

## Connect group notes

Week beginning 25<sup>th</sup> September - Jason Perkins

Soul care – tending to the garden of your inner life

### Getting started

What is your favorite and or least favorite part of flying?

How would you describe 2022 if it was a flight?

### Read

Luke Chapter 10 v 38-42 and John 15 v1-8

### Discuss

‘Our doing for Jesus Must flow from our being with Jesus’ what does this mean for our everyday life practically?

Think about each of soul gardening practices that were mentioned in the talk on Sunday how do you personally apply each one?

- 1) Silence and solitude (Sunlight )
- 2) Sabbath (watering)
- 3) Slowing down (Seasons )
- 4) Slow relational reading ( Fertiliser)
- 5) Simple living (Weeding )
- 6) Sadness and sorrow (composting )

Was there anything else from the talk Sunday that challenged you?

### Pray

Take time to remember and thank God for who you are in Him ‘Spiritual Identity means we are not what we do, not what we have or what people say about us, we are the beloved daughters and sons of God ‘ Henri Nouwen

Pray for each person particularly for anything that has emerged during your time together sharing and for the places that God has placed them for such a time as this

Pray for those who started Alpha this week and those who are exploring faith that we know of

Pray for family and friends who you are reaching out to