

# LENTEN SMALL GROUPS

## DISCUSSION GUIDE: WEEK 3

### DUNWOODY UMC

Week of March 8<sup>th</sup>

#### 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.*

**Week 3. Our goal for this week is deeper reflection on what needs our praise, and what invites us to pause.**

#### **Introductions**

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

- When you think about the past week, what is one thing that made you feel grateful—or a moment you sensed you needed to slow down and listen more closely?

#### **Ground rules (as a reminder)**

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 this be an hour where we listen—to hear you, perhaps in the voice of someone else. Thank you for the gift of this group, our host, and our conversation. May it move us all closer to Christ. Amen.

## SCRIPTURE

(~5 minutes)

Read aloud this week's Scripture from **Psalm 95** (This is the paraphrase from *The Message*):

<sup>1-2</sup> Come, let's shout praises to God,  
raise the roof for the Rock who saved us!  
Let's march into his presence singing praises,  
lifting the rafters with our hymns!  
<sup>3-5</sup> And why? Because God is the best,  
High King over all the gods.  
In one hand he holds deep caves and caverns,  
in the other hand grasps the high  
mountains.  
He made Ocean—he owns it!  
His hands sculpted Earth!  
<sup>6-7</sup> So come, let us worship: bow before him,  
on your knees before God, who made us!  
Oh yes, he's our God,  
and we're the people he pastures, the flock  
he feeds.

<sup>7-11</sup> Drop everything and listen, listen as he speaks:  
"Don't turn a deaf ear as in the Bitter  
Uprising,  
As on the day of the Wilderness Test,  
when your ancestors turned and put *me* to  
the test.  
For forty years they watched me at work among  
them,  
as over and over they tried my patience.  
And I was provoked—oh, was I provoked!  
'Can't they keep their minds on God for five  
minutes?  
Do they simply refuse to walk down my  
road?'  
Exasperated, I exploded,  
'They'll never get where they're headed,  
never be able to sit down and rest.'"

## DISCUSSION QUESTIONS

(~30 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. When you come into worship—physically or mentally—what most often shapes your posture? Preparedness? Preoccupation? Exhaustion?
3. When you think about your relationships (with God or others), where do you see yourself complaining? If, "a complaint is merely a negatively phrased passion," what's behind it?
4. If, "A flood is made up of millions of raindrops," what flood do you feel like you're in? How do you offer "raindrops" or small everyday actions of love?
5. We repair our relationships with our words and our posture. What could this look like with God? What could this look like with a specific relationship with someone else in your life?
6. Where is God inviting you to say "Uh-huh!" again—to trust, respond, or follow with renewed openness? What one step could you take toward that this week?

## CLOSING

(~10 minutes)

- Make sure you've chosen a **service project** and confirm everyone has it on their calendar.
- Close by sharing **Prayer Requests** and ask someone in the group to write them down.
- This week's action step: **update your email/communication preferences for DUMC**. Visit [dunwoodyumc.org/email](http://dunwoodyumc.org/email) to tell us exactly which emails you want to receive!