

Grace Groups

Growing in Grace and Watching Over One Another in Love
McPherson First United Methodist Church · Sunday, August 23, 2026

This week in worship: *The Good Life. Your group works great on its own, and you are always welcome Sunday at 8:30 or 10:15 AM.*

What Is a Grace Group?

A Grace Group is six to eight people who meet about an hour each week to grow in faith and care for one another. There is no homework and nothing to prepare. We talk honestly, ask a few questions, and pray. You only need to show up and be honest, and everyone is welcome.

A Methodist Way of Making Disciples

Grace Groups recover one of the oldest Methodist practices. Almost three hundred years ago, John Wesley gathered Methodists into small weekly groups that asked one another, "How is it with your soul?" and watched over one another in love. A Grace Group is that same way of making disciples, brought back for today.

The Five Promises

Our five membership promises are also a simple way to talk about our faith journey:

- **Prayers:** connecting with God through prayer, scripture, and listening
- **Presence:** showing up for worship and the life of the church
- **Gifts:** giving to support the church's mission
- **Service:** finding where you are called to serve
- **Witness:** sharing your faith in word and action

THIS WEEK'S PRACTICE · 2 OF 25 · PRAYERS

The Examen. The Examen is a five-minute prayer at the end of the day that helps you notice where God showed up. It comes from Ignatius of Loyola in the 1500s and has been used by Christians ever since.

- Give thanks for one gift, then hand tomorrow to God
- Pray it before bed as part of winding down

Bring it to Soul Tending. *Share one moment from this week when you sensed God close, and one moment you felt far away.*

Your Hour Together

Everything for your hour together. The times are a guide, not a rule.

Our Covenant

0 min

Each time we meet, we say yes to these together. (then read the four below)

Show up. Keep coming, even when it is hard.

Be honest. Speak plainly. This group has room for what is hard.

Keep it private. What is shared in the group stays in the group.

Give everyone space. Speak, and also listen. Everyone gets a turn.

Turn over to continue your hour together →

We Begin

2 min

We'll begin with a moment of quiet, and then we'll pray together. (pause, then pray)

God of patience, you have never been in a hurry with us. Give us that same patience with ourselves and with each other this hour. We pray in the name of Jesus Christ. Amen.

Getting to Know One Another

5 min

We'll go around the circle. Share your name, then pick one of these to answer.

- What was your favorite thing to do as a kid?
- If you could be instantly great at one thing, what would it be?

The Three Questions

These three questions are the heart of our time. We'll move through them in order, and everyone gets a turn. The smaller questions underneath are just to help, and there are no wrong answers.

Soul Tending. How is your faith journey going?

10 min

- What has been the shape of your prayer lately, words or silence?
- What is one place you sense God working on you?

Now we'll notice where God has been showing up.

God Sightings. Where do you see God at work in your life?

25 min

- What did you notice this week that you would have missed a year ago?
- Where is God at work in your household?

Now we'll name what we want to hand to God.

Growing in Grace. What challenge are you giving to God?

40 min

- What conversation are you avoiding?
- What do you want God to do that you cannot do?

Connect Back (optional, only if time allows): anyone may briefly name something they heard today that stayed with them. Keep it short, for connection, not advice.

We Close

55 min

We'll keep a few moments of quiet now, space to allow what you shared and heard, and how God has been speaking, to settle in your soul, so you can carry it into the days ahead.

. . . a few moments of silence . . .

Gracious God, you hold every hard thing named here. Send us out lighter, and keep us watching for you. We pray in the name of Jesus Christ. Amen.