



## 2.17.19 Experience - Glimpsing What You'll Never Have

### Get Started

Use this or another practice of you, **being here**, now. Set a timer for 1-2 minutes. Squeeze your shoulders up to your ears as you breathe in, slowly let your breath out and let your shoulders fall. Create tension in your hands, belly, feet...then release. Notice any thoughts, let them pass by. Keep breathing. **Welcome!**

*How are you? Is there something you are most and least grateful for from your week?* Each person take 2-3 minutes to check in, then invite someone else. No rush, take a moment to think before you speak.

Practice listening fully, not focusing on what you will say. No comments other than “thank you.”

### Reflect & Discuss

Small “t” truth! As a group you are practicing it all the time with this deliberate space you are in right now. **For the sake of not petrifying our ground rules – spend 5 minutes on the next page** with Brene Brown’s take on tangible ways we build trust and belonging.

Here are some ways to dig into this conversation more. Enjoy!

- **Begin by collecting stories and reaction from Sunday’s experiences.** *What surprised you? What were some “ahas?” What did it leave you wondering? Wanting?*
- Watch this [collection of “fact to fiction” video snips](#). Discuss the value of the “truth” in each clip.

How do we capture what is true about a person, for example? There are QUANTITATIVE and QUALITATIVE descriptions. E.g. “human, 5’9”, enneagram 4, ENFJ, Psych major...” vs “He is an eager young man determined to find something he loves and spend his life at it.”

- Share reactions to this claim: “Cap T Truth exists (after all, 2+2 does = 4). But the more profound, the more impossible to capture. We reduce it when we particularize, apply, articulate, practice it. That’s not bad, that’s the job.”
- “Foxes have dens, birds have nests, but the son of man has no place to rest his head.” (Jesus, in [Matthew 8](#)) Is this the “I’ve arrived” idea? Jesus and those who walk the way he does, don’t have that and don’t look for it. *Why? Why would Jesus want us to keep truth a small t?*

### 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.





## **Show Up. Expect Growth. Build Trust.**

Ground Rules for significant relationships

How do we be the connected people we want to be instead of just being right? How do we build trust and true belonging? I love what Brene Brown said about this below.

Let's let her give us a new take this month on the ground rules we practice together around small "t" truth.

-Melissa

From this interview: [Strong Back, Soft Front, Wild Heart](#)

"...we've got to stop walking through the world looking for confirmation that we do not belong, because we will always find it. It's the confirmation bias. If you are looking for confirmation you don't belong, you're gonna find it. **We don't negotiate our belonging externally.** It's not something that we negotiate with other people or groups of people.

Yeah, no one can give us this. We carry this in our heart. And so the most tangible behaviors that I have found: **Stay curious, be kind, and... listen with the exact same amount of passion that you want to be heard.**"

*Take time to reflect for yourself on what you hear in this.*

*Share with someone now or in between your gatherings.*

