



## Small group notes – Week 5

### Welcome

Welcome everyone.

### Worship

It's always good to start in worship. Why don't you ask someone who can play a guitar or another instrument, if they will lead your group in some live worship or choose a couple songs to help lead people into God's presence – we have compiled a couple of playlists with a range of songs for you to use during worship and ministry.

[Riverside Vineyard Youtube Playlist](#)

[Vineyard Worship Spotify Playlist](#)



Video – Part 1



Discussion (10 minutes)

- Take a look at Psalm 139 vs 23-24 (you might find it helpful to read The Message which gives a fresh take on familiar words) – what words or thoughts jump out to you?
- On your journey of faith, to what degree have you invited God to help you look deep within? If you can, share an example



Video – Part 2



Reflection & Ministry (15 minutes)

As part of this video section, we'll be leading through an Examen. The Examen is a prayerful way of examining our lives and helping us to go deeper in our relationship with Jesus. You can find other examples on our resources page – [www.riversidevineyard.com/resources](http://www.riversidevineyard.com/resources) or an audio version at [www.danwilt.com/the-daily-examen/](http://www.danwilt.com/the-daily-examen/)

Following this, take some time in your groups to share how you might personally implement a



rhythm of deeper examination into your life, e.g. taking time to reflect

And then spend some time praying for each other (\* see note below) Invite the Holy Spirit, praying for each other for a fresh in-filling of His presence, knowing that His power is in His presence.

### Next week

Encourage your group to be part of a Sunday service for the next talk and to come back next week.

### \* Note for small group leaders / hosts:

Prayer ministry time is for prayer ministry not intercession, but what's the difference?

Maybe someone shares that they have a difficult meeting at work tomorrow. Intercession is praying for the meeting, and that's OK. But in our small groups, we want to do ministry. We believe that God's Kingdom is near and can break in at any time, including now. So what does the person need? Wisdom, peace, courage? Ask the Holy Spirit to release these to the person now wherever they are!

A model that we find helpful is **Ask-Pray-Ask** as we aim to pray in the way Jesus taught us.