



20

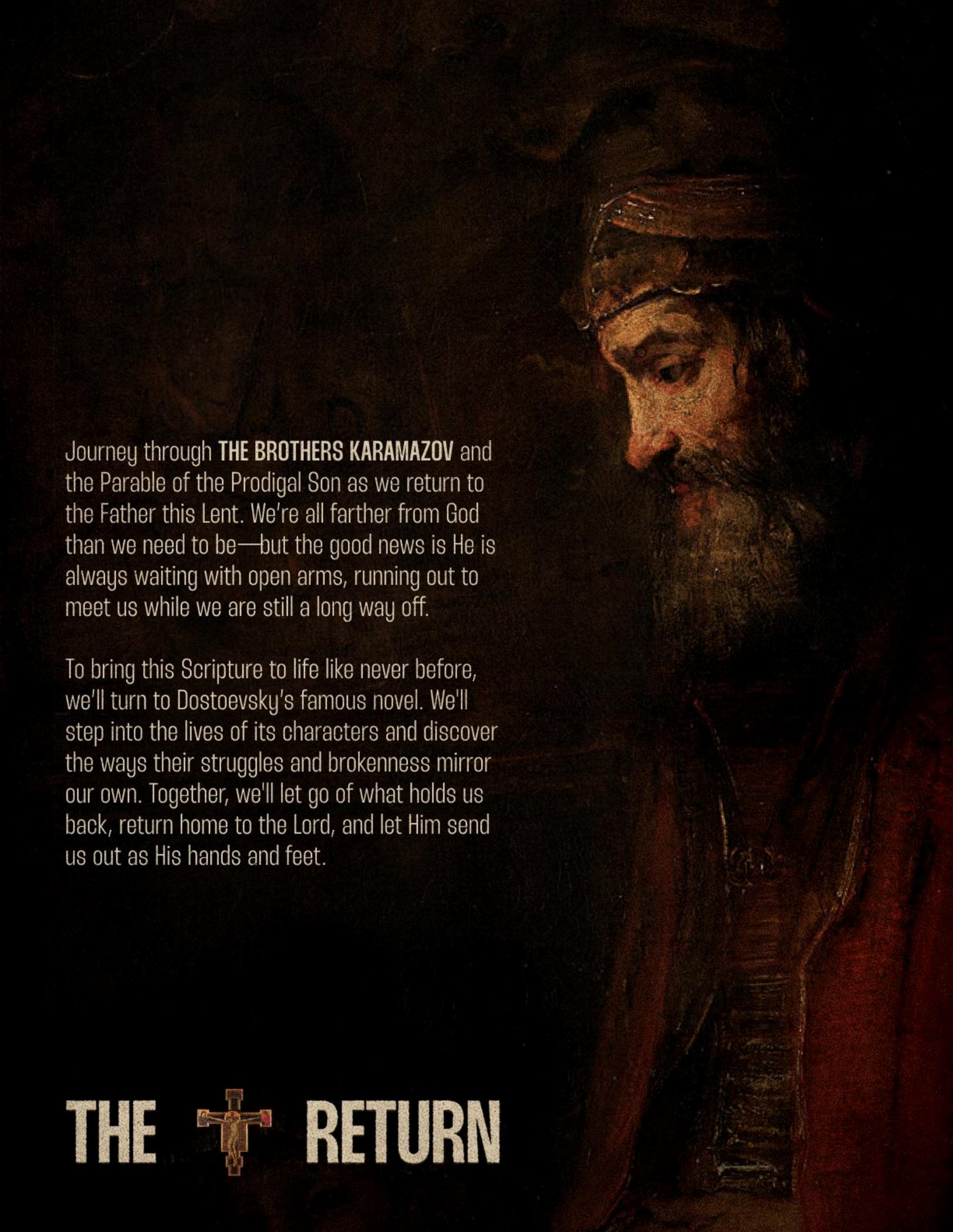
# THE RETURN

26



OFFICIAL SMALL  
GROUP LEADER GUIDE





Journey through **THE BROTHERS KARAMAZOV** and the Parable of the Prodigal Son as we return to the Father this Lent. We're all farther from God than we need to be—but the good news is He is always waiting with open arms, running out to meet us while we are still a long way off.

To bring this Scripture to life like never before, we'll turn to Dostoevsky's famous novel. We'll step into the lives of its characters and discover the ways their struggles and brokenness mirror our own. Together, we'll let go of what holds us back, return home to the Lord, and let Him send us out as His hands and feet.

**THE**  **RETURN**



# WEEKLY THEMES/QUESTIONS

**WEEK 1: RETURN**

**WEEK 2: WHAT DO I OWE?**

**WEEK 3: CAN THERE BE BEAUTY IN SODOM?**

**WEEK 4: WHERE IS GOD?**

**WEEK 5: WHAT DOES LOVE LOOK LIKE?**

**WEEK 6: COME HOME**

**WEEK 7: MEMORY ETERNAL**

# Leader Guide

---

Jesus said, "Where two or three are gathered together in my name, there am I in the midst of them."  
(Matthew 18:20)

## GROUP OVERVIEW

This guide is designed specifically for leaders. It includes the weekly themes, as well as the discussion questions that follow each daily session on Hallow. In addition, weekly reflections and small-group—specific discussion questions will be sent to your inbox and posted on the Small Groups Launchpad at [lentpray40.com/groups](http://lentpray40.com/groups)

## VISION

At Hallow, our mission is to help people pray. But we aren't meant to do this alone. Prayer must be done in community. It must lead to the Eucharist. We must pray as a Church. That's why we created content specifically for small groups.

Small groups offer an intimate setting that invites us to share our struggles honestly, hold one another accountable, and pray with and for each other.

These small communities of faith form holy friendships on the bedrock of a shared striving for sainthood and a living encounter with the Lord.

We at Hallow are grateful to journey alongside your small group this Lent. Know of our prayers for you!

## In this **Leader Guide**, you'll find:

How to prepare for the week

---

A Hallow overview for those who are new to the app

---

Discussion questions for each week of this study

---

# HALLOW OVERVIEW

---

Hallow is a prayer and meditation app that combines the peace and stillness of meditation with the spiritual growth of contemplative prayer.

---

## WELCOME TO ALL

Hallow is rooted in the tradition of the Catholic Church but has been built to welcome users of all backgrounds. Hallow features the Bible on its "navigation tab" towards the bottom of the screen and many of the sessions are rooted in Scripture, such as Jeff Cavin's Daily Reflections or Fr. Mike's Bible in a Year.

## GETTING STARTED

Don't know where to get started? Open the app and tap on the "Discover" icon on the bottom of the screen to search for the "Intro challenge." This will introduce you to different styles of prayer and meditation that we have in the app.

The "Discover" tab is also a great place to explore the many categories of content we have on the app, including daily meditations, prayers for sleep, music, rosaries, and more.

We cannot wait to pray with you!

### Creating a Small Group

To create a small group, tap on the "Church" tab on the bottom of the Hallow app, then tap the "3 line menu" in the top left hand corner of the screen. You'll see "Create group." Follow the prompts to create the group and once you've finished, tap on "Add a prayer" in the middle of the screen to select Pray40 challenge. Note: You may need to update your app if you don't see these steps.

For more help visit: <https://tinyurl.com/yjhwfhpw>

## HOW TO PREPARE FOR THE WEEK

"And over all these put on love, that is, the bond of perfection." Colossians 3:14

---

### SEEK GOD IN PRAYER

The goal of any study is to spend time with God and encounter Him through prayer and Christian community. Of course, we don't do any of this on our own. The Holy Spirit intercedes for us and teaches us how to pray (Romans 8:26). Before you begin any session, ask for God to guide you and help you become more aware of His presence. After you listen to any session, spend time in silence reflecting on what stood out to you and where God might be drawing your attention.

### PREPARE FOR YOUR GROUP

After spending time in prayer, when listening on your own, use this guide to write your thoughts on any of the discussion questions. You are also free to add your own questions to bring to the group when you meet.

### IT'S OKAY NOT TO KNOW THE ANSWER

No one needs to have extensive knowledge of Scripture to be a part of a small group. If a question or topic comes up that you can't answer, that's okay. Learn from others in the group, be bold to seek understanding by asking questions, and offer insight from your own experience wherever you can. We encourage you to check out the AI feature within Hallow that can be found on "Home." This will enable you to ask questions and get responses informed by Church teaching.

### STAY IN TOUCH

The real fruit of journeying through a study together is the shared experience of growing closer to God. This can happen during discussions, by offering to support one another in prayer, and by staying in touch outside of the times you meet together. On the Hallow app, you can share reflections and prayer intentions directly to your group, as well as pray and respond to others who do the same.

## **SAMPLE GROUP AGENDA**

Below is a sample agenda for a small group meeting using this study. Feel free to adapt the agenda to the needs of your group.

---

### **SETTLING IN (5 MIN)**

Before you kick off, share something about your week. We recommend doing a highlight/lowlight or rose/bud/thorn reflection.

### **PRAY WITH HALLOW (15-20 MINS)**

Listen to the week's Hallow session from Pray40

### **DISCUSSION (25 MINS)**

Discuss the session's questions and additional thoughts you've journaled. Don't be shy to share your insights and anything that stood out to you. Your thoughts may be just what someone needs to hear.

### **RECAP (5 MINS)**

As your time with your group comes to a close, we recommend the group admin recap some key takeaways from the discussion and confirm the next session to listen to before the next meetup.

### **PRAYER INTENTIONS**

Share a prayer intention with the group. We encourage you to list your intention in your community page on Hallow so everyone can continue to pray for you during the week.

### **CLOSING PRAYER**

Have someone in the group close in prayer, offering up the intentions of everyone in the group.













