

# 30-MINUTE GROUP CADENCE

This cadence allows deeper reflection while keeping the group moving forward together.

## 1. SETTLE & CHECK IN (4 MINUTES)

Quick round: one sentence per man.

**Prompt:**

“One word to describe your week.”

**Purpose:**

Build presence without drifting.

## 2. OPEN PRAYER (2 MINUTES)

Leader prays for humility and clarity.

**Purpose:**

Frame the time as listening, not fixing.

## 3. SCRIPTURE READING & OBSERVATION (5 MINUTES)

Read aloud twice.

**Questions:**

“What does this verse tell us about wisdom?”

“What does it require from us?”

2-3 responses only.

**Purpose:**

Anchor discussion in Scripture.

## 4. DEVOTIONAL REFLECTION (7 MINUTES)

Leader briefly retells the wallpaper story.

**Discussion Prompts:**

- “Why does alignment matter so much?”
- “Where do men tend to start crooked?”

Allow multiple voices, limit storytelling.

**Purpose:**

Connect metaphor to real life.

## 5. THEME DISCUSSION (8 MINUTES)

Choose **one direction** and stay there.

**Options:**

- Learning from proximity
- Independence vs guidance
- Who you're learning from now

Leader ensures everyone has space to speak.

**Purpose:**

Create shared clarity, not debate.

## 6. LIVE IT OUT (3 MINUTES)

Each man writes one action step.

Leader asks:

“What’s one step you’ll take this week to remain teachable?”

Optional sharing.

**Purpose:**

Make obedience specific.

## 7. CLOSING PRAYER (1 MINUTE)

Leader or volunteer prays.

**Purpose:**

Commit the week to God.

## TOTAL TIME: 30 MINUTES

A steady, focused rhythm built for transformation, not talk.

**SNAG THIS PRINT-FRIENDLY VERSION FOR YOUR NEXT GROUP STUDY.**