



The Good & Beautiful God Week #2: God is Trustworthy
Luke 22:39-45
January 24, 2010

CONNECTION.....30 Minutes

1. Take a few minutes to give people a chance to catch up and connect with one another.

2. **Review the Assigned Soul Training Exercises From Last Week:**

Were you able to spend 5 minutes every day or most days in silence? Or were you able to take a walk this week and pay close attention to the creation around you? If so, talk about the experience.

What, if anything, did you learn about God or yourself through these exercises?

3. Be still and spend a few moments in silence and then invite the Spirit of God to join and lead your group.

SOUL TRAINING.....30 Minutes

1. Again, find 5 minutes each day to sit in silence.

During this time, your thoughts may run rampant. If so, you can do the following 2 things to help still your mind:

1. Have a notepad nearby to jot down things that may come to your mind. This will help to quiet your mind.
 2. Ease into the 5 minutes by reading the bible for a minute or two.
- This is an exercise designed to help you slow down and become present, more able to focus on God in your midst.

2. Make a list of all the things God has blessed you with, all the things that make life wonderful. Look for the hidden things. Take notice of all of the wonderful things you easily overlook.

Start small: try to come up with a list of 10 things God has blessed you with, things such as loved ones, material provisions, created things, or things you love. Keep adding to your list each day. Strive to make a list of 50 things

3. Share any items of Community News

*The content of this Study Guide is taken from **The Good & Beautiful God** – James Bryan Smith