



*“He has risen from the dead, and behold, he is going before you to Galilee; there you will see him.” (MT 28:7 ESV)*

## WEEKLY MEETING (30 MIN)

- 1 : ASK: “How is your personal prayer life?”**  
*Content. Consistency. Activity.*
- 2 : ASK: “What is Jesus saying to you lately?”**
- 3 : PRAY: Ask the Holy Spirit for guidance and take turns Reading.**  
*Closer re-reads the verses.*
- 4 : PAUSE: Let the Holy Spirit speak to you.**
- 5 : ASK: “What is your question?” and propose answers.**  
*Any question inspired by the reading.*
- 6 : ASK: “How would you like God to bless you?” and pray.**  
*Bless in the name of Jesus.*
- 7 : DECIDE: When will we meet next?**  
*Date. Time. Location.*

## HOW TO GALILEE

1. Anyone can open Step 1. The Opener performs each Step, receiving the Closer's response, where appropriate. Then the Closer performs the Step or their part of it. Let responses be free; no comments or correction.
2. Honor every person and their journey. Be a gracious listener and participant.
3. No mentoring or discussion. These can happen elsewhere. Keep Galilee free for the Holy Spirit's work.

## FIRST-TIME NOTES

1. Describe your practice of prayer. Include: what you do and your experience (content); how often (consistency); whether you have been more aware of God's activity & grace in your life, or the enemy's activity & temptation.
2. Reflect on themes or events in prayer & life, especially ones that: bring peace, lead to humility, and are repeated/confirmed. *One should also consult a reliable spiritual director in significant discernments.*
3. Offer a brief prayer. Then, trusting the Holy Spirit, read until something sticks out (e.g. a word/phrase, a visual, a question). Scripture is preferable and any reading plan will serve.
4. This is a time for the Holy Spirit's action. Discuss the passage with him; consider the imagery or what stuck out; rest in his Presence, trusting his action.
5. Each, in turn, must propose a question inspired by the reading. Take turns offering an answer after each question.
6. After receiving intentions, bless with encouraging and upbuilding words. Let the Holy Spirit guide you.
7. Meet consistently. Flex to a call or a different date/time, if needed.