

# Grace Groups

*Growing in Grace and Watching Over One Another in Love*

## What is a Grace Group?

Grace Groups are small communities of 6 to 8 people who meet weekly to grow deeper in faith and watch over one another in love. They are a place to be honest about your faith journey, to notice where God is at work, and to pray for each other. The format is simple, the conversation is real, and over time these become the people who know your story.

A Grace Group IS	A Grace Group is NOT
✓ A place to be honest about your faith	✗ A Bible study or lecture
✓ A community that watches over one another in love	✗ A therapy group
✓ Real conversation and shared prayer	✗ A place to fix each other's problems
✓ A rhythm you can count on each week	✗ A drop-in event

### 1. Center

Open with prayer or a moment of silence. Take a breath. Let the week fall away. *God of deep roots and living water, slow us down. Open our hearts to examine honestly what nourishes our souls. Help us delight in your instruction, not as duty but as gift. Plant us where the water runs deep. Amen.*

### 2. Soul Tending

Check in with where you are spiritually. The five promises help us find our way into the conversation:

- **Prayers** — How is your prayer life?
- **Presence** — How has worship shaped your week?
- **Gifts** — Where are you giving your time, money, or energy?
- **Service** — Where are you serving right now?
- **Witness** — Where have you lived your faith out loud?

Pick the one or two that feel most alive, or most stuck, right now.

### 3. God Sightings

Share something from this week where you noticed God moving, in your life, in someone else's, or in the world around you. Big or small, it counts.

### 4. Growing in Grace

Name something you are carrying, a decision, a fear, a next step you have been avoiding. The group is not here to fix it. Just to hear it, sit with you in it, and pray.

### 5. Close

- Each person shares one prayer need in a sentence.
- Someone in the group prays for them out loud.
- Keep it simple. Hold the hard things to the light.

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## Grace Group Guide • Psalm 1:1-3 • May 31, 2026

*Tending the Soul, Week 1 · Trinity Sunday · Checking the Roots*

**Setting the Scene.** Psalm 1 opens the entire Book of Psalms with a portrait of happiness that has nothing to do with achievement. The truly happy person delights in God's instruction day and night and becomes like a tree replanted by streams of water, bearing fruit at just the right time because its roots go deep.

### Center

*God of deep roots and living water, slow us down. Open our hearts to examine honestly what nourishes our souls. Help us delight in your instruction, not as duty but as gift. Plant us where the water runs deep. Amen.*

### Soul Tending

- How is it with your soul this week, feeding on what nourishes or drifting near what does not?
- Where in your life are you producing without remembering what feeds the production?
- What practice of returning to God do you want to build, and what is getting in the way?

### God Sightings

- Looking back at this week, where did you notice God already at work before you asked?
- What scripture phrase or image has stayed with you through the week, even unbidden?
- Who in your life is bearing fruit at just the right time right now, and what does that show you?

### Growing in Grace

- What part of your spiritual life feels rooted, and what part feels shallow or thirsty?
- Where in your week have you been sitting too long near something that is not feeding your soul?
- What is one rhythm of return, five minutes with a psalm, a daily prayer, a Sabbath hour, you will commit to this week?

### Close

Each person shares one prayer need in a sentence. Then someone prays for them out loud. Trust that God is already at work in the soil.

Roots reach where you cannot see. Grow with us at [mcpersonfirst.org/next](https://mcpersonfirst.org/next).

*McPherson First United Methodist Church · Tending the Soul*