

# A NOTE FOR FACILITATORS

## *Living Well - Rhythms of Grace*

Just a few practical tips to help things run smoothly!!

Living Well - Rhythms of Grace, is designed to be delivered over 5 weeks in small groups. The hope is that groups will journey together during that time, encouraging and sharpening each other and creating a safe space that enables each person to explore what Living Well might look like for them.

Each session has 6 different components:

### REGROUP

Gather together, get to know each other and enjoy a coffee!

### REVIVE

A moment to pause, to breathe and to invite Jesus into the space

### RELATE

A space to gather, get to know each other and reflect on your journey from week to week

### REVIEW

Time to explore the theme of the session by watching the accompanying course videos

### REFLECT

An opportunity to reflect on the content of the video, through small group discussion, and to consider what it might look like to put that into practice

### RESPOND

A moment of quiet to reflect and respond

After gathering together and enjoying each others company - and maybe some good coffee or even a meal - each session begins with space to be revived - An opportunity to pause and be still - in our hearts, in our minds and in our bodies - as we ask God to direct our conversation and draw our attention to areas in our lives where there is space for more of His grace. I have suggested a verse for each session that can be used as a Breathing Prayer. When using Breathing Prayers as a group, it will be helpful for the facilitator to slowly read the verse out loud three times. You will find more information on Breathing Prayers on the Living Well website:

<https://living-well.online/wp-content/uploads/2023/01/Breathing-Prayers.pdf>

For each session, there is a video to watch and accompanying session notes. To facilitate some 'phone free' time, I suggest printing the resources for each participant - though if this is not possible, you could, of course, send out the links.

Sessions end with a personal activity to enable each person to reflect and spend time in God's presence before rushing off. Spending time in stillness can be challenging for some people - It can be helpful to play some quiet, reflective music during these times.

Please note that in a few sessions, there are additional 'Respond' activities following the video, with accompanying resources. All Living Well resources mentioned are included in the session notes which also include links to digital versions of those resources.

And finally, have fun!

Great things happen when followers of Jesus encourage each other and press into the love of God together!

*Living Well*

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## SESSION PLAN

# *Living Well - Rhythms of Grace*

### SESSION 1 - INTRODUCING LIVING WELL

In session 1 we will begin to consider what it might mean to live well as we ask ourselves 'How am I?'

### SESSION 2 - SABBATH

In session 2 we are digging into the rhythm of Sabbath as we explore how it continues to be as relevant today as when it was first introduced in the Old Testament. And we'll be considering what it might look like for us to carve out a day of rest each week.

### SESSION 3 - STILLNESS

In session 3 we are exploring the rhythm of Stillness as we consider how we might punctuate our day with moments of stillness that help us 'stay our soul on God'.

### SESSION 4 - WONDER

In session 4 we are exploring how we can 'Walk with Wonder'- being present and bringing curiosity that enables us to notice where God is at work in our life.

### SESSION 5 - SUBMISSION

In session 5 we are looking at our final rhythm as we explore what it looks like to orient our lives around Jesus, remembering that He holds all things together, and press into a rhythm of submission.

## *Could you support the work of Living Well?*

I am passionate about ensuring that all Living Well resources are available and accessible for anyone who might find them useful and so this resource is offered on a donation basis.

The standard price is £25- if you are able to, please support the work of Living Well by donating this amount.

If that is not possible for you right now - then, be blessed and feel free to donate what you can, if you can!

If you are able - you might like to consider paying it forward - by paying a little extra to help cover the costs of someone who is not currently able to pay the full amount.

You can make a donation by following this link:

<https://www.stewardship.org.uk/partners/20167567>

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