



DANGEROUS BOOK

May 07, 2023
Fabric Group Guide
Dangerous Book - Week 4
Dangerous Blessings

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, a couple of bibles and this week's [outline](#).

Take your time to center together: *Breathe, settle in. There are places in and around us that feel so far away from anything we might call a blessing. Jesus began his public teaching with words that said even those places are not outside the reach of love, life and belonging. Words create realities. May we hear and speak words that create blessing!*

Check out the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them. Or highlight one as the facilitator or in pairs.

Intro/Check-In: Share names and something from your week you would call a blessing.

Discussion & Practice Ideas

30-60 mins

This week looked at Matthew's account of the unusual way Jesus kicked off his campaign for public life via these words commonly referred to as The Beatitudes, or blessings.

1. **What is a "blessing?"** In 2s or 3s - talk about what comes to mind when you hear the word "blessed." *What have you been taught? When have you questioned that?*

As a large group, share new thoughts that came out of your smaller group exchange.

2. In the message, Chris suggested these "blessings" from Jesus challenge us to question what we usually rely on to feel like all is well. **Brainstorm a list together of what you think most people today rely on to feel okay or happy.** *They probably aren't bad things! What else do you notice?*

When have you questioned what you've been told or thought would make you happy?

3. R.O.A.M through [The Beatitudes](#) here together; **give people 5 or so minutes to write out some thoughts. Then share what you discovered!** New questions, perspectives or things about the process itself.

Take a R.O.A.M. through a reading.

Read: Take your time. Bring your curiosity and full self.

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.

Meditate: Sit with the reading and your thoughts. There may be words you want to say, pray, 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!





DANGEROUS BOOK

May 07, 2023

Fabric Group Guide

Dangerous Book - Week 4

Dangerous Blessings

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.

