

# B R E A T H E

NOVEMBER 24/25

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CAMPUS DEVELOPMENT

## INTRODUCTION

As we enter the Advent season, we need to take time to *Breathe*, as shared by Pastor Jesse Tink. Based on Psalm 63, this week focuses on how to pause, inhale and deliberately shift from a hectic to grateful attitude this Christmas season.

## DISCUSSION

1. Pass out sheets of paper, and on one side, spend ten minutes writing down everything you are anxious about this holiday season. Be as specific as possible, and then share with your group.
2. On the other side, spend ten minutes writing down everything you are grateful for in your life right now. Again, be as specific as possible, and then share with your group.
3. Which list is longer? Which is more specific? Which was harder to write? Why? What has this exercise revealed about your attitude about the upcoming Christmas season?
4. Read through Psalm 63 silently, and then spend time in prayer. Try not to hurry through this time; take deep breaths, focus on gratitude and release anxiety.

## DO SOMETHING

1. Spend time with God this week reading through Psalm 63 again. Which verse(s) catch your attention? Explore what God is revealing to you by praying, journaling, finding other Scripture that connects to that thought and/or sitting quietly in His presence.
2. Write a letter of gratitude to someone who has impacted you this past year. Share with them how they affected your life and faith.
3. At your small group's next gathering, bring the name of at least one person or family who may need a letter of encouragement or the blessing of your group's time or talents. Make plans to encourage and/or bless these people sometime over the holiday season.

## RESOURCES

1. Try the examen prayer, an evening prayer examining how God has shown up during your day.
2. Continue digging into the Scriptures with a lesson on how to read Matthew 6:24-34 by watching *Look at the Book: Do Not Be Anxious* by John Piper on RightNow Media.
3. Watch this short video, and reflect on the peace Jesus brought us through His life, death and resurrection during this Advent season.