

2019 Advent Adult Formation  
Session 2 - December 11, 2019

**Practice - Prayer**

Dwell intentionally with God each Day

Video:

<https://episcopalchurch.org/twol/pray>

Discernment Questions:

- When do you feel closest to God during your day?
- What is your favorite way to pray?
- Share a story of how prayer has impacted your life.
- Which person of the Trinity do you most often address in your prayers?

**Practice - Worship**

Gather in community weekly to thank, praise, and dwell with God

Video:

<https://episcopalchurch.org/twol/worship>

Discernment Questions:

- What is your favorite Sunday or other service of the Church year? Why?
- What is your favorite hymn? Why? (What is your least favorite hymn? Why?)
- What is the most meaningful part of a worship service for you? Why?
- Talk about a time you experienced God's presence in a worship service.
- What is your favorite way to worship God outside of Church?
- Have you ever participated in worship leadership (like ushering, serving as an acolyte, reading, etc.)? How has that changed your perception of what it means to worship?

## **Practice - Bless**

Share Faith, and unselfishly give and serve

Video:

<https://episcopalchurch.org/twol/bless>

Discernment Questions:

- What is the best gift you have ever been given? Why was it so special?
- Name a time you were blessed. What happened? How did you feel?
- What have you been freely given? What can you freely give? (Matt 10:8, NIV)
- Who in your life could you invite to join you in the Way of Love?
- God gives us gifts so that we can share them. What are your spiritual gifts? What are the ways you share them with your community of faith and your community at large? (1 Cor 12)  
What else have you been gifted?
- What things get in the way of sharing your faith? What things get in the way of sharing God's blessings? Are they the same things, or different?
- What is one practice of generosity or compassion you could commit to trying this week?
- What are the ways the Spirit is calling you to bless others in your community?