



Fall 2025 Koinonia Groups

Week Five

Key verse: Romans 15:7: Welcome one another, therefore, just as Christ has welcomed you, for the glory of God.

Check in. Set a timer on phone to keep it brief.

Opening Prayer by week's facilitator.

Watch Video. Link at <https://fpcasheville.org/group-resources/>

Discussion Questions:

- What struck you from these conversations?
- How hard is it for you to find the time and space to make room for God in your daily life?
- What are your biggest obstacles to making room for God in your life?
- What tends to work well for you?
- When was the last time you tried a new spiritual practice?
- This week we are encouraging people to do a spiritual practice at least five times before the final meeting next week. What spiritual practice do you hope to try?

Resources:

- **Descriptions of many practices:**
<https://www.upperroom.org/resources/category/spiritual-practice>
- **Centering Prayer:** <https://www.contemplative.org/centering-prayer/>
- **Book (in the church library) of spiritual practices Adele Calhoun Spiritual Disciplines Handbook. Excellent resource with over 90 spiritual practices!**
https://www.amazon.com/Spiritual-Disciplines-Handbook-Practices-Transform/dp/0830846050/ref=sr_1_1?s=books&ie=UTF8&qid=1484616499&sr=1-1

Homework: For next week, practice a spiritual discipline and be ready to share with your group your experience. Consider doing something new and different for at least 5 days this next week!

Prayer requests for week if didn't do in beginning.

Close (On time!) in prayer.