



## Get Started

Use this or another practice of **being here**: Lengthen your breaths, touch your fingertips together. Notice your pulse. Acknowledge the life that is flowing. **Welcome!**

*How are you? When is a moment you felt free and/or unfree this 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

**Living Room. It's endangered.** For these six weeks leading up to Easter we will look at where our living room is disappearing to, how it is affecting us and other people, and how we can reclaim it – for us and others.

- *What does living room feel like? What does it not feel like?* [Use this](#) collection of images, choose one that helps you describe what it feels like (or doesn't) to have room to live.
- *How can your group offer living room to one another?* Name one thing that is helpful for you to feel you have that kind of space. Check out the ground rules on the next page for inspiration and ideas.
- *How do you think of Living Room compared to “me time?”*
- Read [Psalm 40.1-5](#) while you listen to [U2's song, 40](#). Write down what it makes you wonder about living room. Then share your wonderings.

## 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

**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.

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

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

