



# DANGEROUS BOOK

April 10, 2023

Fabric Group Guide

Dangerous Book - Week 1

How the Bible Can Be a Better Kind of Dangerous

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. Enjoy this time! - Melissa

### Opening ideas

10-15 mins

Welcome! *Something I value about this chance to talk about this Dangerous Book, the Bible...*

TO HAVE HANDY: Some paper, pens and a couple of bibles (we have some to loan or even buy if needed! Let Melissa know).

On Sunday Greg ended with the opening words from the collection of poetry, *Psalms*. To center us, **are there two volunteers to take turns reading Psalm 1:1-3 aloud?** Before that, let's remember that a real wrestling human like us composed these words over 2000 years ago and many more have opened their minds and hearts through them since. Let's face it, there is a lot of distance (in time, culture and language) that can make relating tricky. And, there is something that has resonated across those distances. See if you can *listen for a word, image or phrase that resonates for you here, right now. Write it down.* We will leave space to share if you'd like after we read. You may want to keep it to yourself too.

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 a notable high and/or a low you've had this week.

### Discussion & Practice Ideas

30-60 mins

Have this week's [outline](#) handy.

1. What do you consider to be a **universal truth**, if anything, that is represented in the Bible?

2. **Where you come from!** *Generally, how interested in the Bible are you?* Take a moment to consider, fist to 5. Write it down.

- Fist = zero interest, maybe even resistance.
- 5 = 110% excited to read, think and talk about the Bible.

Add a couple sentences about your number using the prompt: **Where I come from...**

Then all hold up and share your stories! **This could be your whole time.**

3. The HW invited us to spend time with 3 Bible readings via the tool of S.O.A.P. ([Genesis 6.5-9.17](#); [Psalm 40](#); Matt 16.13-20) Then it said: "Have fun!" Try it now, here, together. Choose one of them and have a little "fun." :)



#### S.O.A.P.

**Select:** Select a line, a phrase, a section, a word.

**Observe:** Read again, make notes. What details do you notice? What connections? What do you notice about its larger context?

**Apply:** To your life and our world. Use compassion and curiosity not judgement and guilt.

**Pray:** Sit with the reading and your thoughts. There may be words you want to say, ask or just be.

### 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!





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## 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.*

