



**SPIRITUAL
POWER
TO MAKE A
DIFFERENCE**

EXPONENTIAL

SERIES COMPANION / HIGHROCK 2026

INTRODUCTION

The phrase “the weight of the world” can feel like more than just a saying these days. There is so much brokenness, apathy, and suffering. We long for more, for better, yet we often feel powerless to even make a dent in the scale of all that’s wrong. The first Christians faced a similar weight, and yet, instead of paralysis or retreat, they followed the leading of the Holy Spirit and got to witness a profound, world-altering movement take off as more and more followed the way of Jesus. The Kingdom of God grew exponentially! You’re invited to join us for our summer series journeying through the Book of Acts. It’s so much more than just a history lesson; it’s a reminder that what was possible then is possible now. We, too, have the spiritual power to make a difference in our world today.

RESOURCE OVERVIEW

Here we provide space to take notes on the sermon and Scripture text and answer reflection questions that you can discuss with others. When considering the reflection questions, remember that the goal is not to have all the “right” answers—instead, let these questions serve as a starting point for curiosity in your conversation with God and others. See the Appendix of this guide for more resources and opportunities to engage with this study.

Please note this discussion guide is created before the series begins. Discussion questions are prepared before the sermons are written and based on the theme and text for the week. Thank you for your understanding that the topic and focus of the sermon as the pastor writes it may differ from what is written in the discussion questions.

APPENDIX (located at the end of the discussion guide)

Offers a deeper dive into the topic as well as resources for Bible study, leading small groups, and links for further support.

- Additional Resources
- Online Bibles
- Prayer Tools
- “Icebreaker” Questions
- Tips for Guiding Conversations
- General Resources for Individual Support

SERMON SCHEDULE & SCRIPTURE READING

**Subject to change at the discretion of the pastors.*

Sermon	Topics
Week 1	Ascension, Acts 1:1-11
Week 2	Pentecost: Acts 2:1-4, 13-16, 22,32-33, 36-41
Week 3	Credible Witness: Acts 3:1-26
Week 4	Sanhedrein/Exclusive Claim: Acts 4:1-23

Week 5	Ananias and Sapphira: Acts 5:1-11
Week 6	Hellenist Widows: Acts 6:1-7
Week 7	Stoning of Stephen: Acts 6:8-15, 7:1-2a, 51-57, 60, 8:1
Week 8	Ethiopian Eunuch: Acts 8:26-40
Week 9	Saul/Paul: Acts 9:1-22
Week 10	Peter/Cornelius: Acts 10:1-48
Week 11	Jerusalem Council: Acts 15:1-29
Week 12	Paul at the Acropolis: Acts 17:16-32
Weeks 13	Ephesian Riot: Acts 19:23-41
Week 14	Labor Day - Faith & Work

WEEKLY FORMAT

SERMON DISCUSSION

(PRE-WORK) REFLECT: Listen to the sermon, read weekly selections/view video links (if provided), read scripture passages (used in the sermon), and answer reflection questions. (30-40 mins)

RELATE: Discuss reflection questions with your small group. (50 mins)

PRAY: Use the suggested prayer prompt to conclude your time (5-10 mins)

CONVERSATION COVENANT

We hope all small group discussions are lively and enriching, but sometimes tough topics will be discussed. The Conversation Covenant* is an agreement to hold respect and grace toward all participants within a small group, no matter the conversation. Please adhere to the Conversation Covenant or consider creating one that fits your context.

*Adapted from <https://conversational-leadership.net/conversation-covenant/>

I pledge:

To act in good faith, with curiosity. I will assume the best about my conversation partners when entering into our groups. I will give the benefit of the doubt, recognizing that they may know something I don't.

To show respect. I will show respect. I will be polite and give due regard to the feelings and traditions of others. I understand that I do not have to agree with someone to show them respect.

To speak the truth. I won't use rhetorical tricks to try to win an argument. I will speak what I genuinely believe is the nuanced truth.

To aim to discover the truth. I will not enter into a conversation with the purpose of changing the mind of anyone to my way of thinking.

To focus on what we can change. I will focus on what we can do differently in the future since we cannot change what we did in the past.

To take responsibility for the conversation. I will take responsibility for the quality of the conversation and the abidance of the rules both in principle and in spirit.

To follow the covenant even when others fail to do so. I will abide by the rules regardless of whether another person breaks them.

To respect the confidentiality of the group. I will not share the stories of group members verbally or in written form (including on social media and online outlets).

To lighten up and approach the conversation in good humor. I recognize that humor is a hallmark of a constructive, generative conversation and take the conversation in good humor.

PREPARE

The following questions are jumping-off points for personal reflection. Engage with them to awaken your awareness of themes in this sermon series. Pay attention to the questions that stand out to you and look back on them throughout the series to see how God might be speaking to you.

CONSIDER

- This sermon series is about the book of Acts and what it means to make a difference in our world today, just as the early followers of Jesus sought to love God and their neighbors through the empowering presence of the Holy Spirit. What excites you about this vision? How might it be challenging?
- Consider praying over these initial thoughts and feelings that come up. Ask God to prepare your heart to learn what God has in store for you during this series, and perhaps also pray that God brings joy to you and others through learning to love one another better through community.
- Do a brief spiritual inventory. Where are you coming into this sermon series? What could you use as a refresher in your relationship with the church community, with your involvement in social action, and with your spirit at this time? Bring these to God in prayer.

WEEK 1: Wait

Acts 1:1-11 (esp 3-8)

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Acts 1:1-11 (especially 3-8)

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Scripture questions: Looking at this passage, what do you see in Jesus's presence with the disciples that makes his invitation/commands significant? What seems important about the places that Jesus asks the disciples to go? What else do you see in this passage (for example: other details, the structure of the passage, the different voices or perspectives of people in the passage)?
3. Did this sermon make you remember something you've felt called to do for God in the past? What thoughts or reflections came up for you?
4. This sermon has a lot to do with our *intentions* (the reason or why we do something). Recognizing our intentions are often mixed, how did this sermon help you reflect on our intentions? What might it look like to intend to do something well for God?
5. How were the disciples in the passage we looked at called to wait? What do you think this experience was like for them? Do you think it was challenging or perhaps even helpful (freeing) for them in some way?
6. Is there something specific that you feel called to wait on in your life right now? What could that waiting look like? What might an *active waiting* on God look like for you? Consider ways you can remind and encourage one another about what you feel called to wait on right now. .
7. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Faithful God, we have listened for your Word, aware of how much we need You. So often we rely on our own wisdom, our own strength, and our own understanding. Give us ears to hear Your Spirit, hearts that are willing to trust You, and courage to follow where You lead. May we learn to depend on Your power rather than our own. Through Jesus Christ our Lord, Amen.

Scripture: Acts 1:1-11

¹In my former book, Theophilus, I wrote about all that Jesus began to do and to teach ²until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles he had chosen. ³After his suffering, he presented himself to them and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. ⁴On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. ⁵For John baptized with water, but in a few days you will be baptized with the Holy Spirit."

⁶Then they gathered around him and asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

⁷He said to them: "It is not for you to know the times or dates the Father has set by his own authority. ⁸But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

⁹After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.

¹⁰They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them. ¹¹"Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

WEEK 2: Pentecost

Acts 2:1-4, 13-16, 22, 33-33, 36-41

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Acts 2:1-4, 13-16, 22,32-33, 36-41

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How do you do with waiting? Do you resonate with any of the stories P. John shared about feeling alone? Have you ever known that God was present in your life, but struggled to experience that? What was it like?
3. P. John made the case that the disciples were at the temple while waiting for Jesus (examples: it was Pentecost, a temple celebration; the temple was a "house" where people would stay, the time of day mentioned in Acts, how specific connections to the Old Testament and the giving of the law, like God's presence in wind and fire and the number of people who are baptized). Share about any connections here (or others) that interest and the meaning of them for how you understand Scripture, God, or how God works.
4. During Jesus's trial and death, many of the disciples scattered and left him behind? What then does Jesus's call to wait during Pentecost mean for how God might have been forming the disciples? What connections do you see?

Building on this last question, what are some things you find yourself waiting on in life? What would it look like to be open to God working in you (and others) through waiting? Try to come up with at least one example.

Perhaps read this line for P. John's sermon: "By making them wait, I believe Jesus was teaching them, and us, to know that God is with us, even when we're tempted to believe we're most alone." Do you find any sense of hope or encouragement from this?

5. Look at the way God becomes present to God's people in the temple and now, even more broadly, through the Spirit in our hearts (1 Corinthians 3:16). What seems significant to you about this in Scripture? What does this tell you about how God works and relates to us?
6. Another theme from the sermon was how God can meet us when we face our fears, like, for P. John, the fear of being alone (FOMO). What fear or concern makes you feel like you're alone, that God isn't with you? Is there a way you'd like to take a step in addressing this, asking for help from God in this?

PRAY |

Holy Spirit, when fear speaks loudly, help us to hear Your voice more clearly. As we have listened for Your Word, remind us that You are with us, even when we cannot see You and even when we do not feel Your presence. Open our hearts to receive Your truth, strengthen our faith, and teach us to trust You more deeply. Through Jesus Christ our Lord, Amen.

Scripture | Acts 2:1-4, 13-16, 22,32-33, 36-41

¹ When the day of Pentecost came, they were all together in one place. ² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

¹³ Some, however, made fun of them and said, "They have had too much wine."

¹⁴ Then Peter stood up with the Eleven, raised his voice and addressed the crowd: "Fellow Jews and all of you who live in Jerusalem, let me explain this to you; listen carefully to what I say. ¹⁵ These people are not drunk, as you suppose. It's only nine in the morning! ¹⁶ No, this is what was spoken by the prophet Joel...

²² "Fellow Israelites, listen to this: Jesus of Nazareth was a man accredited by God to you by miracles, wonders and signs, which God did among you through him, as you yourselves know.

³² God has raised this Jesus to life, and we are all witnesses of it. ³³ Exalted to the right hand of God, he has received from the Father the promised Holy Spirit and has poured out what you now see and hear.

³⁶ "Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah."

³⁷ When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?"

³⁸ Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. ³⁹ The promise is for you and your children and for all who are far off—for all whom the Lord our God will call."

⁴⁰ With many other words he warned them; and he pleaded with them, "Save yourselves from this corrupt generation." ⁴¹ Those who accepted his message were baptized, and about three thousand were added to their number that day.

WEEK 3: Credible Witness

Acts 3:1-26

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Acts 3:1-26

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Scripture question: Look at Peter's sermon. What are some challenging lines for you from Peter's sermon in Acts 3. Pastor Taylor highlighted a couple, such as "I can only give you what I have." Discuss them with your group. Does your discussion or anything P. Taylor shared help you make sense of these passages?
3. P. Taylor rephrased a Scripture passage from Acts 3, saying "I cannot give what I do not have." What is the key idea in this line? Is there some way that it speaks to you in your faith life or relationship with God at the moment?
4. How did this sermon help add important context to the statement, "You killed the author of life" (3:15), that's important for us as Christians to be aware of?
5. P. Taylor said that Peter and John are uniquely credible because of the Spirit's presence. How does that help you better understand this biblical passage? Believing that this same Spirit is in us, what could it look like to be more open (to offering) an aspect of your life to God's power in the Spirit that is available to us?
6. P. Taylor talked about how repentance helps us become authentic and credible. What do you think he meant by this? Does it speak to you personally?
7. The marker of (uniquely credible) witness is love, loving and being loved by those around us. How does that challenge you in a helpful way? How might it encourage you to share this (God's) love with others, and/or acknowledge it being shared to you in some specific, tangible way this week?

PRAY |

Gracious God, as we have listened for your Word, quiet the voices that compete for our attention. Help us to hear your voice clearly, to recognize your presence among us, and to respond with faith and obedience. Lead us beyond mere knowledge, into a deeper relationship with you, so that our lives might reflect your love, grace and truth. Through Jesus Christ our Lord, amen.

Scripture | Acts 3:1-26

¹ Peter and John went to the Temple one afternoon to take part in the three o'clock prayer service. ²As they approached the Temple, a man lame from birth was being carried in. Each day he was put beside the Temple gate, the one called the Beautiful Gate, so he could beg from the people going into the Temple. ³When he saw Peter and John about to enter, he asked them for some money.

⁴Peter and John looked at him intently, and Peter said, "Look at us!" ⁵The lame man looked at them eagerly, expecting some money. ⁶But Peter said, "I don't have any silver or gold for you. But I'll give you what I have. In the name of Jesus Christ the Nazarene, get up and walk!"

⁷Then Peter took the lame man by the right hand and helped him up. And as he did, the man's feet and ankles were instantly healed and strengthened. ⁸He jumped up, stood on his feet, and began to walk! Then, walking, leaping, and praising God, he went into the Temple with them.

⁹All the people saw him walking and heard him praising God. ¹⁰When they realized he was the lame beggar they had seen so often at the Beautiful Gate, they were absolutely astounded! ¹¹They all rushed out in amazement to Solomon's Colonnade, where the man was holding tightly to Peter and John.

¹²Peter saw his opportunity and addressed the crowd. "People of Israel," he said, "what is so surprising about this? And why stare at us as though we had made this man walk by our own power or godliness? ¹³For it is the God of Abraham, Isaac, and Jacob—the God of all our ancestors—who has brought glory to his servant Jesus by doing this. This is the same Jesus whom you handed over and rejected before Pilate, despite Pilate's decision to release him. ¹⁴You rejected this holy, righteous one and instead demanded the release of a murderer. ¹⁵You killed the author of life, but God raised him from the dead. And we are witnesses of this fact!

¹⁶"Through faith in the name of Jesus, this man was healed—and you know how crippled he was before. Faith in Jesus' name has healed him before your very eyes.

¹⁷"Friends, I realize that what you and your leaders did to Jesus was done in ignorance. ¹⁸But God was fulfilling what all the prophets had foretold about the Messiah—that he must suffer these things. ¹⁹Now repent of your sins and turn to God, so that your sins may be wiped away. ²⁰Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah. ²¹For he must remain in heaven until the time for the final restoration of all things, as God promised long ago through his holy prophets. ²²Moses said, 'The LORD your God will raise up for you a Prophet like me from among your own people. Listen carefully to everything he tells you.' ²³Then Moses said, 'Anyone who will not listen to that Prophet will be completely cut off from God's people.'

²⁴"Starting with Samuel, every prophet spoke about what is happening today. ²⁵You are the children of those prophets, and you are included in the covenant God promised to your ancestors. For God said to Abraham, 'Through your descendants all the families on earth will be blessed.' ²⁶When God raised up his servant, Jesus, he sent him first to you people of Israel, to bless you by turning each of you back from your sinful ways."

WEEK 4: Only Way?

Acts 4:1-14

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Acts 4:1-14

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. This sermon deals with challenging topics around salvation, exclusivity and inclusivity, and how God relates to all people, those who confess faith in Jesus and those who don't. Is this a topic you've given some thought to before? What challenges, tensions or hopes do you see in it?
3. As an example of the previous question, P. Dave brought up biblical passages that reference salvation through Jesus alone (John 14:6) and ones that highlight how God wills to save everyone (1 Timothy 3:2-5; Isaiah 56:7). Again, are there challenges, tensions or helpful connections you see here?
4. Our theological questions almost always have very personal side to them, if we look for them. Have you experienced the personal importance or weight of questions about salvation before? Or perhaps about connecting God's love and justice? What was that like? Sharing these with your group can help us see the practical importance of these topics.
5. Drawing from the sermon, and perhaps scriptural stories in it like Peter and the centurion Cornelius (Acts 10), what motivations do you see and experience in your life for sharing your faith with others? What might help this concern come from a place of love and humility for you?
6. Consider both of these: First, how might the message of God's love and work in Christ be speaking to you right now? Is there something it's calling you to do, whether placing trust in Christ or a specific action? Second, is there someone in your life with which you'd like to either talk more explicitly about faith or at least move in that direction? You're welcome to share this with your group, but don't feel pressure to do so.
7. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Faithful God, as we have listened for Your Word, give us humble hearts and open minds. Where we are confused, give us understanding. Where we are uncertain, give us faith. And where Your truth and our experience challenge us, give us courage to trust Your goodness. Help us to see more clearly the depth of Your love, the beauty of Your grace, and the hope we have in Jesus Christ. Amen..

Scripture | Acts 4:1-14

¹ While Peter and John were speaking to the people, they were confronted by the priests, the captain of the Temple guard, and some of the Sadducees. ² These leaders were very disturbed that Peter and John were teaching the people that through Jesus there is a resurrection of the dead. ³ They arrested them and, since it was already evening, put them in jail until morning. ⁴ But many of the people who heard their message believed it, so the number of men who believed now totaled about 5,000.

⁵The next day the council of all the rulers and elders and teachers of religious law met in Jerusalem. ⁶Annas the high priest was there, along with Caiaphas, John, Alexander, and other relatives of the high priest. ⁷They brought in the two disciples and demanded, "By what power, or in whose name, have you done this?"

⁸Then Peter, filled with the Holy Spirit, said to them, "Rulers and elders of our people, ⁹are we being questioned today because we've done a good deed for a crippled man? Do you want to know how he was healed? ¹⁰Let me clearly state to all of you and to all the people of Israel that he was healed by the powerful name of Jesus Christ the Nazarene, the man you crucified but whom God raised from the dead. ¹¹For Jesus is the one referred to in the Scriptures, where it says,

'The stone that you builders rejected
has now become the cornerstone.'

¹²There is salvation in no one else! God has given no other name under heaven by which we must be saved."

¹³The members of the council were amazed when they saw the boldness of Peter and John, for they could see that they were ordinary men with no special training in the Scriptures. They also recognized them as men who had been with Jesus. ¹⁴But since they could see the man who had been healed standing right there among them, there was nothing the council could say.

WEEK 5: The Story Nobody Wants to Preach

Acts 5:1-11

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Acts 5:1-11

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Reflect on the Scripture passage. Are there parts about the passage that are either challenging (take a look at the sermon title) or mysterious or that pique your curiosity and you'd like to explore in the discussion?
3. Impostor syndrome: a persistent feeling or sense of being inadequate, a fraud, or that your success is unearned. Have you experienced this? What was it like for you?
4. Consider the comparison with the story of Achan from Joshua 7 that Pastor George brings up about half way through the sermon. How does this comparison help us understand the meaning of the Ananias and Sapphira story? Does it answer any questions you have about the Acts 5 passage?
5. This sermon focused on what it means to relate to God and others as yourself, or authenticity. "God has never wanted your facade, God has only wanted you." Reflect on this idea together. Could God be inviting you into greater authenticity in your relationship with God and the community of God's people? What could that look like?
6. Paraphrasing Walter Brueggemann, P. George said, "lying within the community is an act of violence against the community." Consider this quote. What makes truth telling so important in our lives and community? Can you think of a way where there's a need for healthy and wise truth-telling to be more present in your life?
7. Talk about some of P. George's practical tips for practicing authenticity. How can you apply them? 1) Name a facade in your life. 2) Bring it to other people (with discernment, share about this with someone else or others). 3) Receive it, don't rush it, when others bring a vulnerability to you.
8. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Faithful God, as we have listened for Your Word today, give us humble hearts and attentive minds to know You more deeply. By Your Spirit, help us not only to hear Your Word, but to respond with trust and obedience. Teach us to live with integrity, to walk in humility, and to rest in the grace You freely give. Amen.

Scripture | Acts 5:1-11

¹ But there was a certain man named Ananias who, with his wife, Sapphira, sold some property. ² He brought part of the money to the apostles, claiming it was the full amount. With his wife's consent, he kept the rest.

³ Then Peter said, "Ananias, why have you let Satan fill your heart? You lied to the Holy Spirit, and you kept some of the money for yourself.

⁴ The property was yours to sell or not sell, as you wished. And after selling it, the money was also yours to give away. How could you do a thing like this? You weren't lying to us but to God!"

⁵ As soon as Ananias heard these words, he fell to the floor and died. Everyone who heard about it was terrified. ⁶ Then some young men got up, wrapped him in a sheet, and took him out and buried him.

⁷ About three hours later his wife came in, not knowing what had happened. ⁸ Peter asked her, "Was this the price you and your husband received for your land?"

"Yes," she replied, "that was the price."

⁹ And Peter said, "How could the two of you even think of conspiring to test the Spirit of the Lord like this? The young men who buried your husband are just outside the door, and they will carry you out, too."

¹⁰ Instantly, she fell to the floor and died. When the young men came in and saw that she was dead, they carried her out and buried her beside her husband. ¹¹ Great fear gripped the entire church and everyone else who heard what had happened.

APPENDIX

Below are resources to look into if you are interested in diving deeper into some of the topics covered in this series. If you need resources that more specifically address your own experience, demographic, or faith journey, please reach out to a Highrock pastor or to smallgroups@highrock.org and we will be happy to help!

ONLINE BIBLES

- [Blue Letter Bible](#)
- [Bible Gateway](#)

PRAYER TOOLS

- [The Prayer of Examen: Tracking Our Moods](#)
- [Breath Prayer/Prayer of the Heart](#)
- [Divine/Fixed Hour Prayer](#)
- [SoulCare guide to Imaginative Prayer Spiritual Practice](#)
- [Imaginative Prayer/Ignatian Contemplation](#)
- [SoulCare guide to Recall & Paraphrase Spiritual Practice](#)
- [Lament](#)
- [Laughter and Prayer](#)
- [Palms Up, Palms Down](#)
- [Pray a Psalm in a Nature Setting](#)
- [Praying with your Body](#)
- [Welcoming Prayer](#)

“ICEBREAKER” QUESTIONS

- What was a small win from your week?
- Share a High/Low from your day or week.
- On a scale of 1-10, how are you doing coming into this meeting?
- If you were to describe yourself as a weather forecast today, what would you be? Example: sunny, partly cloudy, rainy with a chance of snow, etc.
- What song would be the theme track for the day you had?

GENERAL RESOURCES FOR INDIVIDUAL SUPPORT

- [Spiritual Practices](#)
- [Mental Health Resources](#)
- [Parenting & Kids—Understanding each other through Milestones](#)

TIPS FOR GUIDING CONVERSATION

- Allow everyone space to share. It's ok to ask what people are thinking even if they don't volunteer to share right away. But always give people the option to decline to share. Example: "Hey, Fred, you've been a little quiet and I'm curious to know what you think. Would you like to share anything?"

- Remember there aren't necessarily "right" answers. Encourage participants to simply be curious about what came up for them or others without the pressure of feeling like they "should" have thought or felt anything in particular. Example: Instead of asking "What is this story supposed to be communicating?" ask "What did you notice?"
- Embrace the differences. Affirm that different people can come to different conclusions regarding the same thing. Example: "Interestingly, the text reminded Susie of ABC, while it reminded José of XYZ. Both can be present and true."
- Adapt to suit your group's needs. Sometimes conversation is free-flowing and sometimes it's easier to move through discussion questions one at a time. Do what feels suitable for your group, but don't feel pressured to answer/discuss every single question.
- Encourage curiosity by modeling curiosity. Asking someone "Tell me more about XYZ" can be a really simple but effective tool to go deeper in conversation.
- Don't be afraid of silence. It's natural to want to fill silences or pauses in a conversation. But don't be afraid to sit in silence with your group members. Sometimes thoughts just need time to percolate, so don't feel like you have to rush to another question if no one shares immediately.
- Refer back to the Conversation Covenant. This is the posture that we as Highrock hold as we gather in groups. When the conversation gets tough, you can always refer back to the Conversation Covenant to remind the group that everyone has agreed to abide by this covenant in small group meetings.