



Welcome Everyone! Fabric Groups are a regular, long haul space to **share, care, trust and grow** with others inspired by the conversations and experiences we have in common as Fabric.

Opening ideas

10-15 mins

Welcome! [One With Everything](#) has us wondering about our relationships with prayer. *Something I value about the chance to talk about this together is...*

Have a group member choose a prayer to open your group. It may be a poem or song lyrics that create an opening for them; or prayer words they've known since childhood. Keep sharing from the deep variety of your lives!

Read through the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them.

Intro/Check-In: Share names, hellos and ...something you'd repeat from your routines this week.

Discussion & Practice Ideas

30-60 mins

Have your notes from this week's message from Heidi and Greg ([outline](#)) handy.

1. Warm up: Here's how the people on Sunday described their [experiences with prayer](#). *In 2-3s, share one you relate to and a glimpse into where that comes from.*
2. People also shared these [What ifs](#) about prayer. Read them aloud as a whole group. *In 2-3s again, talk about one of the "What ifs" that lands for you. How do you think your "What If" relates to your prior experiences with prayer?*
3. This week's message offered stories and helped us work four muscles: **Wonder, Trust, Vulnerability, Listening**. *These days, what daily rituals support these muscles for you? How can ritual and spontaneity both help us note and hold sacred moments?*
4. Where are these four muscles being developed in and with your neighbors, friends, students, clients, co-workers...? What if that was weaving? What if that was prayer? What if there was more of it? And what could support that?

"God doesn't need CREDIT and God doesn't PLAY GAMES."

Ideas to Close

5-10 mins

Invite everyone to write on a slip of paper (or put in chat): Note a THANKS, HELP or a WOW on your mind or heart as you end. Collect them all and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else. May it all be so!



One WITH EVERYTHING



March 26, 2023
Wk 4 - Teaching Kids to Pray
Fabric Group Guide

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. You don't have to do anything you don't want to do.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Starting to feel judgmental of yourself or others? Get curious with open and honest questions. Ask "how" not "why" to be on a tour, not 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. Avoid crosstalk, fixing, interpretation, or unsolicited advice or help.*

*Anne Lamott called help "*the sunny side of control.*" But we do need feedback, care, support and help sometimes! If someone asks, clarify first "*What does support look like right now? Or How can we/I use this next 20 minutes in a way that would be helpful?*" If someone doesn't know or is in crisis, pull out your [Care IQ](#) tools.

These agreements are practiced, not perfected! Circle back with the group or an individual when (not if) you mess up or to share how something felt to you. [How to apologize.](#) Practice when it's easy! Early and often.

