Dear Friend,

Thank you for choosing Simply Tuesday to read with your small group! I love imagining you sitting around in living rooms, dorm rooms, classrooms, or break rooms; in coffee shops, libraries, cities, or cul-de-sacs—working together to take back the small moments in the midst of a fast-moving world. (Bonus points for your group if you meet on Tuesdays.)

The purpose of this guide is simple: I want to make it easy for you to gather with your Tuesday people, to have meaningful discussion about the regular parts of life, and to see how these everyday moments are clues to the kingdom of God.

Some of the questions in the guide will be the same as the ones at the end of each section in the book. I chose ones I thought would make for good group conversation. Other questions for discussion will be new.

As you begin, I want to share a couple of thoughts with you and your group.

Simply Tuesday is my fourth book, and I’ve learned that each book emerges with its own personality. During the months I spent writing this one, I experienced an overwhelming sense of comfort and company in Jesus. My greatest hope is that he would extend that same comfort to you; that no matter how tired, how distracted, or how small you might be feeling, he would meet you right where you are and offer his kind companionship.

As you read and then gather together on your own benches, I pray your greatest goal would be to connect. If you only get through one of the suggested questions in this guide, well then that’s just fine. The goal is connection not completion.

May your moments together be sweet and may our Friend Jesus meet you in all kinds of new and familiar ways.

Let’s celebrate our smallness together, emily

P.S. Share a photo of your group using #itssimplytuesday on Instagram or Twitter. I’d love to see your faces!
Week 1
Video Release Sign Up
At least one week before your first meeting, have your group visit SimplyTuesday.com and sign up to receive a free series of four videos from Emily to watch before your first meeting. These are short introductory videos that will help your group become familiar with Emily and some of the concepts discussed in the book. The videos will also offer group members practical ways to begin to create space for their souls to breathe in the midst of their potentially fast-moving world.

Week 2
Part One: Introduction–Chapter 3

Week 3
Part Two: Chapters 4–6

Week 4
Part Three: Chapters 7–9

Week 5
Part Four: Chapters 10–12

Week 6
Part Five: Chapters 13–15
Week one of this guide is designed to be relational and conversational, an introduction to your time together.

- you will begin to discuss the actual material in the book next week
- by this time the entire group should have received all four videos from Emily in their email inbox after signing up at SimplyTuesday.com.

Discuss

Each video introduces a simple practice to create space for your soul to breathe:
- Hold a bowl when you pray (receive from God)
- Set a timer for 5 minutes (be still with God)
- Make a “these are the days” list (walk with God)

1. Take a few moments to share your experience with the practices introduced in the videos.

In Video 2, Emily says this: “When I’m overwhelmed in my life, it shows up on my desk. When I’m overwhelmed in my soul, it shows up in my body.” She shares the story of pouring blueberries with their juice into a colander but forgetting to hold it over the sink.

2. What is the most absentminded thing you have done when rushing through your days?

3. What are some ways being overwhelmed shows up in your life and in your body?

4. What does your “fast-moving world” look like right now in your life?

5. What might “small-moment living” look like for you?

6. Why did you choose to read Simply Tuesday as a group? What are you most hoping for in these weeks you spend together?

Before next week:
- If any members of the group haven't received the free introductory video series, have them sign up with their email address at SimplyTuesday.com.
- Read Part One: Introduction–Chapter 3.
This week you were invited to:

- see your smallness as a gift and not a liability
- discover home right where you are
- release the obsession with building a life
- trust in the life Christ is building in you

Key Scriptures

Genesis 4:6–17; Luke 17:20–21

Opening

Share a quote or concept from the Introduction–Chapter 3 that you underlined or remember either because it resonated with you or because you have a question about it.

Discuss

Chapter 1: Cities & Benches

1. Have you ever seen the Milky Way?

   *Invite group members to share about times in their lives when the night sky has impacted them somehow—hushed the soul, brought peace, or perhaps been intimidating.*

2. What kinds of things, situations, people, or circumstances cause you to feel small?

   *Bring to mind the difference between the “good kind” of small and the “bad kind” of small. Ask group members to share their own experiences with these different kinds of smallness.*

3. From page 34, what does it mean for you to sit down on the inside?

Chapter 2: Moments & Time

4. Discuss Cain’s decision to build a city after leaving the presence of God. In what ways can you relate with Cain in the desire to build your own cities?

5. What is your current impression of the Tuesdays in your own life right now?

   *Discuss your literal Tuesdays with your group. Maybe Tuesday is garbage day, clean the bathroom day, PTA meeting day. Is Tuesday the day you have to work late or go in early? What does your Tuesday actually look like this week?*

Read: Genesis 4:6–17

“City building keeps our souls occupied, our hands moving, and our hearts distracted. City building helps us forget what our souls most long for . . . When our souls lose home, we set out to build a new home.” (31)

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continued >>
6. Can you remember a specific time or season in your life when you felt like the “ordinary auntie”?

7. In what ways might you be running from ordinary time? In what ways are you embracing it?

8. How is your faith challenged differently during moments of crisis versus moments of ordinary time?

Chapter 3: Gates & Cul-de-sacs
Read: Luke 17:20–21

The passage in Luke reminds us that God’s kingdom isn’t something we can point to and say, “There it is!” Rather, his kingdom is already here in our midst. Still, sometimes it’s hard to see evidence of his kingdom in our own experience. Perhaps it’s in the gates and the cul-de-sacs of our own lives where God wants to intimately meet us and, in turn, establish his kingdom on earth.

9. In what ways are you standing at a gate or living in a cul-de-sac?
When Emily traveled back to her hometown of Columbus, Indiana, she wanted to understand a bit more of who she was and to find a piece of her she thought might be missing. She always thought Columbus was a cul-de-sac, but it turns out it was a gate. In the end, she made a hometown discovery—that home isn’t somewhere out there but somewhere in here.

10. What are some of your own hometown discoveries?

Journal
Take a few moments with a journal or notebook. Divide a page into two columns—“Cities” on the top of one half and “Benches” on the other. Without taking too much time to think, list some cities you are building in your own life. Then reflect on the benches God may be inviting you to sit on.

Here’s Emily’s as an example:

<table>
<thead>
<tr>
<th>Cities</th>
<th>Benches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worrying about what people think</td>
<td>Trusting God with outcomes</td>
</tr>
<tr>
<td>Twins having a good experience in middle school</td>
<td>Praying specifically for friends and teachers</td>
</tr>
<tr>
<td>Trying to get people to understand me</td>
<td>Seeking to understand people</td>
</tr>
</tbody>
</table>

Over the next several weeks of reading, encourage group members to continue to add to the list as more personal cities and benches are made clear to them.

Before Next Week
- Join the community on Instagram and/or Twitter by sharing simple moments from your own Tuesdays using #itssimplytuesday as a practical way to celebrate smallness and lean into small-moment living one Tuesday at a time.

- Read Part Two: Chapters 4–6
Key Scriptures
Matthew 11:28–30; Mark 4:30–32

Opening
Share a quote or concept from chapters 4–6 that you underlined or remember either because it resonated with you or because you have a question about it.

Discuss
Chapter 4: Effort & Outcomes
1. In what ways do you agree or disagree with this passage from page 73:

   Effort toward excellence in my work can silently morph into effort toward perfection in my soul. And before I can tease them apart, my life becomes one defined by my failure and successes and I’ve forgotten who I really am. Excellence just becomes a more respectable word for control, which is a fancy version of manipulation, which is a psychological word for sin, and did I really just align excellence with sin? . . . I don’t see Jesus calling me to excellence. I see him calling me to himself. And sometimes, on the kingdom of earth, moving close to Jesus looks like failure and embarrassment.

   2. In what areas is it most difficult for you to release outcomes? (E.g., the safety of your family, being understood, financial situation, employment, etc.)

   3. On page 76 Emily says that it bothers her when church people equate growth with God’s blessing. What are some of your deep soul frustrations when it comes to the ways we talk about God, church, and his kingdom?

Read: Mark 4:30–32

4. Did your impressions of the mustard seed change after reading this chapter? How have you seen the kingdom of God like a mustard seed in your own life?

Chapter 5: Success & Envy
5. What is your eight-foot assignment this week?

continued >>
Read: Mark 4:30–32

6. Brennan Manning encouraged his new friend, Fil Anderson, to sit with these verses until those words became the truest thing about him. Today, in this moment, what is the truest thing about you? Encourage group members toward honesty here. You may hear “I am a child of God,” which is true, but also allow space for “I am exhausted” or “People are on my nerves.”

7. Have you ever felt like your personality gets in the way of your desired success? In what ways?

Chapter 6: Stairwells & Stages

8. Does anyone in the group have any fun celebrity-sighting stories to tell?

9. Are there circles of influence where you have achieved some level of fame? What about areas where you have longed for accolades but have been overlooked?

10. What are some stairwells and stages in your own life right now, and how are they informing your life?

Before Next Week

• Journal: At least once before your next meeting, sit down with Matthew 11:28–30 until those verses become the truest thing about you.Honestly record your experience.

• Read Part Three: Chapters 7–9

build a bench people want to sit on
**Read Part Three** chapter 7 - chapter 9

**FINDING OUR TUESDAY PEOPLE**
**MORE CONNECTING, LESS COMPETING**

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**This week you were invited to:**
- find a safe place to feel insecure
- replace the compulsion toward competition with the gift of connection
- move downward with gladness
- wear the world like a loose garment

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**Key Scripture**

*Luke 1:5-38*

**Opening**

Share a quote or concept from chapters 7–9 that you underlined or remember either because it resonated with you or because you have a question about it.

**Discuss**

**Chapter 7: Community & Competition**

1. There is a real tension in vulnerability: we often crave it at the same time we fear it (121). What part has friendship played in your spiritual formation?

2. Emily intentionally sought out connection for her soul, her family, and in her work. In what areas of your life are you longing for connection these days? What’s keeping you from making those connections? Or what are some practical ways you are seeking out those connections?

3. Where are your safe places to feel insecure? Or perhaps more specifically, who?

**Chapter 8: Children & Grown-Ups**

**Read:** *Luke 1:5-38*

4. In the account of the angel’s visit in Luke 1, in what ways do you relate with Zechariah? In what ways do you relate with Mary?

This chapter outlines several characteristics of children:
- Children follow the agenda of others.
- Children can trust and question at the same time.
- Children believe the words they hear.
- Children are delightfully messy.

5. Which of these is the easiest to embrace for you, and which is the hardest to let go: your agenda, your need for proof, your negative concept of yourself, or the need for a mess-free life?

6. Looking back over your life, what small words have made the biggest difference?

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**CONTINUED >>**
Chapter 9: Honesty & Maturity

7. In what ways have you experienced the tension of “wearing the world like a loose garment” and “inviting others into your apartment”?

8. Think back over the last week or so. Do any footnote interactions with people come to mind that have perhaps festered into headlines without you realizing it?

9. Is it more difficult for you to be honest with others or with yourself?

Before Next Week

- **Journal:** Pay attention to the relational interactions you have this week. At the end of your days, write out some of the footnote interactions that have festered into headlines and ask the Lord how you are to be honest about them. Perhaps in some situations you are to move toward the other person and tell them how you are feeling. Or maybe you are to be quiet this time and simply be honest in the presence of God. Practice noticing how the footnotes and headlines impact your soul and, in turn, your relationships.

- **Read Part Four:** Chapters 10–12

replace the compulsion toward competition

with the gift of connection
Key Scriptures
Matthew 11:1–15; Romans 6:5–7

Opening
Share a quote or concept from chapters 10–12 that you underlined or remember either because it resonated with you or because you have a question about it.

Discuss
Chapter 10: Prayer & Questions
We are often able to recognize God’s presence and movement in other people, but are rarely able to see how he is present and moving within us personally. (162)

1. In what ways does this statement ring true in your own life?
2. Have you ever felt guilty for struggling, especially when your life seems good?

Read: Matthew 11:1–15

3. Do you relate with John the Baptist in these verses? If not, with whom in the Bible does your soul most closely relate to today?

Chapter 11: Desire & Disappointment
4. When was the last time your regular routine was interrupted with something major you didn’t expect? (Not simply a change of schedule, but a major life shift—job loss, health scare, car accident, etc.)

5. In what ways are you tempted to build a city in the midst of disappointment? What would it look like for you to sit on a bench instead?
6. In what ways did this chapter offer you another perspective on having clarity?

Chapter 12: Confession & Laughter
7. Can you relate with the “shock and shame” response when you make a bad choice or have a bad reaction?

This week you were invited to:
• create a safe place for your soul to come out
• hold on to hope even in the midst of disappointment
• find quiet relief for your tired soul
• learn to laugh again

continued >>
Read: Romans 6:5–7

8. When you think back on your own shock and shame responses, how might these verses inform your response next time?

9. When you are embarrassed, do you tend to laugh it off, shrink back, or lash out?

10. What connections and experiences have you missed because you are either remembering a former embarrassment or fearing a new one?

Before Next Week
- **Journal:** Spend a little time sitting in silence to give your own soul a chance to come out. Consider answering the questions listed on page 168.

- **Read Part Five:** Chapters 13–15
**Read Part Five  chapter 13 - chapter 15**

**SEEING BEYOND TUESDAY**

**MORE LOVE, LESS FEAR**

**Key Scriptures**

Zechariah 4:10; 8:1–8; 1 Corinthians 13

**Opening**

Share a quote or concept from chapters 13–15 that you underlined or remember either because it resonated with you or because you have a question about it.

**Discuss**

**Chapter13: Vision & Contentment**

1. At the beginning of chapter 13, Emily shares a recurring dream she has that represents her fear of losing control. Does anyone have a recurring dream they are willing to share with the group?

2. Review the evidence of fear in Emily’s life on pages 208–9. What is the evidence of fear in your life? How do you know when you’re being pushed by fear?

   **Read:** 1 Corinthians 13

3. How do you know when you’re being led by love?

4. Did the concept of “chasing the flash” sound totally foreign to you, or can you relate? What are some ways you practice chasing the flash or capturing those moments of hopeful vision for the future?

**Chapter 14: Desire & Disappointment**

**Read:** Zechariah 4:10 and review the context

5. In this account in Zechariah, do you relate more with Zechariah (the hopeful visionary), Haggai (the active pragmatist), those who opposed the temple rebuilding project (the skeptical critics), or the people of Jerusalem (the weary doubters)?

6. In what ways do you “despise the days of small things”? In what ways are you learning to embrace them?

   **Read:** Zechariah 8:1–8

7. What does this vision for the future of Jerusalem teach you about God? What does it teach you about the people in Jerusalem at that time? What does this vision tell you about yourself?

**This week you were invited to:**

- be led by love rather than pushed by fear
- embrace small beginnings
- see beyond small endings
- live well in Ordinary Time

**Week 6**

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**Simply Tuesday**

**SMALL GROUP CONVERSATION GUIDE**
Chapter 15: Tuesday & Everything After

8. What are some lessons Tuesday is teaching you?

Share some of the things on your own personal “these are the days of” lists right now. Share casually what your days are filled with right now without thinking too hard about it.

9. In what ways might these be clues to the kingdom of God, one inch above the ground?

10. How have your impressions of smallness changed since we began? Are you hoping for a particular ending to your small beginnings?

Closing Reminder

• May we be marked more by our small moments than by our fast movements.

• May we understand the goal of life is Jesus and all the ways he wants to offer himself both to us and through us to the world.

• May we be people who make the invisible kingdom visible, sinking low to the ground, picking up our crosses and shoes off the floor, eating the bread of life and serving it up with peanut butter and jelly.

• May we be people who believe in the significance of our small words, knowing that whether they’re spoken into microphones or near microwaves, they are all sacred when said in the power of the Spirit.

• May we embrace the days of small beginnings even if they lead only to small endings.

• May we release our obsession with building a life and trust in the life Christ is building within us, one small Tuesday at a time. May we never dread Tuesday again.