



Big Rocks

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. *Amen.*

1. Consider the big rocks in your life. Describe them. Are they like boulders or foundation stones or annoyances or a burden? What role do the big rocks play in your life? Take time to explore the big rocks in your life.
2. What area in your life is in crisis or in need of more attention? Family? Health? Job? Faith? What might you need in that area of life? Share ways that you could focus more on one of those areas.
3. What concerns do you have about the people around you? How might you bring the people you are most worried about into your prayer life?
4. How does a sense of commitment and duty define or contribute to your life, relationships and faith?
5. How does the question, “are you doing enough,” play into your life? How is that view or question helpful or hurtful to your faith journey?
6. Do you feel that you are not giving enough yourself to God? Why or why not? How might letting go of self-judgment, help you grow in your faith?
7. What priority is God and faith in your life?
8. What are the top three priorities for you right now? How would you rank them in terms of or time, energy or your resources?