

CPLG – Session #2 (Western Region) – Feb 9, 2017

Begin with the reading of the 3rd Hour or other prayer.

Display slide with group covenant as a reminder of what we agreed to do in group.

Distribute paper and pens for days journaling and reflection.

Ask group to write on paper their favorite Bible verse and why it is meaningful for them. Then share together one by one.

Show Pico Iyer TED talk on *The Art of Stillness* (15 minutes). Following the video, ask group to reflect on what they learned or gleaned from the presentation. After brief group exchange, display slide with reflection questions on silence/stillness/busyness. Do we take some time most days to sit silently with the Lord? Do we take tech Sabbaths in our lives for any length of time? How do we find balance in ministry with family life and other duties?

Distribute patristic quotes for journaling/reflection. After writing their thoughts ask each group member to share their reflections.

Watch Stephen Covey video on *The Seven Habits of Highly Effective People* (14 minutes). Show slide with main points of video. Which point do we do well? Which point can we improve on?

Determine date and host for next meeting. (topics that they hope to cover in the future?)

Closing prayer

Slide 1 – intro

Slide 2 – group covenant

Slide 3 – Pico Iyer video on *Art of Stillness*

Slide 4 – Reflection questions on *Art of Stillness*

Slide 5 – Stephen Covey video on the *Seven Habits*

Slide 6 – Main points of *Seven Habits*