



Leader
**DEVELOPMENT
GROUP**

Session 6
HOW DO I GROW?

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GOAL

Habitually connect with God on a deeper level through personal spiritual disciplines.

OVERVIEW

Over the next two sessions, you will guide your group to connect with God on a deeper level through personal spiritual disciplines. Over the years, as Christ followers, we can all experience seasons where we know there is something more God has for us and something more we want to experience with him. But our tensions are:

- What is the *more* we want to experience?
- In a practical way, how do we experience the *more* in our day-to-day lives?

Whether or not we grew up knowing we should read our Bibles and have quiet times, most of us realize there are things we can think and do that will draw us closer to God. There are specific habits we can develop that will cultivate spiritual transformation. Still, we may have times when we feel disconnected from God. In *Sacred Rhythms*, spiritual director and author Ruth Haley Barton identifies the tension we experience around spiritual transformation:

“I cannot transform myself, or anyone else for that matter. What I can do is create the conditions in which spiritual transformation can take place, by developing and maintaining a rhythm of spiritual practices that keep me open and available to God.”

Sacred Rhythms helps us explore the practices God uses to transform our hearts and draw out the truest versions of ourselves, all the while drawing us into a deeper relationship with him.

CONTENT

Sacred Rhythms by R. Barton (Chapters 1-4)

AGENDA

1 | Monthly Question • 45 min.

What is one new thing you learned about yourself this month?

2 | Discuss Content • 50 min.

Share and discuss the answers to the *Book Reflection* and study questions.

3 | Discuss Scripture Reading • 30 min.

- Which verses or phrases stood out to you from your reading this month? Why?
- How did you apply them to your life over the past month?

4 | Conclusion • 15 min.

- Distribute assignments for Session 7. You can print or share electronically (or both).
- Pray.