

Small Group Ministry Session Twenty-Seven: Habits & Rote

OPENING WORDS

“We gather this day in expectation and in hope. To this gathered circle we bring memories and connections, hopes and fears and aspirations. May we renew again that fellowship which is deepened and enriched by our sharing. May we be reminded again of the wider horizons of our human community. And may we hold one another in that esteem that makes family of us all.”

Calvin Dame

CHECK IN

Current state of physical or spiritual health

Joys or concerns about loved ones

Concerns/excitement about what is happening in our lives

REVIEW COVENANT

REVIEW PROGRESS OF THE CIRCLE

DISCUSSION

To be human is to seek the comfortable and the familiar. In many ways, we are creatures of habit. For instance, we may seldom see the people we love—rather, we may live with them by habit, not truly looking with fresh eyes. Or we may drive home each day without “seeing” the sky, the trees, the changing landscape. There are many ways that living out of habit infuses our daily life. For some, this is easy and satisfying and holds no risks. For others, this is dull and boring. Perhaps most of us live with the ambiguity of both wanting the comfort of habit, and the longing for the excitement of stepping out of our routine.

1. How are you a creature of habit?
2. In what ways does this work for you?
3. In what ways does this work against you?
4. How might you live more consciously in the present?

CHECK OUT

What did you like about this meeting? What do you wish had been different?

CLOSING WORDS

“You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this.”

Mahatma Ghandi