



“Slow Down Show Up and Pray” by Ruth Rice

Session Five Questions

1. GET ACTIVE Could you see a Renew space working where you are ? Why/ why not?
2. TAKE NOTICE Reflecting on what is already available in your church and community what are your reflections on how easy it is for folk with mental health challenges to join in ?
3. GIVE What is stopping you from using the manual , finding a small group as part of church and getting started on some aspect of this idea? Is there another idea/ call God is giving you ?
4. What one thing will you do as a response to the challenge to see a wave of wellbeing ? What scares you / what excites you ? What do you need to help you move forward in this area?