



# Prince of Peace Church

## Sample Template for Community Groups

### 1. Greeting & Introductions (5 minutes)

- a. Welcome: Begin by warmly welcoming everyone, especially new members. Introduce yourself and allow new members to introduce themselves.
- b. Opening Prayer: A brief prayer asking for God's blessing on your time together.

### 2. Sharing Life Together (15-25 minutes)

- a. Updates & Check-ins: Allow members to share significant life events from the past week—joys, challenges, or burdens. Keep this time encouraging and judgment-free.
- b. Community Care: Discuss how the group can support one another practically (e.g., meals for someone recovering from surgery, help with childcare, etc.).

### 3. Scripture Study & Sermon Discussion (30-40 minutes)

- a. Read the Passage: Read aloud the passage(s) from Sunday's sermon together (choose 1-2 translations to bring clarity).
- b. Guided Discussion: Use the sermon discussion questions to reflect deeply on the text.

### 4. Prayer Time (10-20 minutes)

- a. Share prayer requests (personal, familial, for the church/community, etc.). Write them down for follow-up during the week.
- b. If the group is large you may break into smaller pairs or triads for deeper, personal prayer.
- c. Close with a blessing, such as, "*May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.*"

### Additional Best Practices for Healthy Groups

- Start and End on Time: Respect everyone's schedules.
- Confidentiality: Remind members that what's shared in the group stays in the group.
- Encourage Participation: Create a space where everyone feels heard and valued.
- Rotate Roles: Share responsibilities for hosting, leading discussion, or providing snacks.



# Prince of Peace Church

## Ordinary Time - July 20

### “Anxiety, Attention, & The Good Portion”

*Blessed Lord, who caused all Holy Scriptures to be written for our learning:  
Grant us so to **hear them, read, mark, learn, and inwardly digest** them, that by patience and the  
comfort of your holy Word we may embrace and ever hold fast the blessed hope of everlasting  
life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and  
the Holy Spirit, one God, for ever and ever. Amen.*

#### Scriptures for Reference Luke 10:38-42

#### Questions for Discussion

Begin with reading Luke 10:38-42 and familiarize yourself with the story.

1. Anxiety is often experienced as a story. These stories form and shape the way a person thinks about themselves, and/or the world. Often expressed in phrases, sometimes these stories sound like the following: “If I’m not in control, everything will fall apart” or “If I’m not impressive, I’ll be rejected.” What do you think is the “story” Martha is believing about herself and her role in this moment with Jesus? How does her behavior reveal a deeper anxiety—not just about hosting, but about worth, responsibility, or control?
2. What are some of the anxious stories people commonly tell themselves today—especially in social settings or in the face of uncertainty? Can you identify any anxious stories that you tend to believe?
3. How does Jesus respond to Martha’s anxiety—not just with correction, but with compassion? What does the repetition of her name (“Martha, Martha”) reveal about His posture toward those of us who are anxious and overwhelmed?
4. Contrast Mary’s posture with Martha’s. What does it mean to “choose the good portion” in the midst of busyness, pressure, and expectations?  
Why is this so difficult to do in our cultural moment?
5. Reflect on this statement: “Anxiety shrinks our world to the size of our own concerns.” How have you seen anxiety make you more self-focused, self-protective, or isolated?  
How might turning your attention toward Jesus reshape those patterns?
6. What are some practical ways we can “sit at Jesus’ feet” in the middle of our anxious lives? (Think: daily habits, inner dialogue, community practices.) How can our group encourage each other to reframe our anxious stories through the gospel?