



# 'OHANA GROUP QUESTIONS

WEEK 2: SEPTEMBER 25 - OCTOBER 1

If you would like to jump into an 'Ohana Group, email [groups@newhopeleeward.org](mailto:groups@newhopeleeward.org) or grab some friends or family who are doing the Pause journey and answer these questions together. Alternatively, you can also answer these questions on your own to reflect on this past week.

1. Tell the group how your Pause time was this week. Share any of the following (don't feel like you have to answer every question)...  
What was difficult about it? What worked for you (time and place)?  
Was there a day that stood out to you? Did God speak anything to you?  
Did you notice any differences in your daily life/attitude?
2. What was something new that you learned or relearned about God or yourself this week during your Pause time?
3. What is something you've been doing that really helps you shut your brain off and simply pause before the Lord?
4. "Jesus often withdrew to the lonely places and prayed."  
Why do you think we avoid something that Jesus clearly needed?
5. What is one major thing that you need prayer for this week?  
Share with the group and pray for one another.