

here

UNEARTHING PEACE AND PRESENCE
IN AN OVERCONNECTED WORLD

DISCUSSION GUIDE

now



Why do we tend to take time for granted?

What do you spend time on that could be spent on better things?

What do you think "practicing presence" looks like?

What seasons have you experienced in your life? What do you think was the meaning or purpose behind each of those seasons?



What overwhelming choice have you had to make? Who did you turn to for help during that time?

What baggage is currently drowning out the goodness in your life?

Why is it important to slow down and examine where you are in life?

What habits do you have that help you to re-center and refocus?

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Have you ever gone off grid? If so, what was your experience? If not, what has prevented you from disconnecting from technology for an extended period of time?

Why is it important to focus on what is happening around you in the moment?

In what ways do you get distracted by technology?

How do you regularly rest in God?

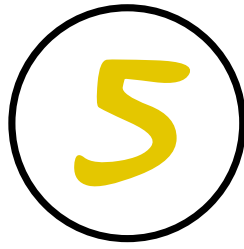
"Maybe, just maybe,
God is calling you to
stop and smell the
shawarma."



What do you feel when you are viewing other people's social media posts?

Why do we sometimes feel more connected to people through social media than through more personal connections?

Who is part of your real community that you can turn to for support and connections?



What does "with-ness" mean to you?

Why is it important to give your full attention to the people around you? How can you show them that they have your full attention?

What actions help you connect more personally with others?



What distractions do you face on a daily basis?
How do they prevent you from focusing on what
is important?

What are the sources of your current feelings of
discontent?

How do you feel after spending time with
Jesus?

"Practicing presence is
looking plain old life
square in the face and
saying: Yes, you're
beautiful and you're
mine. Let's do this."



What is one of your most memorable adventures?

Where is your favorite place to sit and enjoy God's creation?

Describe an adventure that didn't turn out as you expected.

What day-to-day activities have buried your sense of adventure?

What do you think your next adventure might be?



What possessions do you treasure the most?

Have you ever faced an evacuation? If so, what did you choose to take with you? If not, what do you think you would take?

Why is it hard to let go of our material possessions?



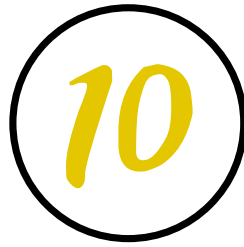
Describe a time when *a* stranger showed you God's love and compassion.

How does it make you feel to know that God wants to be with you?

What does it mean to be in union with God?

What actions help you connect with God?

"He sees us. He loves us.
He hears us. And he
wants to be with us."

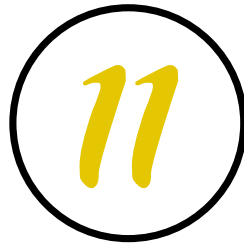


What "life edits" have you made in the past?

What do you think God could be trying to show you right now?

How would you describe the difference between "quiet contemplation" and "life editing"?

What do you currently need to edit out of your life?



What lies have prevented you from pursuing God's will for your life?

Why does it sometimes appear easier to listen to lies rather than to follow God's will?

What are your gifts that can make a difference?

Why is it harmful to compare ourselves to others?



How would you describe your current season of life?

As you reflect on your life, what advice would you give your younger self during some of your biggest struggles?

What advice do you think your future self would offer the current you?

What steps do you need to take to be more present and intentional?

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