

**WEEK ONE  
ADULT SMALL GROUP  
THE WEEK AHEAD**

**INTRODUCTION**

To deepen the experience of this series, use section as a guide for the various at home activities. Review the weekly activities with your group.

**DAILY DEVOTIONAL:**

This week we will ask you to journey through the Psalms of Ascent. For the first three days you will read five Psalms of Ascent, interacting with the verses, looking for repeated words, phrases and themes in individual psalms and the entire collection. The last two days you will meditate on Psalms 131, in order to start gaining a feel for it, which we will journey through in the weeks to come.

As you dive into the Psalms of Ascent, you will be asked to interact with scripture by highlighting, circling, underlining, and writing in your Bible. If you do not feel comfortable doing this in your own Bible, consider printing out the passages from the internet. You also are encouraged to write out your thoughts inspired by the day's prompt.

**SOUNDTRACK:**

Each day you will start your daily devotional this week by listening to a chant of Psalm 131 by John Michael Talbot. Toward the end of your devotional time you will listen to Psalm 131 by The Orchardist. Feel free to engage with other songs on our soundtrack if you believe that will enhance your journey.

**ARTISTIC EXPRESSION:**

As you journey through the Psalms of Ascent, allow God to invigorate your creative juices. Choose one of these fifteen psalms that resonate with your soul and express it artistically. Put pencil to paper, paint to canvas, thread to needle, create a video, compose a song, choose whatever medium inspires you. Use this as a time to worship God.

**BREATHING PRAYER:**

This week's spiritual practice is a breathing prayer. Breathe in, asking God to calm your heart. Breathe out, releasing quiet into your soul. Breathe in, filling yourself with the hope of the Lord. Breathe out, releasing control by trusting God. This practice will become a regular part of our daily devotional.

Breathe in, asking God to calm your heart. Breathe out, releasing quiet into your soul.

Breathe in, filling yourself with the hope of the Lord. Breathe out, releasing control by trusting God.

Breathe in: Calm my heart. Breathe out: Quiet my soul.

Breathe in: Hope in the Lord. Breathe out: Trust now and always

Breathe in: Calm. Breathe out: Quiet. Breathe in: Hope. Breathe out: Trust.

Calm. Quiet. Hope. Trust.

**Be prepared to share your experience with your small group.**

**RETURN:**

Go back to the main lesson. Wrap up with the *CLOSING TIME* prayer or choose an additional option in *PATHS FOR THE JOURNEY*.