

WEEK ONE
ADULT SMALL GROUP SESSION
OVERVIEW OF THE JOURNEY

There are various elements of each week to aide in your pilgrimage. Each week you will be invited to engage with Psalm 131 through a variety of different elements. While each element is not required, the more you engage, the deeper impact this study will have on your spiritual growth.

- The ***Small Group Discussion***, which invites group members to share their experiences and build community while learning together.
- In the **weekly video**, Dave Reiss discusses the week's theme and how it has shaped his spiritual journey. Questions will be included to help viewers process Dave's teaching. This can be done as individuals or as a group.
- A ***Five-Day Devotional*** based will be included for each week so that individual pilgrims can dive deeper into the week's theme. You will need a Bible, a journal, a pen or pencil, colored pencils or makers, and a way to listen to music. We will also include a ***Family Devotional*** for families to engage with the week's theme together.
- A ***Psalm 131 Soundtrack*** has been curated to accompany the devotional. Songs all based on Psalm 131 soundtrack, and come from artist such as John Michael Talbot, The Orchardist, Ari Lesser, Sarah Sparks, Rootz Underground and Waterdeep.
- **Spiritual Practices** allow participants to engage in a variety of prayer exercises that allow pilgrims to deepen their experience and connect with God in new ways. You are invited to participate in the following prayer exercises, Breathing Prayer, Centering Prayer, Ignatian
- Our weekly ***Artistic Expression*** allows individual to express what God is teaching them in their own creative way. Each week you will be provided a prompt, but you can interpret that in whatever way or medium you choose.
- The ***Jesus Connection*** brings in stories of Christ that connect with the weeks theme. We will see Jesus calling Matthew, The Rich Young Ruler, Calming the Sea, Jesus Welcoming the Children, Healing the Demon Possessed Boy, and the Road to Emmaus.

SERIES OVERVIEW

Week 1: Our Pilgrimage (Journey)

Theme: The Psalms of Ascent provide a rich soundtrack for our pilgrimage of faith.

Key Verse: Psalm 128:1 *How happy is everyone who fears the Lord, who walks in his ways!*

Week 2: Our Pride

Theme: We are encouraged to surrender our pride and arrogance in order to follow Jesus.

Key Verse: Psalm 131:1 *Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me.*

Week 3: Our Chaos

Theme: This week we invite Jesus to calm and quiet our stormy soul.

Key Verse: Psalm 131:2a *Instead, I have calmed and quieted my soul*

Week 4: Our Growth

Theme: This week we are invited grow in childlike/mature faith.

Key Verse: Psalm 131: 2b *Like a weaned child with its mother; my soul is like a weaned child.*

Week 5: Our Belief

Theme: This week you are invited to lend your voice to this song of humility

Key Verse: Psalm 131 (entire)

Week 6: Our Hope

Theme: This week we learn to put our in hope the resurrected Jesus.

Key Verse: Psalm 131: 3 *O Israel, put your hope in the Lord— now and always.*