



Faithfulness - Discussion Starters

Close your eyes and practice breath awareness for a while. . . . Reflect now that this air that you are breathing in is charged with the power and the presence of God . . . Notice what you feel when you become aware that you are drawing God in with each breath you take.

Now while you breathe in, fill your lungs with God's divine energy . . . While you breathe out, imagine you are breathing out all your impurities . . . your fears . . . your negative feelings . . . your apathy . . . your boredom . . . Imagine your whole body becoming radiant and alive through this process of breathing in God's life-giving Spirit and breathing out all your impurities. Have hope and faith in God that He will bring you through each moment.

Stay with this awareness as long as you can without distractions.

What commitment in your life do you find especially challenging? What helps you to be faithful to this commitment?

Explain what being true to yourself means to you;

Do you believe that commitment is a choice? What does commitment mean to you? What responsibilities and relationships do you have a commitment to?

Is it hard to deal with changing friendships? Is there anything you can do to make it easier if a relationship ends?

Do you think it's possible to like everyone? Why or Why not?

Talk about the different stages on your journey of faith. When did you experience your first doubts? Did you ever fall away from your faith in God? What drew you back? What new experiences of faith do you look forward to?

Share a story about a dark time in your life when your relationship with God was a

source of strength.

Discuss what you can do in the community to create connections with those who have special needs.

Describe a time when a significant promise involving you was kept. (Either you made a promise to someone else, or they made one to you.) What was the nature of the promise? What were your feelings when the promise was kept?

Describe a time when a significant promise involving you was broken. What was the nature of the promise? What were your feelings when the promise was broken? How did you react?

What is the greatest requirement for living in a covenant relationship with God?