

# DECEMBER

## Small Group Guide

### Music

#### SUGGESTIONS FOR THIS MONTH'S MEETING:

- This month's theme is music, so consider beginning or ending your group meeting with a song. You can sing together if that feels comfortable to everyone, or else you could listen to an Advent song or piece of music.
- As the calendar year draws to a close, many of us are thinking about our resolutions for the New Year. This is also a great opportunity to reflect together on how well your observance of Sunday is going, improvements that you have made, and growth that you hope to continue in the coming year. Encourage each group member to give a brief update at this "halfway point" in our Reclaiming Sundays practices.

#### DISCUSSION QUESTIONS

1. *In this month's video, Luke Spehar comments that music has the power to "lift you out of yourself" and moves the heart to worship. Have you experienced this? What was happening in that moment?*

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2. *Share about a time when music helped you enter more deeply into worship. What was it about that particular song or piece of music that moved you?*

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3. *Can you think of a time when liturgical music (music in the context of Mass) really helped you pray? What made the difference for you?*

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4. *What role does music play in your home and family life? Are there ways your family could use music to enhance your celebration of the Lord's Day?*

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