

Week 3: Journeying

Icebreaker

Share your favourite journey and think about why it was so special to you. Or, alternatively, share what was your least enjoyable journey and why.

Watch

Watch the introductory video together and consider the following concepts:

1. The gift of your journey
2. Journey mapping
3. Your map can become an itinerary
4. Your journey can become a guide for others
5. The journey exercise

Memory verse

Read the week's verse (2 Cor. 1:3–4) aloud as a group and then ask group members to share what it means to them.

Discuss

1. What aspects of the Sunday message ('The Resource of Journey') struck you the most, and why? (You could refer back to your notes in the *Daily Guide*.)
2. In the Sunday message, we explored the account of Jesus journeying with the disciples on the Emmaus Road. Discuss the way Jesus approached and interacted with them.
3. Talk through how the idea of 'carefronting' is different to confronting.
4. Discuss **The gift of your journey** exercise at the back of the *Daily Guide*. Consider why this exercise may be useful.
5. As this is a spiritual exercise, pray that the Holy Spirit guides the group in uncovering more about how each of your journeys are a gift.
6. If members of the group haven't already completed the exercise, encourage them to turn to their *Daily Guides* and complete it now. This should take about 15–20 mins. Anyone who has completed it already could take the time to reflect on their own

answers or help anyone that has any further questions about how to complete it themselves.

7. In pairs or small groups, take 10 minutes or so to share anything that surprised you about your mapping experiences. Were any hidden truths uncovered?
8. Consider, as a group, how your findings from **The gift of your journey** exercise could help others or positively equip your church.

Do:

This week, the **Tips for journeying together** in the *Daily Guide* have been focused on the idea of being a good listener. Share together how you have been getting on with the tips this week and which ones have been most useful.

Next as a whole group or in pairs, discuss any entries made in your **Daily Journal** that you think will be helpful to others and reflect on them together. How has your **Journeying Together Action Plan** with both people in your church family and in your local communities progressed this week? Has anyone received any responses to their wristband?

If your group has a **Kindness Box**, ask members to share whether they achieved their act of kindness in the last week and encourage everyone to take another kindness card for the week ahead.