

Week 5: Scripture

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from Scripture practice**

1. What is your primary feeling about Scripture? Fear? Desire for more? Shame? Ambivalence?
2. Do you resonate more with reading Scripture for information or formation? Why?
3. Would you consider yourself more of a left-brain person (analytical, rational) or right-brain person (intuitive, symbolic)? How has that impacted the way you read Scripture?
4. What's the primary obstacle you face to the regular reading of Scripture (e.g., time, your sleep habits, parenting, work schedule, intellectual questions, emotional triggers)?
5. Share about your experience of finding a place and time to engage with Scripture. How did it go?
6. Did you experience delight, restlessness, frustration, or other emotions as you engaged in this practice?

3. Accountability questions (25-35 minutes)

- ***When your group is getting started***

1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?

- ***And then, when your group is ready***

3. Do you have any sin to confess?
4. Is there anything you desire to keep secret?

4. Homework for Week 6

- Watch **Sabbath** video: "Stop" (31:18)
 - <https://thefreshwater.church/2026/01/practice-sabbath/>
- Practice sabbath (optional: download companion guide)