

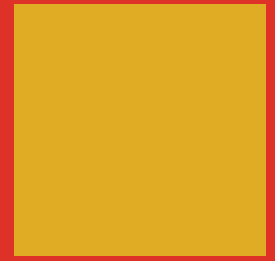
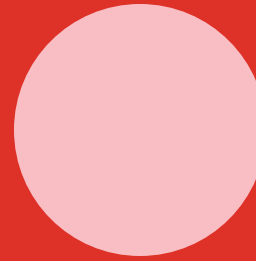
TOGETHER

SOMETHING TO DO WITH A FRIEND





TOGETHER

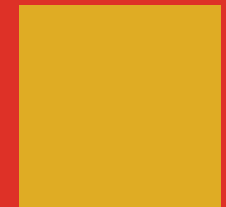


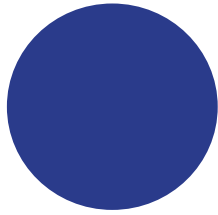
WELCOME

Many of us want to have intentional friendships in our lives that help us better understand Jesus and ourselves but don't know where to start. This was written for you and ONE or TWO other friends to do over the next three months.

Over these next three months, you and your friend(s) will get coffee three times (once a month) and discuss a section. Before you get coffee, read the scripture and find what stands out to you. Read the conversation starters so you have an idea of what you want to say. When you meet, pray, catch up, talk about what you read, and discuss it. Don't know where to start? There are discussion questions in each section. Pay attention to the "practice" section for practical ways to apply the lesson.

We hope this is so helpful for you. We love you! Have fun!





be

GRATEFUL

for all that God has done

SLOW DOWN

Take a few moments to take five deep breaths and relax. Close your eyes and let go of the stresses of everyday life, breathing in the peace of Jesus and breathing out the busyness of life.

PRAY

Invite the Holy Spirit into the conversation. Ask Him to reveal what you are thankful for in this season of life and ask Him to bless this time.

READ

Read these and be attentive to which verses God highlights for you:

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

colossians 2:6-7

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

thessalonians 5:16-18

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

colossians 3:15-17

CONVERSATION STARTERS

Here's some questions to help you start your discussion:

Does gratitude come easy to you? Why or why not?

What part of yourself are you grateful that God made?

In this season of life, what do you feel grateful for? If you're struggling with gratitude, what do you feel is blocking you from feeling grateful?

How have you seen God moving in this season of your life?

Have you taken time to sit and be grateful recently?

Where in your life do you feel restless, and how can you find gratitude there?

What makes you feel like others are grateful for you?

What can I do to help you stay focused on gratitude?

PAUSE

Ask God to fill your heart with gratitude this month, teaching you to be grateful for new things each day. Let your heart be still, and choose to focus on that which brings you joy.

PRACTICE

Here's a few practices to help you work on gratitude this month.

At the beginning of each day, write down three things that you are grateful for.

Throughout your day, thank God for the beauty of the small moments: laughter, a good meal, getting to work on time, good conversations, the sunset.

Tell at least one person you see today that you're grateful for them and why.



SEEK

the
presence
of
Jesus



DISCUSS

Talk about how last month's conversation and practices helped you grow in your relationship with Jesus.

SLOW DOWN

Take a few moments to take five deep breaths and relax. Close your eyes and let go of the stresses of everyday life, breathing in the peace of Jesus and breathing out the busyness of life.

PRAY

Invite the Holy Spirit into the conversation. Ask Him to fill your mind and your heart, revealing to you the areas of your life where you feel you need His strength the most.

READ

Read these and be attentive to which verses God highlights for you:

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

hebrews 11:6

You will seek me and find me when you seek me with all your heart

jeremiah 29:13

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

matthew 7:7-8

CONVERSATION STARTERS

Here's some questions to help you start your discussion:

In your current season of life, where do you see Jesus the most?

Where do you see Him the least?

What does it look like for you to be walking closely with Jesus? Have you ever experienced that?

When do you personally feel the presence of Jesus?

What is your prayer life like? Do you have a quiet time?

How do you see God when you talk to Him? Is He your loving father, the almighty creator, the wrathful protector?

When you read Scripture, does it feel like a chore or like you are growing and being close with Jesus?

Is there a part of yourself that you feel like separates you from God?

Is there something in your life right now that you feel is holding you back in your relationship with God?

Where do you want to grow in your relationship with Jesus?

How can I help you on your journey to growing with Jesus?

PAUSE

Ask God to meet you where you're at today, that He opens your heart to seek Him more. Let your mind be still and create the space to encounter Jesus daily.

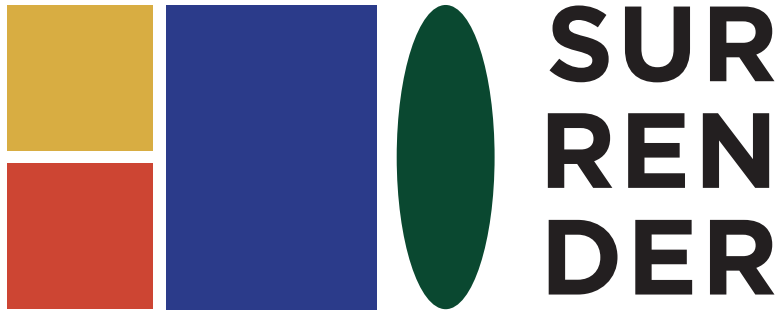
PRACTICE

Here's a few practices to help you work on gratitude this month.

At least 3-5 times this week, set your phone in another room and be still. Take a few moments to clear your mind, focusing on your breathing. Anytime a thought distracts you, recenter your mind with a quick prayer of "Father." From here, rest in the presence of Jesus in whatever way is comfortable for you, whether that is talking to God, listening for His whisper, or just resting. Don't feel like you have to "do" anything.

Whenever you feel yourself get frustrated or upset, take a deep breath and seek the peace of Jesus.

If you don't already, take up the practice of reflecting on your day and what you've read in Scripture through journaling.



**your burdens at the
feet of Jesus**

DISCUSS

Talk about how last month's conversation and practices helped you grow in your relationship with Jesus.

SLOW DOWN

Take a few moments to take five deep breaths and relax. Close your eyes and let go of the stresses of everyday life, breathing in the peace of Jesus and breathing out the busyness of life.

PRAY

Invite the Holy Spirit into the conversation. Ask Him to take the things that have been weighing you down, replacing stress and anxiety with peace and hope.

READ

Read these and be attentive to which verses God highlights for you:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

matthew 11:28-30

For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you.

2 chronicles 20:12b

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!

psalm 46:10

CONVERSATION STARTERS

Here's some questions to help you start your discussion:

What in your life makes you feel weary and burdened? Is it school? A relationship? Thinking about the future?

What usually makes you feel overwhelmed and why?

How do you find Jesus when you feel overwhelmed?

When in your life have you surrendered to God? How did that feel?

How have you seen God work through a situation where you felt out of control?

What part of your life are you trying to stay in control of instead of giving it to Jesus?

What is keeping you from surrendering your situation to Jesus today?

Where in your life do you feel like you are trusting Jesus?

Do you think that the way you trust people affects the way you trust God?

How can I help you trust Jesus in situations where you feel out of control?

PAUSE

Close your eyes and imagine yourself placing your burdens in Jesus' hands. Take a deep breath and say "Jesus, I trust you. Help me to trust you more."

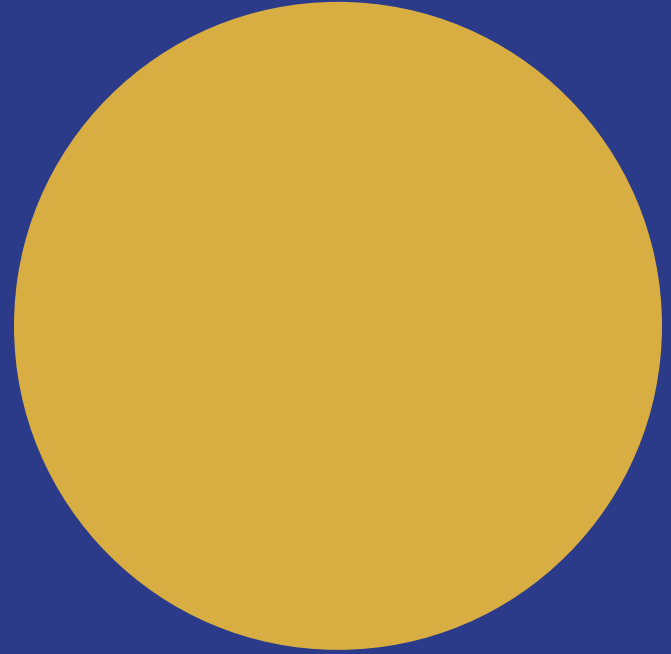
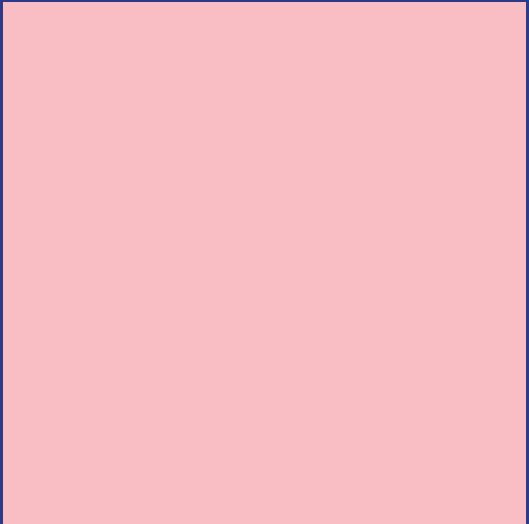
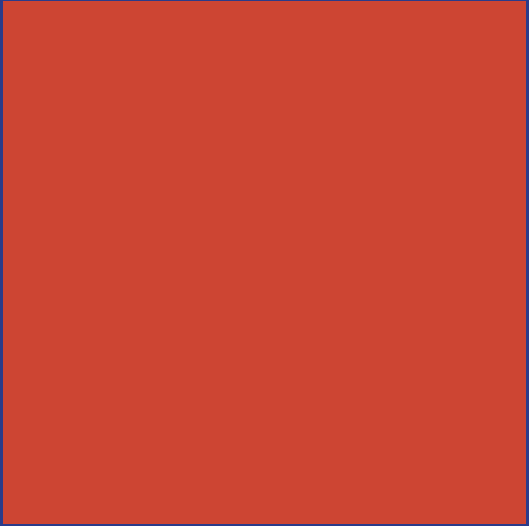
PRACTICE

Here's a few practices to help you work on gratitude this month.

Take some time this month to pray in a quiet place. Close your eyes and envision yourself sitting in one of your favorite peaceful places. Imagine Jesus walking over to you and sitting down. With this image in mind, have a conversation with Jesus like an old friend, and give Him your burdens.

At the beginning of each day, pray this prayer: "Jesus, I trust you today. Help me to trust you more." Tell Him each thing that you are trusting Him with.

When you feel stressed and overwhelmed, take a second to take a deep breath and relax, knowing that Jesus is in control of everything that feels out of your control.



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C  **M**