



Discussion Guide

Get Started

Welcome! Introduce yourselves and invite a check-in around either or both of these.

Following the elections, something I hope is:

As I think about Thanksgiving, something I hope is:



Pause for a minute to be still and be here together. Relax, close your eyes breathe and listen as someone reads the lyrics from Psalm 139. 11-14 (from Sunday Paper or Bible or [here](#).)

Ground Rule re-word of the week: “step up, step back.” What do you think?

Reflect & Discuss

These messages are about Fabric’s purpose to help you discover who you are, what you are capable of, and encourage you to discover where that needs to be used - here in our community, and everywhere else you go—home, school, with friends, at work, neighborhood, voting booth. Everywhere. Ryan and Martha Tofteland shared their story, in hopes it would inspire us in our own journeys.

https://youtu.be/q0_1WGXS1bM

- Begin by sharing reactions to this week’s message. What made you say *whoa, wow... what?!*
- Mission = “sent out.” You are qualified to be sent out. Where do you think you are sent out right now?
- What keeps you from your contribution?
- Read the teaser for next week (the Sunday before Thanksgiving) ([Used! And Complicated](#)) in the Sunday Paper. Has this come up in your conversations so far? How will you all engage this given the holiday?

*Will that “one more thing”
exhaust or fuel you?*

Close

What is something you will take away from this time? Leave space for everyone to contribute.

Show Up. Expect Growth. Build Trust

Be present. Share only what you want when you want. Confidentiality. Respect.
Questions over answers. Wonder over judgement. Do you. Welcome silence.



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Ground Rules for significant relationships

Be present as fully as possible (doubts/convictions, fears/hopes, failings/successes; listening/speaking, giving/receiving...).

Share only what you want when you want. It's your call.

Confidentiality. Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.

Respect others by avoiding the temptation to interpret, correct or offer unsolicited advice.

Questions over answers. Practice responding with honest, open questions.

Wonder over judgement. Starting to feel judgmental? Get curious. *I wonder what's behind that perspective. I wonder what my own strong reaction might mean.*

Do you. You learn from others for sure, but this is a unique chance to pause and listen to what's going on in you. This is perhaps the most simple (yet difficult) and potent thing you will do - for yourself and your group.

Welcome silence. The world is noisy enough. After someone talks, take a breath and let Silence have a voice in your Group.

Here are some great additions and different ways of saying these that we've heard this fall...

-Monitor airtime.

-Step up. Step back.

-Don't yuck my yum.

For you, what is one thing that feels important to keep in mind this time?

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