

TRIAD DISCUSSION

Share some of the 'faces of God' you journaled about.

What is it like to picture God as Community... as Relationship?

How might Jesus describe (your name here)?

Have each person in your triad fill in their name and share...

"Jesus would describe (their name) as _____"

GROUP DISCUSSION

Operating systems work in the background. What was it like to pay attention to less obvious images you have of God and how they've been formed?

The distorted images we have impact how we perceive God sees us. What was it like to consider how Jesus would describe you as you shared in your triads?

Think of your life right now....when do you need to feel invited to the table?

Share a 'take away' for this week from the lesson, your journal, or your sharing time?

DAILY PRACTICE FOR WEEK ONE : BREATH PRAYERS

This week, practice noticing when a 'distorted' view of God is operating in the background, and how it might be impacting if you pray or reach to God. When this happens, or when you feel anxious, afraid, overwhelmed, or ashamed, practice a breath prayer several times in a row.

Breath prayers are an ancient practice in the Church. They couple breath with prayer; praying one phrase as you inhale, and one phrase as you slowly exhale. What's so amazing is that God created our bodies to calm down when we pay attention to our breath by intentionally taking slow, deep breaths.

Breath prayers have become a transformative practice for many people in their spiritual journey. You'll find some ideas below, feel free to add or adapt as you share in the life of God this week. Hear God inviting you to His table.

"You invite me to Your table" (inhale) " I rest in Your presence" (exhale)

"Lord Jesus, Son of God " (inhale) "Have mercy on me" (exhale)

"Lord, I believe" (inhale) "Help my unbelief" (exhale)

"You are Love" (inhale) "Heal my sight" (exhale)

"You are my shepherd" (inhale) "I shall not fear" (exhale)

"My heart is anxious" (inhale) "Quiet me with Your love " (exhale) (Zeph. 3:17)

BENEDICTION

"The LORD make His face shine on you, And be gracious to you; The LORD lift up His countenance on you, And give you peace." Number 6:25-26