

Living Well - Rhythms of Grace

A NOTE FOR FACILITATORS

Welcome to Living Well, Rhythms of Grace . My hope and prayer is that God will use this resource to enable you and your group to bring a little curiosity to your well-being and make space to consider what it might look like for you to live well, to walk with Jesus and to follow His unforced Rhythms of Grace.

Rhythms of Grace is a small group resource with 5 sessions, each with accompanying video and discussion materials. The hope is that groups will journey together during that time, encouraging and sharpening each other and creating a safe and supportive space that enables each person to explore what Living Well might look like for them.

Rather than a course to complete, Rhythms of Grace is a journey to begin - a journey of exploration and of discovery when we will explore 4 rhythms of Living Well - **Sabbath, Stillness, Wonder** and **Submission**.

As a facilitator, your role is to hold the space...

Be Curious

The joy of journeying together is that we get to learn from the wisdom and life experience of others and hear different perspectives. Phrases such as 'Tell me more about ...', 'Explain ...', 'I wonder ...' can be useful ways of enabling people to develop their thinking and explore a little more. Be curious about what people say and dig a little deeper - you might find some treasure!

Listen

To ensure your time together is as rich as possible, you may need to bring encouragement and make space for quieter voices to be heard. It can be so tempting to jump in and fill the space when no-one is talking - and sometimes that can be a useful way of getting the discussion going. However, make sure you leave time for people to reflect and consider their response first. Our role is to facilitate conversation, not dominate it - let's press in to the pause moments!

Explore

Each session includes 2 different opportunities to reflect and chat together in small groups. You will find suggested questions and discussion points for each of these times in the session notes.

As a facilitator, your role is to gently guide your group as they chat and reflect together. Feel free to press in where a question is generating discussion and move on when it's not!



Living Well was created by Lisa Campbell from Wonderful Me! For further information on the work of both Wonderful Me! and Living Well, head over to the Wonderful Me! website, where you will also find further resources and support to enable you to explore what Living well might look like for you!





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Each session has 5 components:

REVIVE

... a moment to pause, to breathe, to settle our minds and our bodies and to invite Jesus into the space.

RELATE

A space to gather, get to know each other and reflect on your journey from week to week

REVIEW

Time to explore the theme of the session by watching the accompanying course videos

REFLECT

An opportunity to reflect on the content of the video, through small group discussion, and to consider what it might look like to put that into practice

RESPOND

A moment of quiet to reflect and respond

A note on Breathing Prayers ...

We will be using breathing prayers in our revive times. Breathing is amazing! Beyond the obvious benefit of literally keeping us alive - breathing slowly and deeply is one of the most simple ways of helping to settle our nervous system and increase feelings of calm and wellbeing. Deep breathing can have a range of wider health benefits, including lowering your blood pressure, reducing stress hormones, balancing levels of oxygen and Co2 and improving your immune system.

For me, joining deep breathing with prayer and scripture is a no brainer and a great way to punctuate your day with moments of stillness.

In the Rhythms of Grace resources you will find accompanying slides which include a breathing prayer slide for each session. Encourage the group to take 3 big breaths as you read the scripture 3 times, breathing in through the mouth as the words in the first colour are read and out through the nose as the words in the second colour are read. As a facilitator, it can take a little practice to get the pace right - try to use a gentle tone. It can be helpful to put the emphasis on a different word each time you read it.

Further Resources ...

For each session, there is a video to watch and accompanying session notes and slides. To facilitate some 'phone free' time, I suggest printing the resources for each participant - though if this is not possible, you could, of course, send out the links.

Sessions end with a personal activity to enable each person to reflect and spend time in God's presence before rushing off. Some people might find it useful to bring **a journal** with them to use during those times. Spending time in stillness can be challenging for some people - It can be helpful to play some quiet, reflective music during these times.

Please note that in a few sessions, there are additional 'Respond' activities following the video, with accompanying resources. All resources featured in the course can also be found on the website.

I am passionate about ensuring that all Living Well resources are available and accessible for anyone who might find them useful.

If you feel able to support the work of Living well and Wonderful Me! by making a financial contribution, check out our Stewardship account

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