

BURIED



March 31, 2024 Easter | Buried
Group Discussion Guide

Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

Facilitator: Read the guide. Prep sticky notes, pens. Note some thoughts to grease the wheels. Trust the 3 strands showing up!

Get Started

10-15 mins

Welcome! If you ever feel like a zombie- you are in the right place. This Easter week we are asking, what if...we are seeds, not zombies? How does that change our relationship with the dirt?

Review the **Group Agreements**. *By the way, we do this every week so they are part of our groove when we need them. It's a 'practice when it's easy so you have the skills you need when it's not' thing.* Take your time, passing around to read.

Check-In. *Go around, share names and...what is something you remember about Easter as a kid? Share a memory or scene that comes to mind either because it was typical or very unusual.*

Welcome again. Thanks everyone for showing up today. This wouldn't be much of a group without you!
And Fabric wouldn't be much of a community without Groups!

Discussion & Practice Ideas

30-60 mins

1. Check out this comment shared on Sunday: *"Feeling buried and being a zombie is very attractive right now... thanks for the reminder."* How do you hear that comment? Do you relate? What does zombie-ing look like?
2. **There's more to living than not being dead.** What do you think Jesus' message to the disciples in John 20 has to say about the feeling of being buried? See Ian's paraphrase in the [Sunday Paper](#).
3. When have you grown following periods that just felt dormant? What or who helped you feel free or take a risk to grow? Did how you related to the "dirt" of that situation change?

Close (Don't miss this.)

5-15 mins

Take aways. *What is one thing you will take away to remember you are a seed?*

Check in on plans for upcoming meetings: who is facilitating, providing hospitality, or other needs of your group. *Remember, anyone is welcome to serve the group as facilitator.* **Next meeting:**

Ian is visiting Groups! Can he visit yours to get to know more people and hear what matters to you? When would be good options for him to visit your group? Let Melissa know so she can help coordinate. And if you have any questions.



Group Agreements

1. **Push pause.** The world is noisy. Before speaking, take a breath.... let Silence be a voice in your Group.
2. **Be present.** Your being here matters! Step up to share when you are ready. Step back to listen.
3. **Share what you want** when you want. "I'll pass" is always an option.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Stay curious about yourself and others. Practice open and honest questions.
6. **Listening is a superpower.** Listening to others share their own experiences, struggle and strength is empowering. So is being listened to!
7. **Speak from your own experience,** to the whole group. Ask for help or feedback for yourself if you'd like, but avoid crosstalk, fixing, interpretation, or unsolicited advice directed toward any one person.

These agreements are practiced, not perfected! You can always circle back with the group or an individual to share how something felt to you or check in. Practice when it's easy!

Sometimes there will be care and support needs that go beyond what can be addressed within your normal group operation. That's a good time to pull out the [Care IQ](#) tools.

