

Deeply Rooted Week 1: Showing Up

Scripture: [John 21: 6-19](#)

Video Lesson:

<https://vimeo.com/601153874>

Our Prayer:

Loving God, lead me towards practices that bring me closer to You and to my neighbor.

Memorable Quotes:

“We are participants in a vast communion of being, and if we open ourselves to its guidance, we can learn anew how to live in this great and gracious community of truth.” —Parker Palmer, *Let Your Life Speak*

Questions for Reflection:

- Icebreaker: Introduce yourself. What is your favorite ice cream flavor?
- What word or phrase from the scripture stood out to you? Why?
- Why do you think Jesus asked Peter if he loved Him not just once, but three times?
- What spiritual practice brings you closer to God and to your neighbors?
- What action or practice can you start today to be more present in your daily life?

Practices to Adopt:

- Show up to your weekly life group(s)
- Read the remainder of the Gospel according to John, chapter 21
- Pray this week’s prayer (above)
- Choose a spiritual practice: prayer, Bible reading, meditation, intentional solitude...and start small
- Begin to pay attention to how God is speaking to you in this season

Resources to Go Deeper:

Bible Project ([How to Read the Bible](#))

“[The Means of Grace](#)” sermon, John Wesley

The Patient Ferment of the Early Church, Alan Kreider ([Summary](#))

Let Your Life Speak, by Parker Palmer

Five Means of Grace: Experience God’s Love the Wesleyan Way, by Elaine A. Heath