



# DANGEROUS BOOK

May 21, 2023  
Fabric Group Guide  
Dangerous Book - Week 6  
Dare to Break Your Limits

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:** *We each have our own sense of our limitations. Things feel stuck, impossible, hopeless....[fill in some blanks if you all want] On our own, yeah, we are pretty limited. As funny as it might sound, one of the big themes of this dangerous book is that God believes in us and wants to be in it with us. May we help one another realize this as we connect - like in this [movie clip!](#)*

**Intro/Check-In:** As it says in the welcome statement at the top, Fabric Groups are space to **share, care, trust and grow**. Which of those are most resonating with today and why?

Check out the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them, highlight one that feels especially helpful or healthy to you and/or invite the group to talk about them in pairs.

## Discussion & Practice Ideas

30-60 mins

What if the real danger is living within our perceived limits? If the Bible has eyes, I'd say that they are often focused on the horizon - not to see it, but to see what lies beyond it. And if the Bible has hopes, I'd say one is to infect us with the audacity to believe that what we can't see might be! ~Greg Meyer

1. *"The Bible will serve you best when it is a foundation to your life, not a band-aid. And you develop that kind of relationship gradually and not alone."* What do you think? How do people turn to the Bible (or Jesus or religion) not to really include God, but to unload their dilemmas? How have you seen it work as a foundation for living?
2. How do you see the 3 Fabric arenas (Big Fabric conversations, your group, your personal practices) working together to help you keep growing in your relationship with the Bible and, especially, the messages in it? Maybe it is represented in a Fabric-ism you've come to love, a practice you've made your own or a perspective shift that has helped you get unstuck. Let's talk about how this really works.
3. Practice together! Try a R.O.A.M. through [Ephesians 3.16-21](#). Read it together then invite a group think around the O, A and M.

**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.

## Idea to Close

5-10 mins

*Invite people to offer one audacious word or phrase from your gathering that you want to offer the group. May it all be so!*





# DANGEROUS BOOK

May 21, 2023  
Fabric Group Guide  
Dangerous Book - Week 6  
Dare to Break Your Limits

## 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.*

