

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Stay Present/Faith

- **Leader shares:** When we talk about staying in the moment, we're talking about placing our attention on what is happening right now and noticing how we're thinking and feeling. When we do that, our thinking becomes clearer, our focus sharpens, and we become more aware of what is around us. It brings intention to our actions and helps us see things with more clarity. In line with this, many of us have heard the idea of having faith of a mustard seed, as mentioned in the Bible. That kind of faith becomes more natural when we stay grounded in the present, because our attention is centered on what is real and in front of us. Taking a moment to notice your surroundings or become aware of your body can reset your mind and create space for a fresh perspective. As we practice this, we often begin to notice a growing sense of faith within ourselves, a steady confidence that God's promises, protection, and guidance are real and present.
- **Group shares:** What helps you come back to the present moment, and what do you begin to notice when you do?
- **Leader Shares:** Sometimes I notice that my mind goes to past experiences or starts thinking ahead based on things I've heard, and it pulls my attention away from what's right in front of me. When that happens, I try to bring myself back by noticing what's around me in the present moment. As I do that, I start to remember the ways God has shown up in my life, and it shifts my perspective. It reminds me how much there is to be thankful for and how His way has always been greater than anything I could have planned on my own.
- **Acknowledge:** THANK YOU for sharing!

Verses:

- **Matthew 17:20 (NIV)** - "If you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."
- **Psalms 46:10 (NIV)** - "Be still, and know that I am God."
- **Leader shares:** The core of these verses is that faith becomes clearer and more tangible when we bring our attention back to what is right in front of us. It shows us that faith doesn't have to start as something big or certain, it can begin small, in a single moment of awareness and trust. When we return to the present, we create space to recognize what is already true, and from that place, even a small amount of faith can grow and take root.
- **Group shares:** Can you think of a time when coming back to the present helped you see how God was working in your life?
- **Acknowledge:** THANK YOU for sharing!

Here are 10 simple ways to bring yourself back to the present moment:

1. Take a deep breath and slowly exhale longer than you inhale
2. Look for something you've never noticed before in your surroundings
3. Gently press your hands together and notice the pressure
4. Count your breaths up to ten, then start over
5. Focus on the feeling of your clothes against your skin
6. Smile slightly and notice how it changes your body
7. Take one slow step and feel each part of your foot touch the ground
8. Listen for the quietest sound you can find
9. Place a hand on your chest and notice your heartbeat
10. Say to yourself, "I'm here right now," and pause for a moment

Prompt Question: Which of these stands out to you the most, and how do you think using it could change the way you experience a moment in your daily life? Also, are there any other ways you've found that help bring you back to the present?

Acknowledge: THANK YOU for sharing!

- **Leader shares:** Staying present reminds us that there is more available to us in this moment than we often realize. In a simple pause, we can find clarity, steadiness, and a renewed sense of direction. It creates space to notice what is good, what is real, and how God is already at work in ways we may have overlooked. Even a small return to the present can bring a sense of peace and strengthen our trust. Over time, these moments build into something lasting, shaping how we think, how we respond, and how we move forward. Each moment becomes an opportunity to stay grounded, to grow in faith, and to recognize that we are guided and supported right where we are.
- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we conclude our group meeting, I encourage everyone to share any additional thoughts on your mind, or to request prayer.
- **Stay connected:** imperfectpaths.com

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