



*Practice the Presence.  
Know your purpose & gifts.  
Go make a difference.*

## **InnerLife Groups**

*Nurturing Our Growth In Connection to Spirit, Self & Sojourners*

## **LET'S PRAY: OPENING DOORS OF POSSIBILITIES**

### **Purpose/ Description:**

Prayer is a powerful response to life's challenges. It opens doorways of God's possibilities because God hears and responds to the prayers of his people. When we interact with the people in our lives by saying, " Let's Pray ", we extend invitations to walk with God in a non-threatening way.

This course on prayer is divided into 6 sessions:

1. Prayer 201
2. A new response
3. Learning to pray
4. Types of prayer
5. Effective prayer
6. Praying for our nation

### **Time / Frequency:**

This group will meet weekly for 6 weeks starting early September.

### **Participants:**

We are looking for 10-12 people interested in learning more about prayer and how to pray in simple straightforward ways.



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## **LIFE TRANSFORMATION**

### **Purpose / Description:**

To make progress in following the way of Jesus as we apply his teachings in our daily lives. To increase our hunger for Divine Presence and motivate one another to grow spiritually and use our gifts for God's work in the world.

Each meeting starts with a few minutes of quiet reflection - then everyone shares in response to 3 questions:

1. What is Spirit communicating to you through Scripture since we last met?
2. How are you growing in an area God has been convicting / challenging you?
3. How can we pray for your "witness" and the people you sense God calling you to be a "witness" to?

### **Participants:**

We are looking for as many participants as possible. Each group will consist of 3 people. The groups are open. When a group grows to the size of 6 people they divide into two groups.

Everyone in the group commits to:

1. Read Scripture every day (lectionary or other Bible reading plan)
2. Pray for one another every day
3. Meet together 1x a week to Practice the Presence & encourage & challenge one another.

### **Time / Frequency**

Once a week for one hour.



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### **WORSHIP AND INTERCESSION**

#### **Purpose / Description:**

The vision for this group is to flow in worship and prayer spontaneously back and forth. Because God dwells in the praises of his people, this group will seek to be led into intercession through worship. Our goal will be to pray what is the heart of the Father into those items where He directs us to pray. We will pray for our church (one department of it in depth each mtg) and our governments (specifically into those pending issues of the day). At the end of the meeting, we will couple or triple with each other present to share our personal concerns and needs so there is an individual supportive prayer component available as well. We will attempt to flow as the Spirit leads us. All of these goals could shift or realign as Holy Spirit leads.

#### **Time / Frequency:**

The meetings will be about 1 hr in length, plus time at the end for individual supportive prayer. This group will meet weekly.

#### **Participants:**

Each one present will be invited to pray spontaneously in sentence-type conversational prayers and to help with the meetings' direction as the Spirit leads them through the worship time. Example ---as we sing a song, Holy Spirit may bring to mind a Bible verse or an impression, thought, word, colour or a picture that could be shared in the group. A common theme may develop that we pray into. Perhaps one verse will be the one that we apply to all our prayers.



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### **ATTUNEMENT**

#### **Purpose:**

Learning to recognize God in our everyday lives.

#### **Objectives:**

Appreciating the likeness of God in ourselves (internal & external) and others. Experiencing God's presence to deepen our relationship, impact our choices and direct our actions. Exploring various ways and methods of discerning, discovering and inhabiting the reality of "Christ in You".

#### **Description:**

Opening: a few minutes of quiet reflection, prayer, introduction of topic, outline of the evening.  
Spiritual practices: (ie. scripture reflection, meditation, varieties of prayer experiences, creative expressions, time in nature, etc.).  
Reflection / journaling time  
Optional Sharing  
Closing (ie. blessing, prayer of sending, music)

#### **Time / Frequency:**

Afternoon Group: 2 x / month. 1-2 p.m.  
Evening Group: Monthly 7-8:30 p.m.