

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide



Thank you for leading a small group centered on *The Walk*. We've put together some quick tips as well as some focused questions and activities for your group to work through.

Quick tips for your group:

- **Be a Good Communicator.** Send reminders for your group a few days before to remind them what chapter you will be discussing at your next meeting. This may also be an opportunity to share prayer requests with the whole group, even those who may have missed a previous week. If meeting online, make sure everyone has the link to join. At your first meeting decided together if you will use a group communication app like GroupMe or WhatsApp to communicate during the week.
- **Set the Stage.** While we know that things pop up and may mean that someone will miss a week, we also know that consistency is key to getting the most out of the study and the group time. From the beginning of your class and communications with your group, please encourage people to attend as regularly as possible.
- **Start and end on time.** This honors everyone's time.
- **Begin and end with prayer.** Recognize that not everyone is comfortable praying out loud. As the leader you may need to model this for the first week or two but then you can encourage other members of the group to pray as well. We will provide sample prayers and you can choose to use them or create your own. Please choose a way to capture prayer requests so that you can check in on them the following week. We have also included prayer tips as part of this resource.
- **Be Inclusive.** The goal is to get everyone participating in group discussion. Some people naturally jump in to answer a question while others may need prompting. Work hard to include everyone.
- **Create a Safe Environment.** Authenticity grows out of feeling safe. As the leader please be aware of creating an environment where people feel free to share their opinions and ask their questions. It helps to have that conversation at your first meeting.

How to use the study:

- **A sample 1 ½ hour meeting might look like this:**
 - ⇒ First 15 – Welcome, connection time and opening prayer
 - ⇒ Next 15 – Show the video (All Walk videos can be found on Amplify)
 - ⇒ Next 45 – Study
 - ⇒ Last 15 – Closing prayer
- **Discussion time.** We have provided some focused questions that you can use for each chapter along with any of your own questions. We also encourage you to allow others to offer questions.
- **Optional Activities.** Many of the chapters are intended to encouraging members to take part in a new practice during the week, i.e., starting a gratitude journal, or doing five acts of kindness. Many of these are suggested in the book. We've included others as a way to help your group engage in living out the practices during the week. Asking how the group participants have engaged the optional activities each week will give you an easy way to begin your next meeting.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK 1 – STARTING WELL

Congratulations on becoming a small group leader! All of your group members are grateful for your willingness to lead. In these first few weeks, we encourage you to spend the majority of your group time getting to know each other. Ask ice breaker questions and encourage everyone's participation. The group will follow your lead. If you answer questions from your heart, they will be inspired to do the same.

Before your first meeting, read through the following lesson in advance, becoming familiar with the scripture readings and preparing your responses to the discussion questions. If you are leading online, make sure you have read through some of the online tips for leaders on our training page. If you are leading in person, think about where you are meeting and who will be in your group, and prepare an inviting environment. Plan for aspects like seating and snacks.

If your group members don't know each other, provide name tags for the first few weeks. If you are meeting online encourage everyone to have their screen on and to display their names. Spend some time facilitating introductions and conversations within the group.

WELCOME & INTRODUCTIONS—make sure everyone has a minute or two to introduce themselves. Don't forget to introduce yourself too!

Icebreaker – For this first week you will want to start with something easy and quick. Here are some open-ended questions that might get people talking. You do not need to use them all. We suggest choosing two.

- What was your least favorite food as a child? Do you still hate it, or do you love it now?
- If you had to eat one meal every day for the rest of your life what would it be?
- What sport would you compete in if you were in the Olympics?
- What fictional family would you be a member of?

Ask: What motivated you to join this group?

OPENING PRAYER Use this prayer or one of your own to open your time together.

We come together before you, Lord, from a variety of backgrounds and experiences. We seek wisdom from community, that we might begin to develop deeper connections with those in this room. We seek to listen, that we might be attentive to others and to You. We seek the grace forever flowing from your hands, for we are your humble servants. Father, you have crafted us to be social beings, and to grow alongside others. Allow our attendance to be an act of worship, so that you alone are glorified.

In your name we pray,

Amen

SHOW THE VIDEO: "We're Here, Now What?" (Find it [Here](#) or on groups.cor.org)

STUDY

Read: Luke 6:12-16

12 During that time, Jesus went out to the mountain to pray, and he prayed to God all night long. 13 At daybreak, he called together his disciples. He chose twelve of them whom he called apostles: 14 Simon, whom he named Peter; his brother Andrew; James; John; Philip; Bartholomew; 15 Matthew; Thomas; James the son of Alphaeus; Simon, who was called a zealot; 16 Judas the son of James; and Judas Iscariot, who became a traitor.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

Discuss:

Ask the questions, one at a time, to the group, and then wait for answers. Resist the urge to answer these questions first, even if there is silence. If no one is answering right away, make eye contact with one of the more outgoing members of the group and ask them directly.

- Why do you think Jesus choose to be surrounded by a small group of people?
- What would Jesus' ministry have looked liked without the apostles?

Read the following out loud:

The late Christian philosopher and professor Dallas Willard wrote, "Personalities united can contain more of God and sustain the force of his greater presence better than scattered individuals."

- Where have you seen this principle demonstrated in your lifetime?

Set Expectations – once everyone is talking, it's time to move into setting the stage for what your group time will look like each week as well as some reminders of what will make it a success.

You might say, *"It's my hope that as we continue this journey together that we might find a safe place for connection and spiritual growth. In order for that to be realized for all of us there are a few things that, if we commit to them, will allow us to move in that direction."* Take a few minutes to talk through each point, asking for feedback from group members.

1. Be Committed:

- In order for each member to get the most out of these six weeks it is important that they show up. Ask members to make group a priority. If and when, life gets in the way and a member isn't able to attend, ask that they communicate that to you as soon as possible. We want to honor everyone's time so we will start and end on time each week. Make sure to model this the first week.

2. Be Present:

- In order for your group to be successful, everyone has to decide to join in. While some people jump at the chance to share, others might hold back until they feel more comfortable. That's okay. What's important is that everyone knows the value of participation. Whether or not someone did the reading for the week, they have something to share and learn from the conversation. Encourage participation and look for ways to include each person.

3. Be Authentic

- It's important to make sure we are creating safe and predictable environments for people to share ideas and thoughts with the group. Predictability happens when everyone knows what to expect each week, but creating a safe space comes from building trust. Trust doesn't happen overnight. As the leader you will have to model vulnerability for the group both by sharing your own story and reacting appropriately when others share theirs. People need to know that when they share something in group that it will remain confidential. For more ideas on building trust see our Leader Resource page.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

CLOSE IN PRAYER

You may need to manage this process; it can be derailed by side conversations or by well-meaning members who interrupt to offer solutions to another member's concern. Set a "no side conversations, no solutions" ground rule at your first meeting. Encourage members who have advice, or similar concerns, to talk together at the meeting's end or exchange emails. Make sure to write down the prayer requests for the week. Incorporate the Joys and Concerns in the Closing Prayer. See our Prayer Tips guide for more ideas.

This is an important relationship-building activity for your group. Take turns sharing prayer requests or lifting up joys. Resist the urge to offer advice or suggestions to each other during this sharing time – save for that fellowship after your meeting ends. Jot down requests and praises so that you can pray over them in the coming week. You may also email or text them out to the group so they can all be praying over them during the week.

CLOSING PRAYER Use this prayer or one of your own, making sure to include prayer requests, to close your time together.

Gracious and loving God, we thank you for gathering us together and for guiding our discussion. We lift our joys and concerns to you with confidence that you are listening to us and working in our lives. We ask that you equip us for the coming week, and help us to encourage, support, and love those who surround us on a daily basis.

In your name we pray,

Amen.

For Next Week: Let your group know you will be starting *The Walk* study and discussing chapter 1, Worship. If using the book, they should read the chapter before your next meeting.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK 2 – WORSHIP

WELCOME & ICEBREAKERS

- What was the worst style choice you ever made?
- If you could pick up a certain skill instantly what would it be? Why?

OPENING PRAYER (or choose your own):

Loving God, thank you for walking with us. Thank you for inviting us to walk with you. Be with us as we learn together and grow in our understanding of what it means to be a Christian. In the name of your Son Jesus Christ, we pray. Amen.ⁱ

SHOW THE VIDEO: 14:01 (videos can be found on Amplify)

STUDY

Discussion

1. Pastor Adam shares that *“without spiritual exercises or practices, we will find it difficult to keep up as Christ calls us to follow.”* What does it look like in your life when you are spiritually winded or struggling?ⁱⁱ

“When pursued daily, these practices will increase your spiritual health, deepen your faith, make you more aware of God’s presence, and help you live the Christian life.”ⁱⁱⁱ

2. Pastor Adam says that *“Worship connects us with God, and it connects us with others.”* As you think about worshipping with others, what are your favorite aspects of corporate worship? Why is it important for us to worship in community?^{iv}

3. When you worship on your own how central is prayer to your faith? How does the five-fold pattern of prayer compare with your current practice?^v

4. Part of living fully into worship is cultivating a spirit of gratitude. In what ways do you choose to cultivate gratitude?

5. What would it look like to incorporate this practice into our small group community? What would prayer look like? How might we incorporate gratitude with each other?

CLOSING PRAYER

Start by reviewing last week’s joys and concerns. Take a few minutes to ask the group how they can all be praying for each other and record them so you can look back on them next week. Consider sending out a reminder a few days later.

OPTIONAL ACTIVITIES

- Gratitude Journal: There is an app called *“The 5 Minute Journal”* that you can use to help you journal your gratitude each week. You can also use a physical journal or post-it notes.
- Commit: A bit of a different take on fasting, choosing instead to take on something to draw you nearer to God. It could include a specific time of day to pray, an activity you choose to add, or a person with whom you will connect spiritually.^{vi}
- Observe: There is so much beauty all around us, so much to be grateful for, but we often fail to recognize it. Walk outside and pick up a rock and place it in your pocket. Use it as a reminder to give thanks throughout the day. Write down instances when this rock was a reminder to give thanks.^{vii}

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK 3: STUDY

WELCOME & ICEBREAKERS

- Would you rather be a superhero or the world's best chef?
- What fictional family would you be a member of?

OPENING PRAYER (or choose your own):

Holy and loving God, thank you for walking with us. Thank you for revealing yourself to us as we walk with you. We pray that you will open our eyes and our ears so we may be mindful of what you are saying to us. Open our hearts to receive your word. In the name of your Son Jesus Christ, we pray. Amen.^{viii}

SHOW VIDEO: 12:50

STUDY

Discussion

1. Do you remember your first experience with the Bible? If so, what was that experience like? Who introduced you to the Bible?
2. Read the definition of general and special revelation on page 43, middle of the page. When you think about general revelation, how have you experienced this in your own life? Where have you seen God speaking through the world around us? (Nature, The arts, life experiences, other people, and our own conscience, intuition and reason)
3. How have you experienced special revelation? (The Holy Spirit, Scripture, Jesus)
4. How do we know when we're hearing from the Holy Spirit?
5. In the book Pastor Adam suggests several ways to read scripture; reading for understanding, reading for formation, praying the Scriptures, Lectio Divina, and studying with others. Which have you found to be most helpful to you? Why? Is there one that is new to you that you would like to experience?
6. What keeps you from studying Scripture on your own?
7. As a group, how can we challenge each other in our individual study practices? Is there one that we would like to all try this week as part of our individual study?

CLOSING PRAYER

Take a few minutes to ask the group how they can all be praying for each other. Check in about requests from last week.

Close with prayer. You can use the prayer at the end of chapter 2 (p. 62) or choose your own.

OPTIONAL ACTIVITIES

- Lectio Divina means "divine reading" and is a way for you to be open to what God might be saying to you in Scripture. Practicing this can allow you to let go of your own agenda and connect deeper with what God might be saying. Read the passage 4 times by following these steps:^{ix}
 - Read – What word or phrase speaks to you?
 - Meditate – What does your word or phrase means to you?
 - Pray – How is God calling you to act in response to this passage?
 - Contemplate – Silently reflect

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

- Memorize: Memorization is a way to instill within our heads and our hearts something that we can turn to in the midst of challenging and joyful times. It offers us an opportunity to center our thoughts on something that connects us deeply to God.^x
- Take a Class. The *Meet Your Bible* class is an excellent course designed to help you understand Scripture better.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK 4: SERVE

WELCOME & ICEBREAKERS

- Are you a morning person or a night person?
- Are you a traveler or a homebody?

OPENING PRAYER (or choose your own)

Holy and Loving God, thank you for inviting us to draw closer to you. Thank you for each person in this group. Be with us as we answer your call to love our neighbor and serve those in need. In the name of your Son Jesus Christ, we pray. Amen.^{xi}

SHOW VIDEO: 12:48

STUDY

Discussion

1. What was one of your first experiences serving? What was it like?
2. Is there someone in your life who has modeled serving for you?
3. How have you been transformed by serving or being served?
4. How do small acts of kindness move the needle on social justice issues? On cultural and political polarization? On loneliness?
5. Pastor Adam talks about being open to "*divine interruptions*" (p.79). Have you experienced divine interruptions before? If so, please explain.
6. Why is it sometimes difficult to open ourselves up to "*divine interruptions*"?
7. How might simple acts of kindness make a difference in how we treat each other? What would be the impact on our small group?

CLOSING PRAYER

Take a few minutes to ask the group how they can all be praying for each other. Check in about requests from last week.

Close with prayer. You can use the Wesley Covenant Prayer (p. 76) or choose your own.

OPTIONAL ACTIVITIES

- Converse: None of us agree on everything, and there is always something that we can learn from someone else. John Wesley reminded us, "*though we cannot think alike, may we not love alike?*" (*The Catholic Spirit*). Take the time to connect with someone who thinks differently than you on an issue – give of your time by listening to them. How can you show love to this person? Pray for God to open your heart and mind to show love.^{xii}
- Serve: As a group decide on a serving opportunity. It can be here at Resurrection or somewhere out in the community. Then show up and serve together. When you're done spend some time reflecting on the experience together.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK 5: GIVE

WELCOME & ICEBREAKERS

- If you could eliminate one thing from your daily routine, what would it be and why?
- What is your absolute dream job?

OPENING PRAYER (or choose your own)

Holy and Generous God, we thank you for your abundant blessings and your amazing generosity toward us. We stand in awe of your gifts of overflowing grace, mercy, and love. Open our hearts that we may respond to your love with generosity toward others. In the name of your Son Jesus Christ, we pray. Amen.^{xiii}

SHOW VIDEO: 12:58

STUDY

Discussion

1. What is your favorite gift you have ever given? Why is it your favorite?
2. When have you received extraordinary generosity?

Read Matthew 6:19-21 (p.87)

3. Do you believe that “*where your treasure is, there your heart will be also*”? Why or why not?
4. Pastor Adam writes that the “*keys to a good life*” include gratitude, living purposefully, and generosity. How can these practices help you create a rhythm of generosity in your life? What might that look like for you?
5. What excites you about living a life of generosity? What makes you nervous or anxious about it?
6. What would it look like for us to be generous with each other? What stops you from asking for help when you need it?

CLOSING PRAYER

Take a few minutes to ask the group how they can all be praying for each other. Check in about requests from last week.

Close with prayer. You can use the prayer at the end of chapter 4 (p. 110) or choose your own.

OPTIONAL ACTIVITIES

- **Release:** We have a tendency to over-plan, over-prepare, and over-schedule our lives and we have left no room for margin. What would it look like to release some of the “obligations” that we have which no longer serve us? What is one thing that no longer brings you joy but you feel obligated to do? Rather than fill it with something else, keep that space and time open to connect with God.^{xiv}
- **Give:** This week look for small ways to practice generosity and gratitude – pay for the coffee for the person behind you in line, leave a note of gratitude on someone’s desk, give generously of your time to someone who needs someone to listen and be present. See how small acts throughout the week start to lead to a rhythm of generosity.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK 6: SHARE

WELCOME & ICEBREAKERS

- What's the strangest food you ever tried? Would you eat it again?
- Would you rather read/watch fiction or non-fiction?

OPENING PRAYER (or choose your own)

Lovin and Gracious God, we thank you for your presence in our lives. We thank you for the people who have shared your love and generosity with us, who have made your faithful presence known to us. We hear your call to be faithful witnesses and followers of Christ. We look to you for guidance, strength, and courage as we answer that call. In the name of your Son Jesus Christ, we pray. Amen.^{xv}

SHOW VIDEO: 13:25

STUDY

Discussion

1. Who were/are the most influential people in your life? Why?
2. Pastor Adam writes, "most people who choose to follow Jesus do so because of the positive witness of Christians through whom they experienced love and from whom they heard a compelling witness and example of what it means to be a Christian." (p.118) Who was that person in your life? How did they do this?
3. St. Francis of Assisi is sometimes credited with the phrase "Preach the gospel at all times. When necessary use words". What do you think this means? What does it look like in your personal life?^{xvi}
4. When it comes to sharing your faith with words, how comfortable are you sharing? What helps you feel more comfortable?
5. Pastor Adam talks about giving his "elevator" speech and how answering 3 simple questions helps him share his faith story:
 - What was your life like before you were a Christian?
 - What happened that changed that?
 - What difference has being a Christian made in your life?

Think about your own answers to these questions. Would using this as a guideline make sharing your faith easier? Why or why not?

6. What role does relationship play in the way you share your faith with others?

CLOSING PRAYER

Take a few minutes to ask the group how they can all be praying for each other. Check in about requests from last week.

Close with prayer. You can use the prayer at the end of chapter 5 (p. 136) or choose your own.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

OPTIONAL ACTIVITIES

- Learn: If you struggle with feeling comfortable sharing your faith story with others, consider taking the Cultivate class at Resurrection the next time it is offered. This short 3-4-week class helps you think through your own story and gives you practical opportunities to practice sharing it.
- Share: We live a good portion of our lives online. How are you sharing your faith story with others online? What could you share this week?

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

WEEK7: LESSONS FROM THE CROSS & NEXT STEPS

WELCOME & ICEBREAKERS

- Where did you grow up?
- Would you rather spend a week on the beach or in the mountains?

OPENING PRAYER (or choose your own)

Loving and Gracious God, thank you for life and the many ways you bless our lives. Thank you for Jesus, who showed us by example how to walk with you. Guide and direct our steps as we practice the spiritual disciplines of worship and prayer, Bible study and listening, service, giving generously, and witnessing. Walk with us as we seek to be faithful followers of Jesus Christ. In his name we pray. Amen.^{xvii}

SHOW VIDEO: 14:51

STUDY

Discussion

1. When you look at all five of the essential practices which one do you find the most captivating? Why?
2. What does Jesus' prayer life teach us about prayer?^{xviii}
3. Jesus often quoted Scripture, even from the cross. What do you draw from his example?
4. Are there people around you that Jesus is calling you to care for as if they were your own mother or father?^{xix}
5. When we consider Jesus' self-giving love in chapter six does anything new stand out to you?

NEXT STEPS

Before closing your group time, you need to spend a few minutes talking about your "**Small Group Agreement**". You will find this at the back of this study. Make sure you allow for everyone's voice to be heard and for everyone to have a time to come to agreement. Consider sending a copy to group members before your meeting or printing a copy for each person.

CLOSING PRAYER

Take a few minutes to ask the group how they can all be praying for each other. Check in about requests from last week.

Close with prayer. You can use the prayer at the end of chapter 6 (p. 159) or choose your own.

OPTIONAL ACTIVITIES

- Forgiven: We are often our own worst critics, but God reminds us that we are forgiven. He offers us grace and mercy. This week before Easter, write a letter to God thanking Him for grace and forgiveness.
- Next Steps: Reflect on how you will continue to practice these five essential practices. Choose one or two that you would like to pursue a next step in. Maybe it's to take a class or find a new way to serve. Whatever it is, take action to pursue it.
- Prayer Walk: As a group arrange a time this week to meet up and do the Prayer Walk at Resurrection. Guides can be found at the Connection Point in the A building.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

PRAYER TIPS

Guided Prayer

This is a great way to introduce a group to praying out loud together. The model is simple: the leader explains to the group that everyone will fill in the blank of a sentence prayer. This keeps the prayers simple and allows everyone to talk. Plus, it's a great way to connect prayer to your study topic. For instance, if you've just done a study on celebration, guide the group with "God, I celebrate you because ____."

It's important to let the group know the following guidelines:

- Keep it short and let everyone know there will be time later for longer, more specific prayers.
- Participating more than once is encouraged.
- It's okay to repeat a word or thought someone else has already prayed.

Some examples could be:

- God, you are ____.
- God, thank you ____.
- God, I love you because ____.
- God, help me overcome my fear of ____.

As the leader you will go first to set the example. For instance, you may say, "God, you are forgiving." Then group members can share their own sentences. When it's time for the second one the leader will again go first. After you've gone through two or three sentence prayers, transition the group into a time of open prayer. Now is the time to pray for anything that may be on your heart or mind. ^{xx} (Himes, 2016)

Notebook or Chat Room Requests

While it is important to make sure you leave enough time to close your group in prayer, sometimes the invitation for specific prayer requests can easily start to overtake our time. This is especially true if you have a larger group or someone in your group is especially chatty. We want to guard our time but also make sure we give space for everyone to share their concerns and joys. One way to make sure you gather all those prayer requests is to pass a notebook around and ask group members to jot down their requests. If you are meeting online, you can utilize the chat feature and ask people to type in their requests. As the group leader you can then scan the requests before closing your group in prayer. This also gives you a written record to share throughout the week with the group via email or text as well as to check in with individual members.

Ask Ahead of Time

Often times, part of the discomfort of praying out loud is being put on the spot. We can ease the discomfort by asking someone if they would be willing to close the group in prayer before your meeting starts or at the very beginning. This gives them time to adjust to the idea and hopefully feel more comfortable with it. It also lets the group know that you won't be putting them on the spot either.

Follow Up

When we follow up with our group members prayer requests it lets them know that not only are we thinking about them but that we value prayer. This can be done in a few ways. You can check in with group members at the beginning of your prayer time about requests that were made the week before. You can also check in with them during the week or on a specific day if they had something big coming up. Reminding your whole group of what was requested by the group half-way through your next meeting time also reinforces the importance of prayer and the value of each person sharing.

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

OUR SMALL GROUP AGREEMENT

1. Based on the purpose of The Church of the Resurrection (“To build a Christian community where non-religious and nominally religious people are becoming deeply committed Christians”), our group’s purpose is:

2. We agree to uphold the significant values checked on this list:

- Confidentiality— what is shared in group stays in group
- Acceptance & respect— we can disagree on many subjects and still be warm Christian friends
- Openness & honesty— we’re here to grow together, not to impress one another by pretending to be people we are not
- Sensitivity— we listen, carefully and caringly, to what others share in the group
- Intentionality— we aren’t just here to have a good time, but to grow spiritually, and we will be intentional about that
- Accountability— we will hold one another accountable for moving toward the kind of growth God is calling us to

Other values we commit to uphold are:

3. We will meet on (day of the week) _____

4. We will meet every ___ 1 week ___ 2 weeks from _____ until _____ (time of day). Weekly meetings are recommended for new groups. Consider taking a one-week break between studies.

5. We commit to meeting from (date) _____ to (date) _____. At the end of that time, we will review this agreement, and each person will have the opportunity to renew or withdraw from their commitment to this group.

6. The place(s) where we will meet is/are _____

7. Group attendance is a priority. If we cannot attend, or will be late, we will contact the leader in advance, or check in as soon as possible if advance notice is not possible.

8. Child-care arrangements (if needed) will be: _____

9. I agree to share in group responsibilities by: _____
(examples: facilitate a lesson, follow up with absentees, lead prayer, communicate and/or track group joys and concerns, bring refreshments, organize service projects, etc.)

Signed: _____ Date: _____

The Walk: Five Essential Practices of the Christian Life

Small Group Leader Guide

Works Cited

- Hamilton, A. (2019). *The Walk: Five Essential Practices of the Christian Life*. Nashville: Abingdon Press.
- Himes, B. (2016, February 26). *Teach Your Small Group to Be Comfortable with Group Prayer*. Retrieved from Smallgroups.com: <https://www.smallgroups.com/articles/2016/teach-your-small-group-to-be-comfortable-with-group-prayer.html>
- Rev. Wendy Chrostek and Resurrection Staff. (2019). *The Walk: Five Essential Practices of the Christian Life Journal*. The United Methodist Church of the Resurrection.
- Welch, C. (2019). *The Walk: Five Essential Practices of the Christian Life*. Nashville: Abingdon Press.

End Notes

Week 1: Worship

- ⁱ (Welch, 2019, p. 12)
- ⁱⁱ (Hamilton, 2019, p. 12)
- ⁱⁱⁱ (Hamilton, 2019, p. 13)
- ^{iv} (Hamilton, 2019, p. 27)
- ^v (Welch, 2019, p. 19)
- ^{vi} (Rev. Wendy Chrostek and Resurrection Staff, 2019)
- ^{vii} (Rev. Wendy Chrostek and Resurrection Staff, 2019)

Week 2: Study

- ^{viii} (Welch, 2019, p. 22)
- ^{ix} (Rev. Wendy Chrostek and Resurrection Staff, 2019)
- ^x (Rev. Wendy Chrostek and Resurrection Staff, 2019)

Week 3: Serve

- ^{xi} (Welch, 2019, p. 33)
- ^{xii} (Rev. Wendy Chrostek and Resurrection Staff, 2019)
- ^{xiii} (Welch, 2019, pp. 40-41)
- ^{xiv} (Rev. Wendy Chrostek and Resurrection Staff, 2019)

Week 5: Share

- ^{xv} (Welch, 2019, pp. 49-50)
- ^{xvi} (Hamilton, 2019, p. 131)

Week 6: From the Cross

- ^{xvii} (Welch, 2019, p. 58)
- ^{xviii} (Welch, 2019, p. 60)
- ^{xix} (Welch, 2019, p. 62)

Prayer Tips

- ^{xx} (Himes, 2016)