



March 9, 2025

LEADERSHIP ESSENTIAL




“Selah” is an opportunity to breathe and rest. This is an essential practice for our body but also for us as leaders. This is a great week to take the Sunday message and pull it through your week. As you prepare this week, carve out just 10 minutes to sit with God and be aware of His presence in your heart, mind, and life. If 10 minutes is too long, try 5. If it’s too short, try 15 or 20. Ask the Holy Spirit how to prepare for your conversation on selah. It’s your personal experience with God as a disciple of Jesus that overflows into your circle.

PRO TIP

Follow-up questions like, “Can you tell me more?” and “What else?” are simple ways to pull conversations forward. Try it, and see what happens!

CIRCLE GUIDE & BEHIND THE CIRCLE GUIDE

DISCUSS & ENGAGE THE SCRIPTURES

1. How did you enjoy God during our weekend experience?
 *Some good follow-up questions could be: What did God say to you during the 5 minutes to hear God? How did you experience rest? If you didn’t experience rest, why do you think that is?*
2. Read [1 John 4:7-21](#). What is the Holy Spirit showing you through this Scripture?
 *As leaders, we committed to memorizing this by April 1. This is a great opportunity for you to share what God is showing you as you’ve memorized it.*
3. Read [1 Timothy 4:7](#). What are you discovering about yourself and God through your practice plan?
 *We have to keep talking about our practices to keep them fresh. It’s okay to make adjustments to your practice plan along the way as the Holy Spirit leads you. This is a great question to help bring out humility and vulnerability as you keep the conversation Jesus-focused. Remember, the practice isn’t about doing something but about becoming someone.*

 *In your attendance, add notes on this question and summarize your circle experience.*

PRAY

Jesus, thank You for Your love for us. May we become a people of love.

[CLICK FOR WEEKEND MESSAGES AND PARTICIPANT CIRCLE GUIDE](#)