

Date: \_\_\_\_\_

**Small Group Ministry  
Group Session Plan**

**Opening Words:** We are here to grow in wisdom  
and learn how to love better.  
As we do this in our own ways,  
we slowly become a blessing to those around us  
and a light to the world. —Rachel Naomi Remen

**Check-in**

**Topic:**

Spiritual growth requires thoughtful intention and practice.

*"By spiritual, I mean the ancient and abiding human quest for connectedness with something larger and much more trust-worthy than our egos—with our own, with one another, with the worlds of history and nature, with the invisible winds of the spirit, and with the mystery of being alive."* —Parker Palmer

The Buddhist path upholds three treasures, or "jewels,"

1. Buddha (ultimate example of Enlightenment)
2. Dharma (written and spoken teachings)
3. Sangha (Buddhist community)

Henri Nouwen, in his book on Christian spiritual direction outlines three practices:

1. The discipline of the Heart (connecting with God through contemplative prayer)
2. The discipline of the Book (reading, studying and following the Bible)
3. The discipline of the Church (community of faith).

- In what ways do you connect with the sacred?
- What teachings do you read, study or follow for inspiration and guidance?
- Why is community important for spiritual growth?
- How might you be more intentional in your spiritual direction?

**Sharing/ Deep Listening**

**Conversation:** How can this group encourage our spiritual growth?

**Likes & Wishes**

**Closing Words:**

Expect to see  
more light in what you've understood;  
more beauty in all you still admire;  
more truth in all you've long believed;  
more goodness in all you've learned to love.

—Gerhard E. Frost