



Crafting A Rule Of Life

Group Discussion Guide on Intro & Lesson 1

Meeting: Zoom or in person (adjust as needed)

Goal: To help pastors process the Introduction and Lesson 1

Length: 60 mins discussion and ministry guide (please add extra time for meals, announcements, worship, fun activity, etc...)

.....

Announcements (5 mins): Discussion Leader shares a few reminders

- Set up an account for the Regional Learning Module (any questions can be directed to Tori McGraw-Rowe, tori.mcgraw-rowe@vineyardusa.org).
- Complete the pastoral health assessment in the introduction. A coach will be reaching out with the results and to go over the assessment.
- Reminder that the assessment is private and VUSA will only be able to see larger themes and patterns for regions for the purpose of greater training and resourcing in the future.
- Discussion Leaders share why this work is so important for the Vineyard but specifically for the ministry that they are overseeing.

Opening Reflection (10 mins)

Encourage a meditative posture. Read scripture slowly and allow a minute or two before reading again.

Psalm 40:1-5

*I waited patiently for the LORD;
he turned to me and heard my cry.*

*He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.*

*He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the LORD
and put their trust in him.*

*Blessed is the one
who trusts in the LORD,
who does not look to the proud,
to those who turn aside to false gods.^[b]*

*Many, LORD my God,
are the wonders you have done,
the things you planned for us.
None can compare with you;
were I to speak and tell of your deeds,
they would be too many to declare.*

Question: In a quick “popcorn round”, what comes to mind of something recent to share when you think of the “wonders you (God) have done?”

Sharing (30 mins)

Let's process a bit of the work we are starting to do together...

- 1.) Everyone should have taken (or been reminded of) their Myers-Briggs temperament assessment and possibly the Strengthsfinder. Does anyone want to share what their results are and any surprises that came up?
- 2.) Everyone grew up in different families that either taught you what it was like to value and take care of yourselves- physically, emotionally, spiritually, etc...or not. From your own story, what were some examples from your family of origin that shaped how you think today about your own life?
- 3.) Lesson 1 starts to dig into the first area of our Rule of Life that we are starting to learn about together: LIFE WITH YOURSELF. Let's talk about the power of our habits. Everyone has habits that we do every day (ex: brushing our teeth, taking a walk, eating breakfast). As you start to reflect on your life, what habits are you really proud of that you have worked hard on? What area of life do you need some new habits to engage in to bring health?
- 4.) Sabbath. This could be a whole other meeting time (and we will keep revisiting how this is going for us!). I recognize we might be in very different places of learning and/or practicing Sabbath. Let's be very aware right now that as leaders we need places to be honest and supported as we grow and learn. Can I have a couple of people honestly share about what Sabbath looks like for you? Maybe the places that it's been hard to implement in your life? Or the places that have been really rich?

*Remind everyone of the aspects of Sabbath: resting, delighting, and worshiping. What does this look like for everyone?

MINISTRY (15 mins)

A few ministry prompts...

- 1.) Many of us are accessing places in our story that bring discouragement and/or shame when we think about the way we have not done great and even failed. It's important to acknowledge

that shame will stop any type of progress and shut you down. Let's pray for freedom and the courage to make some changes and new commitments in our lives.

- 2.) There are some who live with a feeling of being exhausted a lot of the time. You have so much on your plate and maybe a stage of life is extra tiring. You can feel God inviting you into new rhythms of rest and could use some prayer around this.
- 3.) Pray for blessing and the empowerment of the Spirit for folks who need some extra encouragement to take on this Formation work.