

# MY DAILY DISCOVERMENT



Group Study Guide

## Instruction for Group Leaders:

My Daily Discoverment is set up as a resource for individual use, offering 40 days of vocational discernment for young adults. There are reflection questions and spaces for journalling, as well as prayers to help guide people through the process.

That said, there can be great benefit when people combine their individual study and discernment with a group experience. The following guide is suggested as a framework for bringing together people who are working through My Daily Discoverment on their own.

This guide suggests having three different sessions with your group, at convenient breaks in the 40 day journey.

**Session 1** looks at the material covered in days 1 through 12, asking the questions... Who is God? Who am I? and What does God do?

**Session 2** looks at material from days 13 through 27, the section asking... What am I called to do?

**Session 3** looks at material from days 28 through 40, asking... How do I make decisions? and How do I live the decisions I make?

You likely have a format in mind for how your group may function, based on other experiences you've had of group studies. If not, you may wish to consider including the following each time you gather...

Check-in: Welcome everyone into the space and check the emotional temperature of the room. Remind participants of agreed upon norms or covenants.

Worship: Take a moment to pray together, light a candle, and/or share a piece of centring music.

Discuss: Enjoy some conversations using the questions provided and/or make space for participants to raise questions from the readings.

Apply: Invite participants to reflect on the progress they are making or seeing in others.

Prayer: Close your time together by praying for each other.

Of course, feel free to adapt this format to meet the needs of your particular group.

# SESSION 1

## Days 1-12

Over the course of the first 12 days, participants will have considered the questions...  
Who is God? Who am I? What does God do?

That covers a lot of ground, so expect the conversation in this first group session to be wide. Here are some prompts to help you enter into a meaningful conversation. Feel free to engage some of them after you take time to check-in and worship together.

*What intentions, hopes, or expectations did you carry with you into the start of this process? Have they shifted at all, now that you are 12 days in?*

*What about the structure of this practice do you find engaging or challenging?*

*This resource uses the language of discovery as a way of talking about discernment and becoming aware of what God reveals to us. How do you respond to the language of discovery? Is there other language you would choose instead?*

*Why is knowing the character of God a valuable starting point for a practice of discernment? Is it? What other starting points might be worth considering?*

*Discernment can sometimes feel like dancing with divine mystery and revelation. How comfortable are you with mystery and revelation? What helps you navigate the mystery and revelation in your life?*

*What do you consider to be important aspects of your identity? How might those pieces inform your sense of God's call upon your life? How does an identity as a beloved child of God disrupt or affirm your existing sense of identity?*

*Where have you sensed God's activity in your life? Does that activity align with or challenge the idea of God's healing work in the world?*

*Where do you hope this practice might lead you in the days and weeks ahead?*

As the conversation comes to its natural close, invite participants to share a hope that they have for each other, or to celebrate a gift that they have received from the time together.

End the session in prayer, and make plans for the next gathering.

# SESSION 2

Days 13 - 27

Over the course of these 15 days, participants will have considered the question...  
What am I called to do?

This section gets at the topic of vocation and calling, a new consideration for many young adults - and hopefully one that resonates. Feel free to invite clarifying questions from any of the readings, or use some of the following questions to guide your discussion, after a time of check-in and worship.

*Where have you encountered the language of vocation and call before? What expectations do those words hold for you?*

*The terms vocation and call both draw on imagery of a divine voice. Where have you encountered the voice of God in your life? What might you suggest to someone who hasn't experienced it? What other language might help God's invitation come alive?*

*One's vocation has the potential to be so much more than your employment. Why do we gravitate there first? What is it about the demands of career and employment that limit our imagination about a meaningful life? What aspects of your life outside of career might contribute to a sense of God's call in your life?*

*Discerning a vocation can feel highly individualized, but at the same time connects us to the needs of others and the world around us. How do you sense God calling you to hold both your individual and communal concerns together? What helps you achieve balance between these demands? Is balance the right word?*

*How do you respond to the idea of vocational seasons? How do you distinguish between the parts of your vocation that are time-limited, and those that are life-long commitments? Where have you seen evidence of people being faithful to God through different seasons of living?*

*What do you find to be a faithful understanding of work? When have you experienced the joys as well as the challenges of pursuing meaningful labour? What are some red flags that tell you when your work life is not what it should be?*

As the conversation wraps up, invite participants to share a word or statement from the time together, that they're going to think more about in the coming days.

End the session with prayer, and make plans for the final gathering.

# SESSION 3

Days 28 - 40

Over the course of the final 13 days, participants will have considered the questions...  
How do I make decisions? How do I live the decisions I make?

This final section explores issues of faithful decision-making. The readings invite reflection on past decisions, and provide some considerations for future discernment. Here are some questions to help frame your discussion. Feel free to dive in, after a time of check-in and worship.

*What are some decisions you've made that have been formative for your life, your sense of faith, or your sense of identity?*

*What are some decisions that others have made, that have had an impact on your life - for good or for ill? How do you feel about those decisions?*

*What do faith and decision-making have to do with each other? What does faithful decision-making look like in your life?*

*When have you been overwhelmed by the opportunities in your life? When have you been underwhelmed by your options? How did you respond?*

*How do you respond when a decision doesn't work out the way you had hoped? What about the times when we inadvertently cause harm with our decisions? What place is there for things like regret, reparation, and forgiveness in how you think about past decisions?*

*What helps you maintain a posture of openness, dignity, and hope as you live into the decisions you make? What keeps you grounded in the present moment, even as you consider decisions that will shape your future?*

*Where do you see unrealistic expectations of productivity around you? What might help shift your mindset towards producing the Fruit of the Spirit, or embodying the character of God, in your life?*

As the discussion comes to a close, invite participants to share a gratitude they have for the time spent together, as well as a next step towards that which God calls them.

End the session by praying for one another. Consider the practice of "laying on hands" for one another as you pray, if that feels appropriate. Offer a final blessing.