

# OCTOBER

## Small Group Guide

### Rest, Recreation & Prayer

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

- Notice whether anyone new has joined your group since last month. If there are new faces, make sure to practice hospitality and do a second round of introductions.
- Consider setting up a way to communicate outside of small group meetings such as a text thread or through a communications app. This will allow all group members to share prayer requests, updates and words of encouragement, and promote a stronger sense of community.

#### DISCUSSION QUESTIONS

1. *In this month's video, Pamela Patnode encourages us to observe the Lord's Day by participating in "activities that help us to become a better person ... the person God [intends] for us to be." Which sorts of activities come to mind for you when you think about this quote?*

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2. *Philosophers have said that true leisure is not just the absence of work (what we might call "free time") but is its own kind of activity. Have you experienced a difference between "free time" and genuine leisure in your life?*

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3. *Do you typically experience Sunday as an obligation, or a gift? Why?*

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4. *Pamela points out that real leisure requires planning and self-discipline. What might it look like for you/your family to plan for this coming Sunday so that you are able to enter a little more into Sabbath rest?*

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