

Connect Group Notes

31 August 2026

This past Sunday we heard a message from Annabelle about the practice of evening prayer through Psalm 139.

In the middle of our busy, ordinary, sometimes messy lives, we're invited to end each day with God by taking time to **Review, Thank, and Release**. As we look back over our day, we can notice where God was present, thank Him for His goodness, and hand over the things we're carrying.

Tonight is an opportunity to slow down together, reflect honestly, encourage one another, and consider what it might look like to create a simple rhythm of prayer in our everyday lives. Whether prayer feels natural to you or you're just starting out, there's an invitation here for all of us to take one small step deeper in our relationship with Jesus.

1. Review

- Why is it helpful for us to review our day with Jesus?
- What do we - or might we - notice when we look back over our days, as to God's activity and presence in our day to day lives?

'Was there a conversation, opportunity, challenge, or ordinary moment where you sensed God at work?'

- Does anyone want to share if they do this, and what their experience has been?

2. Self-Examination

- Why do you think it can be difficult to honestly review our day before God?

- Are there areas of our lives where God may be inviting us to greater awareness, repentance, or growth? Share as comfortable, maybe in pairs of smaller groups.

3. Thankfulness

- Psalm 139 reminds us that we are "fearfully and wonderfully made." What does this truth mean to you personally?

- What does thankfulness/gratitude do for our hearts, especially as we close the day?

4. Release

- What does it mean to really release the day/situation(s) to God?

- Is there a worry, disappointment, relationship, need for control, or unanswered question that you are holding onto?

Share with others what helps us to release our day to God, as encouragement for each other.

Pray and Apply

- What existing daily evening habit could you attach a simple "Review, Thank, Release" prayer to?

Closing Prayer Exercise

Invite the group to spend one minute silently reflecting on:

- **Review:** "God, show me where You were present today."
- **Thank:** "God, thank You for..."
- **Release:** "God, I hand this over to You..."

Then close in prayer together.