

Grace Groups

Growing in Grace and Watching Over One Another in Love

McPherson First United Methodist Church · Sunday, September 27, 2026

THIS WEEK · PRACTICE 3 OF 25 · PRAYERS

In worship: Five Promises, "Stay Connected," Genesis 39:1-6a, 19-23

Breath Prayer. Breath prayer is a short, repeatable prayer paired with breathing. It's especially useful when words feel like too much: in anxiety, grief, anger, or the middle of the night.

- "Lord Jesus Christ" / "have mercy on me"
- Pray it in the car before a hard conversation

Our Covenant

0 min

We read these four out loud and say yes to them together.

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

Be honest. Bring your real self. Honesty is welcome here.

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

Give everyone space. Share, then make room. Listen as much as you talk.

We Begin

2 min

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

. . . a few moments of silence . . .

Holy God, we do not have to arrive impressive to be welcome. Thank you. Settle us, and help us speak and listen well. We pray in the name of Jesus Christ. Amen.

Getting to Know One Another

5 min

Share your name, then pick one of these to answer.

- What is a book, podcast, or show you would recommend?
- What is something you are better at than you expected?

Next: Soul Tending, God Sightings, and Growing in Grace. 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. **Turn over →**

The Three Questions

We'll start with the part only you can report on.

Soul Tending. How is your faith journey going?

10 min

- *How has your picture of God changed over the years?*
- *Where are you being stretched?*

The five promises are a simple way to talk about a faith journey. Any one of them is a fine place to start today.

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.

From this week's practice. Share the phrase you've been praying this week and where it has met you.

Next, where God met you this week.

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

25 min

- *What did God give you this week that you did not ask for?*
- *Where have you seen someone forgiven or forgiving?*

Now we'll hand over what we have been gripping.

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

40 min

- *What are you pretending is fine?*
- *What would you do if you trusted God with the outcome?*

Connect Back

50 min

Name one thing you heard tonight that you want to pray about this week. Keep it short.

We Close

55 min

We'll keep a few moments of quiet now, so what you shared and heard can settle in your soul and go with you into the week.

. . . a few moments of silence . . .

*Faithful God, you take what we hand over and you do not hand it back. Send us out trusting that. We pray in the name of Jesus Christ.
Amen.*