



Faith Groups

Sharing our Lives, Growing in Faith

A Resource of the Episcopal Diocese of Newark

Reflection

Options for Reflection Time in Faith Groups

The heart of our Faith Groups is time spent reading and reflecting on the Bible together. There are any number of ways to decide on a passage to consider at a Faith Group session. Remember that these groups aren't primarily Bible Studies, so the decision around what text to use is a little different than a Bible Study. Here are a few suggested ways to choose a passage or other material, to get you started

Sunday Readings – you can take up one of the readings from the previous Sunday or look ahead to the coming Sunday. If you reflect on the previous Sunday's readings, you can also incorporate any response to the sermon from Sunday. The readings can be easily found in the back of the Book of Common Prayer or on websites like <http://thelectionarypage.net> or <https://www.episcopalchurch.org/lectionary/>.

Forward Day by Day – These familiar devotionals follow the daily lectionary readings and offer a reflection, which both could be used (a reading as well as the devotion) within the Faith Group. If you wish to subscribe to an online form, see their web page sign up form (<https://lp.constantcontactpages.com/su/tL0oK4F/email>).

Psalms – the group can choose a portion of a different psalm for each meeting. The psalter is found in the back of the Book of Common Prayer, as well as in your Bible.