

Small Group “Sermon Based” Study

The Sermon Based Small Group Studies for the month of November will be in the “Lectio Divina” (*Divine Reading*) format.

The week of November 8th - “Shadows”- Sabbath - Sunday’s texts:

Leviticus 23:3, Exodus 20:8, Is. 58:13-14; Heb. 4:1, 9-11

- Openers:**
1. If you were to come up with the BEST way you rest and get revived, besides sleep, what would it be?
 2. What insight, principle, or observation from this week’s message did you find to be most helpful, eye-opening, or troubling? Explain. Questions?

Text: Use Hebrews 4:1-11 for the Lectio Divina(Divine Reading) exercise. Focus on vrs. 1, 9-11.

Lectio Divina: Now, let’s take time to “feast” on God’s Word.

(The leader walks the group through this exercise)

1. **Prep your palette** (Silencio-Be silent) Start your study time by asking the group to prepare their heart for about a minute or more with silence before you open with prayer.
2. **Take a bite** (Lectio-Read) Have each person read the scripture once or twice to themselves. After this, read over it once more as a group, out loud clearly.
3. **Chew on it** (Meditatio-Meditate) Ask the group to focus on what stands out to them. This could be a word, a phrase, a sentence. Have them choose the “One Thing” that God is revealing to them.
4. **Discuss it** - (De-Discuss)If you feel comfortable to share in the group, please explain what “One Thing” God has revealed to you through this study. Is it a promise? A conviction? A question? a direction, or something else?
5. **Savor it** (Oratio-Prayer) Group prayer to allow God to continue to apply what we’ve just learned.
6. **Digest** (Contemplatio-Contemplate) Over this week, think about any new insights that have come to you through today’s study.