

## CPLG – Session #25 – February 29, 2024

Begin with the reading of the 3<sup>rd</sup> 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.

Check-in reflection questions (slide)

View video **How Rest Can Make You Better at Your Job (4 min)**

Slide on reflection questions relating to video

Slide on Wall-To-Wall Continuum – **Plan Every Detail vs Thrive on Spontaneity**

Slide on journal/reflection question – **I Feel Valued When \_\_\_\_\_**

Slide on Bible Study – Romans 12 – with reflection questions

Slide on journal/reflection question – **How Would You Describe this Season of Your Life?**

Slide on **Clean Monday** hymns

Closing prayer

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Slide 1 – intro

Slide 2 – group covenant

Slide 3 – Check-in

Slide 4-5 – Video **How Rest Can Make You Better at Your Job** and reflection questions

Slide 6 - Slide on Wall-To-Wall Continuum – **Plan Every Detail vs Thrive on Spontaneity**

Slide 7 – Slide on journal/reflection question – **I Feel Valued When \_\_\_\_\_**

Slide 8 – Slide on Bible Study – Romans 12 – with reflection questions

Slide 9 – Slide on journal/reflection question – **How Would You Describe this Season of Your Life?**

Slide 10 - Slide on **Clean Monday** hymns