



RADiation *Worksheet*

Reflection | Application | Discussion

Week of October 8

Healthy attachment frees us to explore boldly
and to live generously.

DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

What has God done that you are thankful for this week?

What challenge are you facing?

SCRIPTURE

Psalm 23

(Read these verses on your own and aloud as a group.)

REFLECTION

Dr. Dan Siegel, a clinical professor of psychiatry at UCLA summarized healthy attachment with four S's: Safe, Seen, Soothed, Secure. How is Psalm 23 an example of healthy attachment with God?

Based on that psalm, how do you think David's attachment to God helped form his identity and his character?

APPLICATION

What declaration(s) does David make in Psalm 23 that you can relate to the most?

What are you willing to do to grow in your attachment to God?

What declarations(s) from Psalm 23 are more challenging to you?

NOTE: It's the third week of Small Groups. Check out the [Service Project Worksheet](#) to get some ideas about how to organize your project and engage a variety of your group's [spiritual gifts](#).

Contact rachael@newdaywi.com if you need additional ideas and support.