



Groups are regular, long haul space to **share, care, trust and grow** - it's a process we can only do with others. Welcome!

Get Started

10-15 mins

WELCOME! We are exploring [It's Hard Not To](#) through Thanksgiving. **So far this conversation has me wondering...**

Lots of messy, real life has happened just today. This week so far. Let's honor all that and **push pause** to be here as fully as we can. *Maybe close your eyes or take the deepest breath you've taken all day. And one more...*

Showing up is the hardest part! You made it. We made it!

Check out the **Group Agreements** on the back/page 2. Take turns reading them. Take your time - no rush!

Check-In: Share names, hellos, and a word about something you hope for from this time together. If nothing comes right to mind, perhaps the first line up top or the Group Agreements can help you name something.

Discussion & Practice Ideas

30-60 mins

1. COLLECT REPLIES: **When I think of "Spiritual Growth" I think of _____.** Now read the intro on the front of [the Sunday Paper](#) that begins: *It's Hard Not To...GROW! Fact: You are...* COLLECT WONDERINGS **"I wonder _____"**.
2. **What struck you in the unpacking of the parable about the seeds, dirt and the sower?**
Try a [ROAM](#) (Read, Observe, Apply, Meditate) through **Luke 8.1-15** together (it's at the top of the Sunday Paper) to wrestle with it for yourselves!
3. **Get real - get in the dirt.** Spiritual growth is a natural, messy process. We will always have all the soils going on as part of us! And we can tend our good soil (aka growth zones!) together.

Split into 3 pairs/groups - each take one of the first 3 soils. *Work together on 1 - examples of how it shows up and keeps you in comfort or danger zones. 2- things that help you insert a growth zone. Report back and discuss!*



Close

5-10 mins

Read the HOMEWORK invitation aloud. *What message will you stop believing this week that keeps you from seeing the good soil in you?* In pairs talk through yours until you can flip it to an affirmation you want to **take away** from this time.

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:





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. Asking "how" not "why" can take you on a tour instead of a trial of yourself and others.
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 another group member.

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. Here's an [article](#) on how to apologize well. 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.

