

# LIFE Talk • April 8, 2026

## SHALOM—WHOLENESS, PEACE, WELLNESS

Grow in the grace and knowledge of Jesus Christ. 2 Peter 3:18



### TODAY'S TOPIC

#### Beyond the Yellow Arrows—Camino Lessons for Life

Drawing from his Summer 2025 sabbatical walking along the Camino de Santiago in Spain, Pastor Brian Norsman will take you on a pilgrim's journey and share five spiritual insights, including The Camino Within, Sacred Companionship, and The Art of Traveling Light. Through spiritual practices and contemplative photography, participants will learn to notice God's presence and walk their own inner pilgrimage— wherever they are.

### ABOUT OUR PRESENTER



#### Rev. Brian Norsman

After eight years pastoring a church in Milwaukee, Brian was called to St. Andrew's in 2009 to be Pastor of Children, Youth & Family. Brian is currently leads the Pastoral Care & Spiritual Formation team. He earned his B.A. in Economics & Spanish from St. Olaf College, and his MDiv from Wartburg Theological Seminary. Before going to seminary at age 30, Brian was in the banking and investment world and owned a Scandinavian Tour Company specializing in heritage travel, pilgrimages, and adventures.

Replay videos available at [saintandrews.org/LIFEU](https://saintandrews.org/LIFEU).

# LIFE Group Sheet

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### GETTING STARTED

Share in a spiritual practice, discuss an igniter question, and/or begin with prayer.

*Creator God, thank you for the opportunity to gather with each person here, to grow in faith and knowledge together, and for the gift of your Holy Spirit. Bless our time, our conversation, and how we care for one another. Amen.*

### FIRST IMPRESSIONS

Briefly share (in pairs or 3s) your initial reaction to what you heard in the LIFE Talk.

Prompts: What stood out to you? What is stirring inside of you? What are you thinking, feeling, or wondering about?

### DIGGING DEEPER

1. Where is God inviting you to walk inwardly today on your pilgrimage?
2. What might God be inviting you to release or trust in this season?
3. Who are your sacred companions—and how can you walk as a pilgrim this week?

### CLOSING PRAYER

Offer a prayer to draw your time to a close, using one of your own or the one below.

*God of wisdom and beauty, thank you for this time together. Help us as we live out our faith this week and share what we have learned. Make us instruments of your peace and healing love, as we grow in grace and knowledge of Jesus. In Christ's holy name we pray, Amen.*

**To join a LIFE Group, contact Sue Lennartson at [slennartson@saintandrews.org](mailto:slennartson@saintandrews.org)**