



## WEEKLY ACTIVITY

### WEEK **2** FLEXIBILITY

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**This week's topic focuses on Spirit-led thinking, which gives us a healthier life and more peace.**

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Spread the Story Cards out in the middle of the room so people can see them when they first walk in.

Ask each person to pick a card that captures something that's going on in his or her life right now. Then ask why each person chose the card they did.

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Finish the activity, and open your time together, praying for strength and peace over what is going on in group member's lives right now, and for God to direct our hearts and minds to the abundant Life and God given Peace He alone offers as we walk through our study today.