



Small Group Discussion Notes

Roots Run Deep

From Conversation to Communion

Hebrews 9:1-7, 11-14 and 10:19-25

October 8, 2023

Warm Up

Share about your prayer life. Have you ever practiced silent prayer or examen (an opportunity for peaceful daily reflective prayer) or another practice?

Digging Deeper

Read Jeremiah 31:31-34. What does it mean to “know the LORD”? Who is someone you would say you really know? Why would you say that? Apply your reflections to your relationship with God.

Reflect together on *1 Corinthians 6:19*. How do you feel when you think about the reality that our bodies are meant to be the temple of God?

Next Steps

Reflect on the concepts of consolation and desolation. When have you felt consolation, the nearness of God’s presence this week or month? When have you experienced desolation, the lack of God’s presence? What are some of the specific activities that produce one or the other? What specific emotions would you attach to these feelings? For instance, you might feel peaceful during times of consolation or fearful during times of desolation.

What other types of prayer or prayer practices have you experienced or heard about? Share how those practices have impacted your faith.

Final Thoughts

Of course, end in prayer. ;) But first, think about the spiritual rhythms we have discussed thus far and share with the group one area where you want to grow. As you listen to each other’s prayer requests, try silently offering those requests to God in the moment. And try something new this week in your own prayer life, whether silent prayer, examen, or any of the other ideas offered by the group.