

## Connect groups: Practicing the way

### What is this program?

**Practicing the way** is a Connect group journey based on the book *Practicing the Way* by John Mark Comer, focused on learning how to intentionally follow Jesus in everyday life.

Together, we will explore spiritual practices modeled by Jesus and practiced by Christians throughout church history, including:

- Scripture
- Prayer
- Sabbath
- Solitude and Silence
- Fasting
- Community
- Generosity
- Service
- Witness

In a world shaped by hurry, distraction, busyness, and constant noise, many Christians desire deeper spiritual growth but struggle to know how to slow down and create space for God to transform them.

This program is designed to help us develop a “Rule of Life” — a schedule, rhythms, and habits that intentionally organize our lives around Jesus. *In simple terms: It is a plan to follow Jesus.*

The goal is not simply to gain more knowledge, but to become people who:

- are with Jesus,
- become like Jesus,
- and do what Jesus did.

### How Connect groups work

The group meets bi-weekly and follows a simple rhythm.

#### During each session we will:

- Explore the biblical foundation of a spiritual practice
- Discuss how Jesus and the early church lived it out
- Reflect honestly on our daily lives
- Share our experiences, challenges, and growth
- Encourage one another in practical next steps

Between sessions, participants are encouraged to slowly practice and integrate the rhythms discussed into daily life. The emphasis is not performance or perfection, but faithful and intentional growth over time.

## Who can join?

Anyone is welcome — whether you are:

- new to Christianity,
- exploring faith,
- returning to church,
- or have been following Jesus for many years.

We believe spiritual formation is a lifelong journey, and we invite parishioners at any stage of that journey to join us.

## Commitment

Participants are encouraged to:

- attend regularly,
- engage in discussion and reflection,
- and intentionally practice the rhythms between sessions.

Spiritual formation does not happen accidentally. Growth comes through consistently making space for God to shape our lives.

## Meeting dates

Connect groups dates and details are published regularly in the weekly newsletter and on the church website.