pilgrimage begins with what you leave behind," what might God be inviting you to leave behind in this season?
6. Where do you sense God giving you strength for the next step of your climb, even if you don't see the whole path yet?

CLOSING

(~15 minutes)

- This week, we'll be choosing a **Service Project** as a group. Your Host sent you links to project ideas, including DUMC's Great Day of Service on Saturday, March 14, Habitat for Humanity Builds (in March) or a listing of Partner Ministries we work to schedule your own project (likely in April). You can also choose your own project as a group.
 - o Invite everyone in your group to go around and share their top 2 ideas. Keep a tally and share the results with the group before opening discussion. Our hope is that you choose one project that most of your group can participate in!
 - o Designate someone to then be your group's point person to sign you up.
- Close by sharing **Prayer Requests** and ask someone in the group to write them down. *Share these back to the host so they can be sent out to the group.*