

Congratulations! You made it through week 1. As you reconvene together as a group, here are some questions to help start you on a conversation about the first challenge. Remember, these questions aren't a script to follow, just conversation starters. Share your experience, listen to others, and encourage each other!

General Questions for Each Week

How did it go? What went well from the challenge? What didn't go so well?

Did doing this challenge help you grow? Or not so much?

Were you pushed out of your comfort zone? Or was this one not too challenging?

Do you think you might try doing this again in the future?

Questions Specific to Week 1

How often did you remember to actually do the prayers? Did morning or evening go better?

Did this routine lift your spirits to start the day, or give you peace as you went to sleep?