STAY GROOVY

Where Humor Meets the Soul

By R.W. Wesley

Five-Week Study Guide

A fun look at life before it got so serious.

HOW IT WORKS

1. Meet once a week for the next five weeks.

   Tip: Ending your time together with a shared meal is a great way to celebrate the journey.

2. Each week, a different person chooses a favorite story from *Stay Groovy*.

3. Read it aloud (most take less than ten minutes). Share the reading if you'd like—different voices add flavor. But remember, don't drink milk while reading.

4. After the reading, use the six questions below to guide discussion.

The goal isn't to analyze but to connect—through laughter, honesty, and remembering that life's best lessons often come wrapped in humor.

THE SIX UNIVERSAL QUESTIONS

(Use these every week, no matter which story is chosen.)

1. What made you laugh?

- Which line, image, or moment brought a smile? What made it funny or familiar?

2. What made you feel?

- Did something in the story stir nostalgia, sadness, joy, or gratitude? Why do you think it touched you that way?

3. What made you think?

- Was there a sentence, phrase, or truth that lingered with you? What idea or insight does it offer?

4. What do you see about yourself in this story?

- Where do you relate—a similar mistake, memory, or moment? What did it teach you then or now?

5. What might you do differently after reading this story?

- Does it invite you to laugh more, forgive faster, slow down, or appreciate small things?

6. Who might enjoy hearing this story (or yours)?

- Who could use a laugh? How can you share joy with them this week?

CLOSING THOUGHT

Stay Groovy isn't just about nostalgia—it's about noticing the good, laughing through the mess, and finding meaning in the everyday.

Keep reading. Keep remembering.

And whatever happens next… **stay groovy.**