

Part II: Group & Leader Study Guide

How to Use This Study

This guide turns Faith at the Intersections into a 12-session journey for small groups or one-to-one mentoring. Each session aligns with a chapter from the book and includes: Scripture, a short synopsis, a key insight, discussion, prayer, journaling, and a simple action step.

Recommended rhythm: 75 minutes (weekly or biweekly).

What you will need: a Bible, the book, pens/journals, and this guide.

Core commitments:

Grace for every story and season

Courage to tell the truth about where we are

Confidentiality - what is shared in group stays in group

Equity - share airtime, invite quieter voices, honor differences

Action - one small step of obedience each week

Group Covenant

We commit to:

- 1) Confidentiality - stories shared here stay here.
- 2) Care - no fixing, rescuing, or preaching at one another.
- 3) Equity - share airtime, invite quieter voices, honor differences.
- 4) Honesty - use I statements and speak for yourself.
- 5) Growth - name one step of obedience each week.
- 6) Prayer - hold one another before God between sessions.

Participant Signature: _____ Date: _____

Leader's Guide (Facilitation Essentials)

Purpose: Help people meet God at real intersections - hardship and opportunity - and take one faithful step at a time.

Before each session:

Read the chapter and mark 1 or 2 key ideas.

Choose the Scripture to read aloud.

Prepare one practice - breath prayer, examen, or journaling.

Text the group: time, location or Zoom, and the session's memory verse.

Room setup:

Circle or U-shape, visible clock, tissues and water, printed Group Covenant.

Trauma-wise and inclusive facilitation:

Invite, never force sharing. Pass is always okay.

Use equitable turns; avoid cross-talk; summarize themes.

Normalize mixed emotions - grief and hope can coexist.

If someone discloses crisis, pause, pray, and follow your church's care pathway.

Facilitation moves:

Ask open questions - what, how, where do you sense God?

Reflect back on feelings and themes; keep the conversation moving.

Land on application: What is your next faithful step this week?

Suggested Session Flow (75 minutes)

Welcome and one-word check-in - 5 minutes

Scripture and 60 seconds of silence - 10 minutes

Teaching recap 2 to 3 minutes and Discussion Round 1 - 15 minutes

Discussion Round 2 - 20 minutes

Practice - breath prayer, examen, or journaling - 10 minutes

One Step of Obedience - each person names one action - 7 minutes

Close in prayer; confirm memory verse and logistics - 3 minutes

Suggested Session Flow (90 minutes)

Welcome and opener - 10 minutes

Opening prayer - 5 minutes

Scripture and 60 seconds of silence - 12 minutes

Teaching recap and transition - 8 minutes

Discussion in two rounds - 40 minutes

Practice and One Step of Obedience - 10 minutes

Close in prayer and logistics - 5 minutes

12-Session Plan (at a glance)

- 1) Letting Go of the Rearview Mirror - Isaiah 43:18-19 - Release prayer
- 2) Healing What's Behind - Psalm 147:3 - Guided confession and invitation
- 3) Remembering the Good - Psalm 77:11-12 - Gratitude inventory
- 4) Eyes Forward - Philippians 3:13-14 - Eyes-forward statement
- 5) Trusting the Detour - Proverbs 16:9 - Reframe a detour
- 6) Waiting on Green - Psalm 27:14 - Breath prayer in waiting
- 7) When the Light Turns Yellow - Isaiah 30:21 - Cautions and confirmations
- 8) Crossing with Courage - Joshua 1:9 - Courage visualization
- 9) The Holy Spirit is Your GPS - John 16:13 - Listening prayer
- 10) The Gift of Detours - Romans 8:28 - Meaning making
- 11) A Transformed Mind - Romans 12:2 - Thought swap - lie to truth
- 12) The Intersection of Faith and Purpose - Ephesians 2:10 - Purpose statement

Session 1: Letting Go of the Rearview Mirror

Scripture

Isaiah 43:18-19 (same translation as the book)

Synopsis

Some memories teach. Others keep us stuck. God invites us to release what keeps us circling the past, so we can notice the new thing He is doing now. Letting go is not denial. It is an act of trust that makes room for healing, perspective, and forward movement.

Key Insight (Faith + Psychology)

Attention follows intention. When we constantly replay old scenes, our brain reinforces those pathways and our choices drift backward. When we set our intention toward what God is doing now, attention begins to rewire. Practice naming the past honestly, then place it in God's hands, and look for one sign of new growth.

Reflection Questions

1. What are you tempted to replay on a loop, and why?
2. What would it look like to release one piece of that story to God this week?
3. Where do you see small signs of a new thing beginning?

Prayer

God, I release what I cannot change. Heal what still hurts, protect what is good, and open my eyes to Your new work in me. Give me courage to face forward in faith. Amen.

Journaling Prompt

Name one thing I am releasing, one thing I am remembering with gratitude, and one way I will face forward this week.

Practice / Action Step

Choose one small behavior that reflects eyes forward today. Put it on your calendar.

Memory Verse

Isaiah 43:18-19

Session 2: Healing What's Behind

Scripture

Psalm 147:3, NIV

Synopsis

God heals the brokenhearted and binds up wounds. Healing is not instant for most of us. It is a journey that begins when we let God touch what we prefer to hide. Honest prayer, wise support, and gentle practices help the heart mend.

Key Insight (Faith + Psychology)

Pain that is not addressed often gets managed through avoidance or control. Naming our pain lowers its grip. Bringing it into safe relationship creates conditions for repair. Healing grows when we pair prayer with practical steps, like counseling, confession, or healthy boundaries.

Reflection Questions

1. Where do you sense unresolved pain shaping how you show up now?
2. What would giving God access look like in that area?
3. What safe support could help you take a healing step?

Prayer

Jesus, You see every wound and You care. I invite Your presence into the places I avoid. Lead me to the help I need and teach my heart to receive Your healing. Amen.

Journaling Prompt

Write a short prayer that names a wound and asks for one next step toward healing.

Practice / Action Step

Book one healing step this week, such as a conversation, prayer appointment, or counseling intake.

Memory Verse

Psalm 147:3

Session 3: Remembering the Good

Scripture

Psalm 77:11-12

Synopsis

Remembering God's works protects us from fear and short memory. Gratitude does not erase struggle, but it anchors us in reality, where God has been faithful before and will be faithful again.

Key Insight (Faith + Psychology)

Gratitude trains attention. It shifts mental bias from threat only to a fuller picture. When we practice gratitude, our stress response eases and our capacity to act wisely grows. Gratitude is a skill that strengthens with use.

Reflection Questions

1. Which past provisions of God still steady you today?
2. How does gratitude change your next decision in this season?
3. What might you miss if you only focus on problems?

Prayer

Father, remind me of Your faithfulness. Bring to mind good gifts I have overlooked. Let gratitude fuel wise choices and courageous action. Amen.

Journaling Prompt

List three moments when God met you. Write one sentence about what each teaches you now.

Practice / Action Step

Share one specific gratitude with someone this week and tell them why it matters.

Memory Verse

Psalm 77:11-12

Session 4: Eyes Forward

Scripture

Philippians 3:13-14

Synopsis

Eyes forward is not forgetting the past. It is placing our full attention on where God is leading. New seasons ask for new focus, new habits, and new courage.

Key Insight (Faith + Psychology)

Where focus goes, energy flows. If our daily habits point backward, our future shrinks. If our habits align with calling, growth compounds. Small, repeated shifts change direction over time.

Reflection Questions

1. What routine keeps you tied to yesterday?
2. What sign of God's new work can you name today?
3. Which small habit, if practiced for 30 days, would move you forward?

Prayer

Lord, set my eyes on what You are doing now. Train my focus, reorder my habits, and help me walk into the new with trust. Amen.

Journaling Prompt

Write one eyes forward declaration in one sentence. Keep it visible this week.

Practice / Action Step

Replace one backward habit with one forward habit. Schedule it daily.

Memory Verse

Philippians 3:13-14

Session 5: Trusting the Detour

Scripture

Proverbs 16:9

Synopsis

Detours feel costly. Plans shift, timelines move, and ego resists. Yet many detours become the place God shapes character, relationships, and calling in ways straight roads rarely do.

Key Insight (Faith + Psychology)

Reframing does not deny difficulty. It names God's presence and looks for purpose within disruption. When we reframe, stress lowers and options appear. Detours can guard us from harm, slow us enough to learn, or lead to doors we would have missed.

Reflection Questions

1. Name a recent detour. What did it threaten for you?
2. What gift might this detour be offering?
3. How will you partner with God in it this week?

Prayer

God, when my path bends, keep my heart soft. Teach me what I need to learn and lead me along the path You choose. Amen.

Journaling Prompt

Write two sentences that reframe your current detour with hope and honesty.

Practice / Action Step

Take one action aligned with the reframe, even if it is small.

Memory Verse

Proverbs 16:9

Session 6: Waiting on Green

Scripture
Psalm 27:14

Synopsis

Waiting is active trust, not passivity. God uses waiting to strengthen courage, clarify motives, and prepare next steps. Yellow and red lights protect us. They are not punishments.

Key Insight (Faith + Psychology)

Anxious urgency narrows vision. Rhythms of rest, prayer, and preparation widen it. When we slow our body, our mind follows, and patience grows. Preparation in waiting is faith in motion.

Reflection Questions

1. Where do you feel ready but sense not yet?
2. What could faithful preparation look like this week?
3. What fear rises in waiting, and what truth answers it?

Prayer

Lord, teach me to wait with trust. Set my pace by Your timing and strengthen my heart as I prepare. Amen.

Journaling Prompt

List two ways to prepare while you wait. Choose one to practice.

Practice / Action Step

Use a breath prayer for three minutes daily: Inhale, I trust. Exhale, Your timing.

Memory Verse

Psalm 27:14

Session 7: When the Light Turns Yellow

Scripture
Isaiah 30:21

Synopsis

Yellow means proceed with care. Wisdom listens for God's guidance, checks motives, and pays attention to wise counsel. Slowing for a moment can save much pain later.

Key Insight (Faith + Psychology)

Discernment blends prayer, Scripture, and community with honest self awareness. We name cautions and confirmations, then move in peace. Decisions made from rush often echo our fears, not our calling.

Reflection Questions

1. What decision needs caution rather than speed?
2. What is one caution and one confirmation you can name?
3. Who is a wise voice you can check in with this week?

Prayer

Holy Spirit, guide my steps. Let Your voice be clearer than pressure or fear. Give me peace to pause and courage to act in Your time. Amen.

Journaling Prompt

Write two columns: Cautions and Confirmations. Add one item to each.

Practice / Action Step

Delay one rushed decision by 24 to 48 hours. Pray and seek counsel before acting.

Memory Verse

Isaiah 30:21

Session 8: Crossing with Courage

Scripture

Joshua 1:9

Synopsis

Eventually, the light turns green. Crossing requires courage, not absence of fear. God goes with us and strengthens us as we step.

Key Insight (Faith + Psychology)

Courage grows by doing small hard things with support. When we act in line with values and calling, confidence follows action. Naming fear and naming God's promise side by side builds a bridge.

Reflection Questions

1. What crossing sits in front of you now?
2. What fear or belief stands in the way?
3. What promise of God steadies you to move?

Prayer

God, be strong in me. I receive Your presence and Your command to be courageous. Lead me as I take the next faithful step. Amen.

Journaling Prompt

Write a one sentence courage statement that begins with I will.

Practice / Action Step

Schedule one concrete crossing action in the next 72 hours. Tell a support person.

Memory Verse

Joshua 1:9

Session 9: The Holy Spirit is Your GPS

Scripture
John 16:13

Synopsis

God rarely gives the whole map. The Spirit leads turn by turn. Listening is learned by practice. Obedience in small nudges builds trust for the next.

Key Insight (Faith + Psychology)

Quiet attention helps us notice inner nudges and wise limits. Reducing noise, even briefly, improves discernment. When we act on a clear nudge that aligns with Scripture and character, guidance tends to grow.

Reflection Questions

1. Where are you asking for the whole plan instead of the next step?
2. How do you personally sense a Spirit nudge?
3. What practice helps you listen, even for five minutes?

Prayer

Holy Spirit, guide me into truth. Quiet the noise, tune my heart to Your leading, and make me quick to obey. Amen.

Journaling Prompt

Record one nudge you sensed in prayer today and how you will test it.

Practice / Action Step

Take one small action on a nudge within 48 hours that aligns with Scripture and wisdom.

Memory Verse

John 16:13

Session 10: The Gift of Detours

Scripture
Romans 8:28

Synopsis

Some gifts only show up in hindsight. God works in all things, even delays and disappointments, for the good of those who love Him and live called according to His purpose.

Key Insight (Faith + Psychology)

Meaning making helps pain become wisdom. When we ask what this season is forming in us, we reclaim agency. Naming the gift does not deny the cost. It honors both and moves us toward purpose.

Reflection Questions

1. What wrong turn became a right formation over time?
2. What possible good might God be working now, even if small?
3. Who is being shaped by your response in this season?

Prayer

Father, open my eyes to the hidden gifts in this path. Work Your good in me and through me as I trust You. Amen.

Journaling Prompt

Write one sentence that names a gift emerging from your current season.

Practice / Action Step

Share your reframe with a trusted friend. Ask them to pray with you.

Memory Verse

Romans 8:28

Session 11: A Transformed Mind

Scripture
Romans 12:2

Synopsis

Transformation begins with renewal of the mind. We are shaped by the stories we repeat. God invites us to trade untrue narratives for His truth so we can discern and do His will.

Key Insight (Faith + Psychology)

Thoughts drive emotions and actions. When we identify a recurring lie and replace it with Scripture truth, our brain begins to rewire. Repetition plus practice builds new pathways.

Reflection Questions

1. What recurring thought is limiting your obedience or peace?
2. What Scripture truth answers it today?
3. What daily habit will help you practice this truth?

Prayer

Lord, renew my mind. Expose lies, plant truth, and train my thoughts to agree with You. Let transformation take root in my choices. Amen.

Journaling Prompt

Lie to release, truth to receive, and one action that reflects that truth.

Practice / Action Step

Create a truth card. Read it aloud each morning and night for one week.

Memory Verse

Romans 12:2

Session 12: The Intersection of Faith and Purpose

Scripture

Ephesians 2:10

Synopsis

You are God's workmanship, created in Christ for good works prepared in advance.

Purpose is not a performance test. It is a response to grace, lived step by step where you already are.

Key Insight (Faith + Psychology)

Clarity grows with action. As we try faithful steps, feedback shapes direction. Purpose becomes practical when it shows up in relationships, work, service, and rest. It is lived, not only stated.

Reflection Questions

1. Where are faith and purpose meeting in this season?
2. What good work is already in front of you this week?
3. Who benefits if you take the next faithful step?

Prayer

God, thank You for calling and design. Show me the good works prepared for me, and help me walk in them with joy. Amen.

Journaling Prompt

Write a one sentence purpose statement for this season that begins with Today I will.

Practice / Action Step

Choose one relationship or context where you will live that statement this week. Put it on your calendar.

Memory Verse

Ephesians 2:10

Participant Worksheet (template)

Scripture:

Key Insight - 1 to 2 sentences:

Three Highlights:

1)

2)

3)

Prayer Notes:

Practice / Action Step - specific and doable:

Support - who or how I will ask:

Memory Verses (list)

- 1) Isaiah 43:18-19
- 2) Psalm 147:3
- 3) Psalm 77:11-12
- 4) Philippians 3:13-14
- 5) Proverbs 16:9
- 6) Psalm 27:14
- 7) Isaiah 30:21
- 8) Joshua 1:9
- 9) John 16:13
- 10) Romans 8:28
- 11) Romans 12:2
- 12) Ephesians 2:10

Leader One-Page (template)

Objective:

Primary Scripture:

Big Idea - 1 to 2 sentences:

Open - 5 min: one-word check-in

Read - 5 to 10 min: Scripture and 60 seconds of silence

Discussion - pick 3 to 4 prompts:

Practice - 10 min: _____

One Step of Obedience - 5 to 7 min

Close - 3 min: prayer and logistics

Notes or Pastoral follow-ups:

Session Supplements (Extended Questions & Practices)

Supplement for Session 1: Letting Go of the Rearview Mirror

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Isaiah 43:18-19. Emphasize a different phrase each day to deepen recall.

Supplement for Session 2: Healing What's Behind

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Psalm 147:3. Emphasize a different phrase each day to deepen recall.

Supplement for Session 3: Remembering the Good

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Psalm 77:11-12. Emphasize a different phrase each day to deepen recall.

Supplement for Session 4: Eyes Forward

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Isaiah 43:18-19. Emphasize a different phrase each day to deepen recall.

Supplement for Session 5: Trusting the Detour

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Proverbs 16:9. Emphasize a different phrase each day to deepen recall.

Supplement for Session 6: Waiting on Green

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Psalm 27:14. Emphasize a different phrase each day to deepen recall.

Supplement for Session 7: When the Light Turns Yellow

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Isaiah 30:21. Emphasize a different phrase each day to deepen recall.

Supplement for Session 8: Crossing with Courage

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Joshua 1:9. Emphasize a different phrase each day to deepen recall.

Supplement for Session 9: The Holy Spirit is Your GPS

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating John 16:13. Emphasize a different phrase each day to deepen recall.

Supplement for Session 10: The Gift of Detours

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Romans 8:28. Emphasize a different phrase each day to deepen recall.

Supplement for Session 11: A Transformed Mind

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Romans 12:2. Emphasize a different phrase each day to deepen recall.

Supplement for Session 12: The Intersection of Faith and Purpose

Extended Discussion Questions

Where are you experiencing this intersection in your current season? Be specific.

What fear, belief, or habit most resists God's invitation here?

What past story influences how you are reading this moment? What truth reframes it?

What practice from this chapter could you try for 7 days? What support do you need?

Who might benefit if you take the next faithful step? Who could you invite to pray with you?

Guided Prayer

God, meet me at this intersection. Quiet competing voices, bring Your truth to mind, and give me courage to choose the next faithful step. Amen.

Practice Ideas

Breath prayer for 3 minutes daily - write your phrase on a card.

Gratitude list (3 items per day) - share one with a friend each week.

Truth card - write a lie to release and the Scripture truth to receive.

Listening walk - 15 minutes without your phone, attending to God's nudges.

Detour reframe - write 2 sentences naming a possible gift within this disruption.

Memory Verse Focus

Spend 2 minutes each day repeating Ephesians 2:10. Emphasize a different phrase each day to deepen recall.

Group Launch Checklist

Confirm your purpose and audience for this group.

Decide cadence (weekly or biweekly) and meeting length (75 or 90 minutes).

Choose location (home, church room, or video platform) and confirm accessibility.

Send an invitation with dates, times, and what to bring (book, Bible, journal).

Print or share the Group Covenant, and invite participants to read it before Session 1.

Assign memory verses or encourage optional memorization.

Identify a co-leader or timekeeper to help keep the flow on track.

Test your quiet-time practice for opening silence and Scripture reading.

Midpoint Check-in (after Session 6)

What has helped you most so far? What would you change in the next six sessions?

How are we doing with confidentiality and balanced participation?

What barriers are people facing in taking one small action each week?

Do we need to adjust meeting time or pacing?

Celebrate two specific stories of growth from the group.

Closing Celebration Guide (Session 12)

Open with prayer and gratitude for the journey together.

Invite each person to share one transformation story from the twelve weeks.

Revisit the One Step of Obedience from each week and celebrate progress.

Pray commissioning prayers over each participant by name.

Discuss what comes next: pause, repeat the study with new people, or begin a service project.

Facilitator Troubleshooting

If one person dominates: affirm their sharing, then invite two quieter voices before returning.

If conversation stalls: read the chapter's key paragraph aloud and ask What word or phrase stands out?

If emotion rises: slow the pace, sit in respectful silence, then offer a brief prayer.

If a crisis is disclosed: pause and pray; afterward, follow your church's care pathways and mandated reporting laws.

If time runs long: name a clear stopping point and move remaining items to next week.

Resources for Further Growth

Daily Examination: a five minute reflection to notice God's presence and invitations.

Breath prayers: pair a short Scripture phrase with natural breathing for calm focus.

Journaling prompts: What am I releasing? What am I receiving? What is my next faithful step?

Accountability partner: share your weekly action and check in midweek with a text.

Session 1: Letting Go of the Rearview Mirror - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

What would faithfulness look like between now and our next meeting?

Session 1: Letting Go of the Rearview Mirror - Leader Notes

Aim for breadth, then depth: a quick first round, then linger on two themes.

Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 2: Healing What's Behind - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

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Close by helping each person name one specific action and how they will follow through.

Session 3: Remembering the Good - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

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Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 4: Eyes Forward - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

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What would faithfulness look like between now and our next meeting?

Session 4: Eyes Forward - Leader Notes

Aim for breadth, then depth: a quick first round, then linger on two themes.

Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 5: Trusting the Detour - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

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If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 6: Waiting on Green - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

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Session 6: Waiting on Green - Leader Notes

Aim for breadth, then depth: a quick first round, then linger on two themes.

Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 7: When the Light Turns Yellow - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

What would faithfulness look like between now and our next meeting?

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Aim for breadth, then depth: a quick first round, then linger on two themes.

Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 8: Crossing with Courage - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

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Session 8: Crossing with Courage - Leader Notes

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Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 9: The Holy Spirit is Your GPS - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

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Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 10: The Gift of Detours - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

What would faithfulness look like between now and our next meeting?

Session 10: The Gift of Detours - Leader Notes

Aim for breadth, then depth: a quick first round, then linger on two themes.

Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 11: A Transformed Mind - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

What would faithfulness look like between now and our next meeting?

Session 11: A Transformed Mind - Leader Notes

Aim for breadth, then depth: a quick first round, then linger on two themes.

Name the emotional tone. Normalize mixed feelings. Invite silence before answers.

If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Session 12: The Intersection of Faith and Purpose - Expanded Discussion Prompts

What word or phrase from this chapter stayed with you and why?

Where do you sense God inviting release, healing, or obedience right now?

What emotions surface as you consider this theme? Name them without judgment.

Which story in your past shapes how you see this intersection? What truth reframes it?

What support or boundary would make one small step possible this week?

What would faithfulness look like between now and our next meeting?

Session 12: The Intersection of Faith and Purpose - Leader Notes

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If advice starts to pile up, pause and shift to prayerful listening.

Close by helping each person name one specific action and how they will follow through.

Appendix: Practice Guides

Breath Prayer (How-To)

Choose a short Scripture phrase, such as 'Be still and know' or 'Your will be done'. Sit comfortably. As you inhale, pray the first half quietly; as you exhale, pray the second half. Let the breath set the pace. If your mind wanders, gently return to the phrase without self-criticism. Begin with 3 minutes daily and build to 5-7 minutes. Use it when you wait, walk, or before a difficult conversation.

Daily Examen (5 Steps, 7–10 minutes)

1) Become aware of God's presence. 2) Gratitude: name two or three gifts from today. 3) Review: walk back through your day, noticing where you felt near or far from God. 4) Confess and receive grace where you missed the mark. 5) Look ahead: ask for light and courage for tomorrow's next step. The Examen trains attention and helps you discover patterns, desires, and invitations.

Lectio Divina (Slow Scripture Reading)

Read a short passage aloud. Pause. Read again, listening for a word or phrase that stands out. Sit with it in quiet. Read a third time and respond to God in prayer about what surfaced. Close by resting in silence. Lectio is not about information but formation: letting the text read you and shape your responses to daily intersections.

Writing a Truth Card

Identify a recurring untrue script (e.g., 'I am alone,' 'I must control everything'). On a small card, write the lie on one side and a Scripture truth on the other (e.g., 'I will never leave you nor forsake you' - Hebrews 13:5). Keep it visible. Read the truth morning and night for one week. Over time, repeated truth reshapes attention and expectation.