



## Discussion Questions and Spiritual Practices

### 1. How does Jesus' arrival invite us to live differently with time and pace?

Jesus did not arrive in urgency or spectacle but in quiet presence.

- Where do you notice hurry shaping your decisions, relationships, or spiritual life?
- What would it look like to trust that God is already with you rather than striving to catch up to Him?

**Scripture:** Luke 2:6–7; Matthew 11:28–30; Exodus 33:14; Psalm 23:1–2

### 2. If God has chosen to dwell with us, how does that reshape our sense of identity and belonging?

The arrival of Jesus declares that God is not distant but near—and personal.

- What voices or experiences have shaped how you see yourself?
- How might living *from* God's presence—not for His approval—change the way you see yourself this season?

**Scripture:** John 1:14; John 14:18; Romans 8:15–16; 1 John 3:1

### 3. If God now dwells in us, what responsibility and opportunity does that give us in the world?

Jesus' arrival didn't end with Bethlehem—it continues through His people.

- Where has God placed you to carry His nearness this week?
- How might your ordinary presence become a sign of hope, peace, or love to others?

**Scripture:** John 20:21–22; 1 Peter 2:5; 2 Corinthians 5:20; Matthew 5:14–16

## Spiritual Practices

This week, as you reflect on the message from Sunday, you are invited to engage with one or more of the following spiritual practices. Consider asking someone to join you, as journeying with Jesus is always better together than alone.

### 1. Pace Practice — Living Unhurried

**Practice:** *The Daily Pause*

Once or twice a day, stop for two minutes.

- Place both feet on the floor.
- Take three slow breaths.
- Pray: “God, You are here. I don’t have to rush.”

**Anchor Scripture:** Exodus 33:14; John 15:4–5

**Formation Aim:**

To retrain the soul to live at the speed of love, not demand.

### 2. Identity Practice — Living from Belovedness

**Practice:** “Name & Release”

**Name the False Identity**

Sit with the Lord and consider some of the feelings or thoughts you have about yourself, especially when you are feeling tired or stressed (e.g., *not enough, behind, failing, forgotten*).

- **Release It**  
Pray quietly: “*This is not who I am.*”
- **Receive the True Name**  
Pray slowly: “*I am God’s beloved child.*”

Sit in silence for one minute and let that truth settle without adding anything to it.

**Anchor Scripture**

- Romans 8:15–16; 1 John 3:1; Isaiah 43:1

**Formation Aim:**

To move from living under false names to resting in the name God has already given you.

### 3. Mission Practice — Carrying Presence

- **Practice:** *Practicing Nearness*
  - Choose one ordinary place this week—home, work, school, or grocery store.
  - Before entering, pray: “Holy Spirit, make me aware of Your presence, and let others sense Your nearness through me.”
  - Pay attention—not to outcomes—but to attentiveness.

**Anchor Scripture:** John 20:21–22; 2 Corinthians 5:20

**Formation Aim:**

To live as a walking tabernacle—quietly, faithfully, outwardly.