

LOVED TO LIFE

Group Guide



EVERYTHING YOU NEED TO LEAD YOUR OWN PILGRIMAGE

WELCOME TO *Loved to Life!*



You & I embarking together on this 40-day journey with Jesus, through the Gospel of John, will be deeply meaningful for us both — as this pilgrimage will powerfully deepen our trust, steady our hearts, speak to our doubts and immerse us together in the life-changing love of Jesus.

This is more than just a study. It's a sacred pilgrimage, an invitation to turn our eyes toward the One who gave everything for us and to discover the life we've always longed for. To discover surprising ways Life Himself loves us!

And the best part? You don't have to journey alone. Whether you're gathering with friends, your church, or a small group, this *Loved to Life* Group Guide has everything you need, including:

- A **Host Guide** with tips and resources
- An **Invitation** to welcome others into this journey
- A **Reading Plan Bookmark** to set the pace of your pilgrimage
- Suggested **Weekly Questions** for meaningful conversation
- **Free gifts** to print and share with your people

Jesus took on the pain and suffering of this world—all for love. Now, He invites us to step fully into the abundant life He offers. My prayer is that during these 40 days, we will together encounter Him in a deeply personal way and experience the transformation that only His love can bring.

I can't wait for us to begin! May this be a season of awakening, renewal, and hope as you journey *Loved to Life*.

All's grace,
Ann

HOST Guide

CREATING A SACRED AND WELCOMING SPACE FOR YOUR SMALL GROUP

1. Gather Your Fellow Pilgrims for the Pilgrimage

VIRTUALLY OR IN PERSON!

Invite a group of 12 or fewer to journey with you through six weeks of Loved to Life and the Gospel of John (see invitation template).

A smaller group allows for meaningful connection and deeper conversation and more opportunities to do life and pilgrimage intimately together!



PLAYLIST



2. Create a Warm and Welcoming Atmosphere

Turn on a gentle playlist (scan the QR code to access one we created for you!), set out coffee, tea, and simple refreshments, and light a candle or two, to make your space feel like a quiet invitation – or encourage folks to come with a cup of something warm and light a candle if you are gathering virtually.

Consider inviting others to help with snacks, if meeting in person, by organizing a rotating roster of "snacks for the pilgrimage." **Sharing responsibilities builds genuine community and no pilgrim is denied the joy of blessing others on the pilgrimage.**



DURING YOUR GATHERING

3. Open Your Time Together

Begin with a few Connection Starters as a way to connect and catch up while enjoying refreshments. **This helps everyone feel comfortable and connected and grow emotional safety on the journey.**

Transition by inviting everyone to gather, close their eyes, and really enter into the scene as you read from the Gospel of John — **center your hearts, and set the tone for a sacred space and encounter with Jesus.**

SOME CONNECTION STARTERS TO SPARK YOUR CONVERSATION

SIMPLE JOYS What's a small thing that made you smile recently?	SOMETHING TO LOOK FORWARD TO What's one thing you're excited about in the coming week?	WEEKEND PLANS If you had a completely free Saturday, how would you spend it?
CURRENT READS What's a book you've read recently (or are reading now), and would you recommend it?	MOST RECENT FIRST What's the last new thing you tried? (A new food, hobby, restaurant, workout, etc.)	SIMPLE GRATITUDE What's something small but meaningful that you're grateful for this week?
SURPRISING CONVERSATIONS Have you had a really good or unexpected conversation with someone recently? What made it meaningful?	FAVORITE LOCAL SPOT What's your favorite place in your town/city to grab coffee, take a walk, or just relax?	MORNING MUST-HAVES What's one thing that helps start your day on the right foot?

HOST Guide

DURING YOUR GATHERING



4. *Open in Prayer*

Take a moment to invite God's presence, asking for guidance, insight, and unity as you journey together.

Invite Jesus to intimately speak to hearts. Open dry places and wounded places to His touch, to His care, to His good redemptive work.

Leave a few moments of silence, that each pilgrim can quietly be in Jesus' presence, lay their hearts silently before Him – and hear how the Spirit is speaking to each of them in this moment. Leaving space and stillness and silence for the Spirit to speak is so much of the work and gift of the pilgrimage – to allow Jesus to work in hearts like only He can.

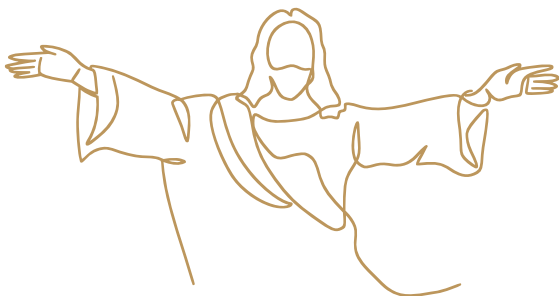
5. *Facilitate Open Discussion*

Encourage pilgrims to share what stood out to them—what they highlighted, underlined, noticed, or felt moved by in this week's readings. Encourage sharing of how individuals' walk through the week – experienced the companionship of Jesus, how daily life is awakening to His presence and being on pilgrimage with Him.

Use the discussion prompts on the following pages as a guide to spark conversation, allowing the Spirit to lead the dialogue naturally – **He is with you and will give words and make tender connections and do deep holy, healing work in the room.**



CLOSING YOUR TIME TOGETHER



6. *Close with Prayer*

End your time together by lifting up what was shared. **Give thanks for each pilgrim on the pilgrimage, for the Spirit's insights, pray for challenges, and ask for strength and vision to continue pilgrimaging with Jesus throughout the week, looking for ways we are intimately encountering Him.**

READING PLAN

Bookmark

PILGRIMAGE THROUGH THE GOSPEL OF JOHN TOGETHER



Your group will meet weekly, either in person or virtually, to reflect and connect in genuine ways, discuss, and feel deep witness and withness in community together – never alone! Between sessions, participants are encouraged to read a devotion daily, if possible – or listen to the audio book! – and come willing and open to share thoughts, questions, or insights from that week’s readings.

A note about Lent:

If you’re reading *Loved to Life* during Lent, the 40-day reading plan is designed to align with the traditional observance of Lent, which is 40 days leading up to Easter, beginning on Ash Wednesday and excluding Sundays. Sundays are grace days to catch up with any reading...or to return and linger with a particular reading.



READING
SCHEDULE

WEEK ONE

Days 1-7
Read: John 1-3

WEEK TWO

Days 8-14
Read: John 4-7

WEEK THREE

Days 15-21
Read: John 8-12

WEEK FOUR

Days 22-29
Read: John 12-15

WEEK FIVE

Days 29-35
Read: John 15-18

WEEK SIX

Days 35-42
Read: John 19-20

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INVITE YOUR *Group*

TWO WAYS YOU CAN INVITE YOUR GROUP TO PILGRIMAGE




Via Text Message

SAMPLE TEXT:


Hey [Name]!

I'd love for you to join me for a 6-week group study of Loved to Life—a 40-day pilgrimage through the Gospel of John. It's a time to steep in God's love, walk with Jesus through His Word, and grow deeper in faith alongside others on the journey.

 Details:

 When: [Insert dates, day, and time]

 Where: [Insert location or virtual link]

 What to Bring: Loved to Life (book), a Bible, and a notebook

Let me know if you're in—I'd love to have you join this journey! 🙌



SCAN TO DOWNLOAD THE INVITE
SO YOU CAN TEXT IT!

Print Your Invitations!

We've designed a Loved to Life invitation for you to invite your friends and family on your pilgrimage.

Print, cut out, and add your details at the bottom and either mail or hand out your invitations.

We recommend printing on a heavy cardstock!





YOU'RE INVITED!

YOU'VE GOT A PLACE SAVED ON A PILGRIMAGE!
Join Loved to Life: A 40-Day Pilgrimage through the Gospel of John

WHAT TO EXPECT:

Daily encounter the love of God through His Word, with 40 devotional readings to

- give you enlightening insights to calm your real worries
- ground your identity in who you really are, regardless of failures
- speak to your deepest doubts with a profoundly steadying comfort
- and walk you in fresh, intimate way with Jesus, Love Himself, that will be life-changing!

Weekly gather to connect in genuine ways, & together, experience practical tools to cultivate a more intimate relationship with Jesus!

DETAILS

When:

Where:

What to Bring:

RSVP:

We'd love for you to join us on this meaningful journey as we move from barely getting by to being on pilgrimage together with Jesus through the Gospel of John.



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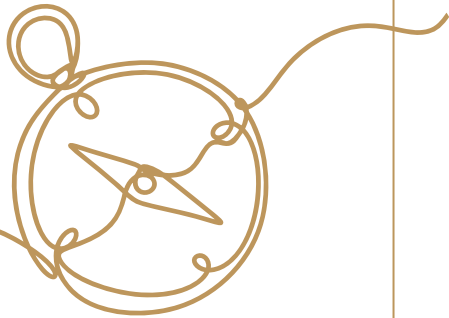
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WEEKLY Questions

FOR DISCUSSION AND REFLECTION



These questions are prayerfully designed to help your group of pilgrims reflect deeply and in community on your pilgrimage through Loved to Life, the Gospel of John, and your daily companioning walk with Jesus.

Feel completely free to prayerfully choose the questions that resonate most with your group or reflect where God is leading your hearts this week. You don't have to answer every question—let them serve as guideposts for your conversation. Feel the generous invitation to linger on a single question if it opens meaningful discussion or inspires prayer. **The goal is never to cover everything but to encourage one another as fellow travelers on this sacred pilgrimage to experience the covering grace and presence of Jesus.**

REFLECTING ON THE ROAD SO FAR

- **What's one thing that opened my heart in an unexpected way from this week's readings—either in the devotions, Scripture, or both? Why might the Spirit have brought that to my heart's attention?**
- **Were there moments in the readings that felt like stumbling blocks or stirred resistance in me? Why might that be and how might the Spirit be speaking to me?**
- **What moments on the pilgrimage this week felt like clear signposts, resonating deeply with my heart or drawing me closer to God? How might His Word be confirming that signpost?**

DISCOVERING JESUS ALONG THE WAY

- **What new insights or observations did I gain about the person of Jesus, Love Himself this week? How might that insight dovetail with what is happening in my life right now and how Jesus wants to meet me?**
- **Which of Jesus' promises, attributes, or purposes stood out to me as I journeyed through this week's readings? When I consider what I'm experiencing in my life, in terms of worries, overwhelm or challenges – how might those promises, attributes or purposes of Jesus directly speak to my daily pilgrimage?**
- **How did Jesus reveal Himself as a companion on my spiritual pilgrimage during this week? How is looking for and encountering Jesus in your daily life changing your trajectory and journey moving forward? Who might Jesus be inviting you to share your story of personal encounter with this week, to encourage their pilgrimage?**

WEEKLY *Questions*

WALKING IN STEP WITH JESUS WHO IS THE WAY



- **How is Jesus inviting me to change my direction, repent, or take a new step of faith? Where is Jesus calling me to give up my allegiance and trust of something in this world, to place deeper trust, and greater allegiance, in Him?**
- **In what ways do I feel compelled to share Christ's love with others, whether through service, words, or acts of kindness?**
- **How might my pilgrimage with Jesus practically look different because of what I've read and reflected on this week?**

RENEWING MY LOVE FOR LOVE HIMSELF, WHO KEEPS PILGRIMAGING WITH ME

- **How has this week's reading awakened and nourished my love for Jesus?**
- **What spiritual practices or habits can I establish, through the power of His Spirit, to stay more intimately connected to Jesus throughout the rest of this pilgrimage?**



I AM STATEMENTS

OF JESUS

Throughout the Gospel of John, Jesus reveals who He is through seven powerful I Am statements—each one offering a glimpse into His heart, His mission, and the life He invites us into. **These statements aren't just words; they are truths to anchor your soul. When you feel lost, Jesus says, I am the Way. When you feel empty, He reminds you, I am the Bread of Life. These cards are here to help you meditate on His words, hold onto His promises, and deepen your trust in the One who is everything you need.** As you journey through Loved to Life, let these I Am statements guide and ground you in the unshakable truth of who Jesus is.

I AM THE RESURRECTION AND THE LIFE



I AM THE WAY, THE TRUTH, AND THE LIFE



I AM THE GOOD SHEPHERD



I AM STATEMENTS

OF JESUS

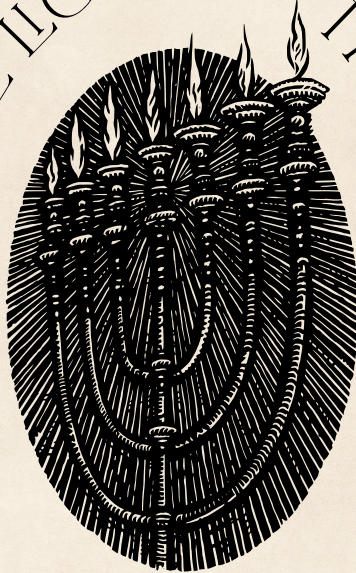
I AM THE BREAD OF LIFE



I AM THE DOOR

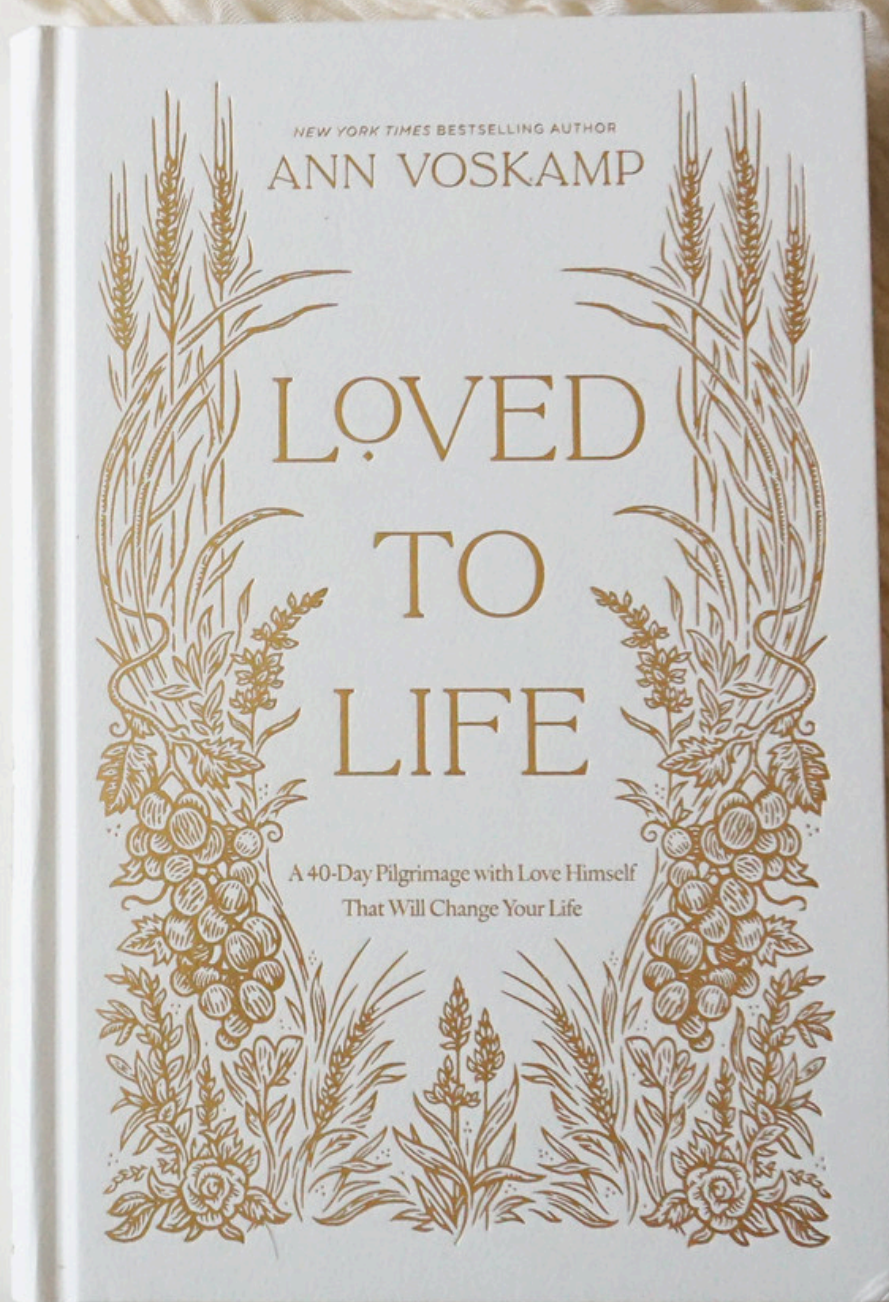


I AM THE LIGHT OF THE WORLD



I AM THE TRUE VINE





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