

The Power of One – 6/7/26

To start your group time, take a few minutes to be still and present. Invite everyone to notice how they are feeling physically then to breathe in for the count of 4, hold breath for the count of 4, breathe out for the count of 4. Do this three times. Invite everyone to notice how their body is feeling.

Remember:

1. What is The Power of One movement about? How do you feel about it?
2. Which “one” from scripture impacted you the most? Why?
3. How does it affect you to realize that your one heart and life matter the same as those Bible stories we read?

Read Aloud:

Psalm 78:4

Discuss:

1. What do you see that God is entrusting us with at TCCO?
2. What is your part to play in keeping the TCCO community healthy? (consider kids, students, singles, seniors, marriage, parenting, etc.)
3. Where is your treasure and what does that say about your heart?

Apply:

1. How can we collectively steward well what God has given us?
2. What act of obedience or surrender is God inviting you to?

Pray:

Choose one person to open and one person to close then popcorn pray over the Power of One movement and all that has been shared.