

## MODULE 3 LEADER GUIDE | PRACTICE

Growing in Life with Jesus

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### SESSION PURPOSE

Help participants understand Christian practices as ways of becoming attentive and available to God—not ways of earning His presence or achieving spiritual status. Introduce Daily Office, Lectio Divina, Living Word, and FLOW, while giving the group a meaningful experience of FLOW together.

### THE LEADER'S POSTURE

This module should feel freeing rather than demanding. Some participants may already have rich practices that are life-giving. Others may feel inconsistent, guilty, or unsure where to begin. Avoid creating a new spiritual checklist. Help each person identify one simple rhythm that supports dependence on Jesus.

### CORE CONVICTION

Christian practices are not ways to achieve life with God. They are ways of making space to receive and respond to the life God is already giving us.

### Desired outcomes

By the end of the session, participants should understand the purpose of Christian practices, recognize the four primary practices, experience FLOW together, identify what is already life-giving in their own walk with Jesus, and choose one realistic practice or rhythm to continue or try.

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## **Before people arrive**

Ask participants to bring their Christian Practices recommendation from Module 2. Have the participant guide available. Plan for a few quiet minutes during the FLOW exercise; the room does not need special music or atmosphere. Simplicity is helpful.

### **IMPORTANT**

Do not imply that the recommended practice is necessarily better than a practice a participant already uses. The recommendation is an invitation to explore. If an existing rhythm is genuinely helping someone receive life from Jesus, affirm it.

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## 90-MINUTE SESSION FLOW

| Time  | Movement            | Leader focus                                                                                                                |
|-------|---------------------|-----------------------------------------------------------------------------------------------------------------------------|
| 0–10  | Welcome & reconnect | Connect to RECEIVE and DISCOVER. Life is received, not achieved. Invite participants to notice what is already life-giving. |
| 10–20 | Recommendation      | Reflect on the Christian Practices recommendation. Treat it as an invitation, not a prescription.                           |
| 20–35 | Four practices      | Introduce Daily Office, Lectio Divina, Living Word, and FLOW. Keep this concise and accessible.                             |
| 35–50 | Develop FLOW        | Teach Focus, Listen, Observe, Worship. Explain how FLOW can work in ordinary life.                                          |
| 50–65 | Practice FLOW       | Lead the group slowly through a live FLOW experience with quiet reflection.                                                 |
| 65–75 | Process together    | Invite observations. Normalize different experiences; do not pressure anyone to report something dramatic.                  |
| 75–84 | Choose a rhythm     | Participants identify one life-giving practice to continue or one simple practice to try.                                   |
| 84–90 | Mission transition  | Connect attentiveness to God with attentiveness to people. Assign TELL assessment before Module 4.                          |

### OPENING | 0–10 MINUTES

Reconnect Module 3 to the larger Kingdom Voyage movement. Module 1 asked where our life comes from. Module 2 helped us notice how God has shaped us and where we may be in our journey. Module 3 asks how we can become increasingly attentive and responsive to Jesus in ordinary life.

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### **SUGGESTED LANGUAGE**

“We are not here tonight to add religious pressure to your life. Christian practices do not make God love us more or make Him more present. They help us become attentive to the God who is already present and to the life He is already giving.”

### **Begin with what is already life-giving**

Use the first page of the participant guide. Give people a few quiet minutes to identify practices already present in their lives. Invite a few voluntary examples. Affirm variety: Scripture reading, prayer, worship, silence, journaling, walking, gratitude, or other healthy rhythms may all be meaningful.

### **REPEAT THIS**

“If something you are already doing is helping you receive life from Jesus, keep doing it.”

## **THE RECOMMENDATION | 10–20 MINUTES**

Invite participants to look at the Christian Practices recommendation they completed before this session. The goal is not to debate whether the recommendation is perfectly accurate. It is to use it as a prompt for reflection.

### **Helpful questions**

- What seems accurate about the recommendation?
- What surprised you?
- Is there something you would like to explore?
- Does the recommendation complement something already life-giving for you?

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**WATCH FOR**

Participants may assume the recommendation is an instruction they are expected to follow. Keep returning to the phrase: an invitation, not a prescription.

**FOUR PRACTICES | 20–35 MINUTES****DAILY OFFICE — RETURN**

Set aside regular moments during the day to stop, pray, read Scripture, worship, and remember God.

**LECTIO DIVINA — LISTEN**

Slow down with a passage of Scripture. Read prayerfully, listen attentively, and respond to what God brings to your attention.

**LIVING WORD — CARRY**

Take Scripture with you into the day. A verse, phrase, or truth becomes something you remember and return to as you make decisions, interact with people, and encounter ordinary life.

**FLOW — NOTICE**

Practice attentiveness to God's presence in ordinary life through Focus, Listen, Observe, and Worship.

Do not try to teach all four at equal depth. The purpose here is orientation. Participants should understand that there are multiple ways to develop attentiveness to God. FLOW receives more time because it is simple enough to begin immediately and can accompany other practices.

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### **A SIMPLE MOVEMENT**

Daily Office — Stop and return. Lectio Divina — Slow down and listen. Living Word — Carry Scripture with you. FLOW — Learn to notice God throughout your day.

## **DEVELOPING FLOW | 35–50 MINUTES**

FLOW is the primary experiential focus of Module 3. Present it as a simple framework for practicing attentiveness in ordinary life—not as a formula that guarantees a particular spiritual experience.

### **FLOW**

F — FOCUS L — LISTEN O — OBSERVE W — WORSHIP

### **F — Focus**

Stop and intentionally turn your attention toward God. We are not trying to make God present. We are remembering that He is present and becoming attentive to Him.

### **SIMPLE PRAYER**

“Father, You are here. Help me become attentive to You.”

### **L — Listen**

Become quiet and available. Listening may include remembering Scripture, recognizing conviction, receiving encouragement, becoming aware of a person, or simply resting quietly with God. Do not teach people to manufacture an impression or force themselves to “hear something.”

### **O — Observe**

Notice what is happening within you and around you. What are you feeling? Who is around you? What have you been too hurried to notice? Where might God already be at work?

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## **W — Worship**

Respond to God. Worship may include gratitude, trust, obedience, confession, encouragement, service, rest, generosity, or taking the next faithful step.

### **KEY IDEA**

FLOW moves from attention to response. We notice God not merely to have an inward experience, but to become more available to Him in the life we are actually living.

## **LEADING THE FLOW EXPERIENCE | 50–65 MINUTES**

Tell the group that there is no pressure to have a dramatic experience. The purpose is simply to practice becoming attentive. Leave genuine silence between prompts. Resist the urge to fill every quiet moment.

### **1. FOCUS**

Invite participants to become still and take an unhurried breath. Say: “Turn your attention toward God. You might quietly pray, ‘Father, You are here. Help me become attentive to You.’ Notice what has been occupying your attention today, and gently bring your attention back to God.”

### **2. LISTEN**

After a period of silence: “Become available. You do not need to make anything happen. Is there a Scripture, truth, conviction, encouragement, or person coming to mind? If nothing particular comes, simply remain with God.”

### **3. OBSERVE**

After more silence: “Notice what is happening in you. Notice the people and circumstances around your life. Is there something you have been too busy to see? Where might God already be at work?”

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## 4. WORSHIP

Finally: “How would you like to respond to God? Your response might be gratitude, trust, confession, obedience, rest, encouragement, service, or simply saying yes to the next faithful step.”

### FACILITATION NOTE

Allow participants to write in their guides during or immediately after the exercise. Silence is part of the practice. A leader who rushes the pauses can unintentionally turn FLOW into another teaching segment instead of an experience.

### Suggested timing

Approximately 2–3 minutes for each movement plus a few minutes afterward for writing is enough for a first experience. Adjust to the group. The aim is attentiveness, not duration.

## PROCESSING THE EXPERIENCE | 65–75 MINUTES

Invite people to share only if they want to. Ask what they noticed rather than asking whether they “heard from God.” This keeps the conversation grounded and removes unnecessary pressure.

### Useful prompts

- What was it like to intentionally slow down?
- Which part of FLOW felt most natural?
- Which part was more difficult?
- Did you notice anything about your attention, emotions, surroundings, or relationships?
- Where could FLOW fit naturally into an ordinary day?

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### **NORMALIZE ORDINARY EXPERIENCES**

Someone may feel peaceful. Someone may remember a person. Someone may become aware of anxiety or distraction. Someone may notice nothing unusual at all. Do not create a hierarchy of experiences. The practice is learning attentiveness.

### **A note about discernment**

If participants describe impressions, thoughts, or ideas they believe may be from God, encourage humility and discernment. FLOW does not make every thought authoritative. Scripture, the character of Jesus, wisdom, community, and the fruit produced in our lives remain important.

### **CHOOSING A RHYTHM | 75–84 MINUTES**

Direct participants to “My Practice for This Season.” Give them time to choose something realistic. Continuing an existing life-giving practice is a completely valid choice.

### **DO NOT OVERLOAD PEOPLE**

A small rhythm practiced with dependence is more useful than an ambitious plan driven by guilt. Encourage participants to choose something simple enough to live.

Possible choices include continuing an existing practice, Daily Office, Lectio Divina, Living Word, FLOW, combining two practices, or another healthy rhythm.

### **FROM PRACTICE TO MISSION | 84–90 MINUTES**

Use the final movement of the participant guide to prepare for Module 4. Attentiveness to God can make us more attentive to people. FLOW therefore provides a natural bridge into relational evangelism.

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## **THE BRIDGE**

FLOW teaches us to notice God. TELL will help us notice what God may be doing in another person.

Do not turn this into the Module 4 teaching yet. Simply help participants see that life with Jesus naturally moves outward into relationships and participation in His mission.

### **Before Module 4**

Ask every participant to complete the TELL Evangelism Preparedness Assessment and bring the results to the next session.

#### **TELL — EVANGELISM PREPAREDNESS ASSESSMENT**

Complete the free TELL assessment before Module 4.

<https://christianpractices.org/free-evangelism-preparedness-assessment/>

### **Closing emphasis**

#### **LIFE IS RECEIVED, NOT ACHIEVED.**

Christian practices do not earn God's presence or love. They help us slow down, pay attention, receive His life, and respond faithfully.

A simple closing prayer could ask the Holy Spirit to help each person live attentively to the Father, receive the life of Jesus, and recognize the opportunities God places before them during the coming weeks.

### **LEADER QUICK REFERENCE**

#### **MODULE 3 BIG IDEA**

Christian practices are not ways to achieve life with God. They are ways of making space to receive and respond to the life God is already giving us.

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## Four practices

Daily Office — Return: Stop and remember God.

Lectio Divina — Listen: Slow down with Scripture and listen prayerfully.

Living Word — Carry: Take Scripture with you into ordinary life.

FLOW — Notice: Practice attentiveness to God's presence through Focus, Listen, Observe, and Worship.

## FLOW

F — Focus: Turn your attention toward God.

L — Listen: Become quiet and available.

O — Observe: Notice what is happening within and around you.

W — Worship: Respond to God.

## Five phrases worth repeating

1. Life is received, not achieved.
2. If something is already helping you receive life from Jesus, keep doing it.
3. The recommendation is an invitation, not a prescription.
4. You do not need to practice everything at once.
5. Begin with one simple, faithful rhythm.

### NEXT MODULE

SHARE — Joining Jesus in His Mission. Participants complete the TELL Evangelism Preparedness Assessment before Module 4.

## Leader notes

People may leave Module 3 with different practices. That is a strength, not a problem. The goal is not uniformity of practice but increasing dependence upon and attentiveness to Jesus.