



Consider incorporating these questions into your check-in time to help your group start thinking about this week's topic.

What do you spend the most time thinking about?

What are some of the events in your life that made you who you are?

We may encounter God through his Word, but also through the words of others. Invite the Spirit to help you encounter God as you read the following poem together. Note scriptural themes and movements of the Spirit as you consider this week's topic.

!

One thing,  
One thing,  
One thing!  
It's hard to imagine  
one thing  
When I seem to be attracted  
to so many things.  
It is a continuing  
struggle.  
It is a daily  
battle.  
It is my constant  
war.  
The world of the physical  
attracts me,  
excites me,  
magnetizes me, and  
addicts me.  
I confuse consumption  
with satisfaction.  
I confuse satisfied senses

with true joy.  
I confuse a stomach that is full  
with a heart at rest.  
Sometimes I would rather have  
my appetites satisfied  
than a grace-filled heart.  
Sometimes I would rather hold  
the physical  
than have the eyes of my heart  
filled with the beauty of  
the spiritual.  
I am tired of only seeing  
what  
my physical eyes  
can see.  
I want eyes  
to see  
what  
cannot be seen.  
I am tired of craving  
people,

possessions,  
locations,  
circumstances,  
positions,  
experiences,  
appearances....

consuming.  
I need to  
stop.  
I need to  
be quiet.  
I need to sit

Somewhere in my heart,  
I know that only you  
satisfy.  
Deep in my heart,  
I want you to be  
enough.  
I must quit  
moving,  
running,  
driving,  
pursuing,

What attribute of God do you most resonate with? (ex. strength, patience, gentleness, humility)

Find a rock and decorate it, with paint or pens, and the word that reminds you of an attribute of God. Put it somewhere you will see it as a reminder of God as rock and foundation, and that characteristic as a way to remind you of the nearness of God's Spirit.

Close your time in prayer for each other. Consider asking each person to write down their prayer requests on a 3x5 card and switch them with someone else in the group. Pray for each other throughout the week.

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