



Groups are regular, long haul space to **share, care, trust and grow**. Welcome!

**Get Started**

10-15 mins

**FACILITATOR PREP:** Read through the 3 sections. There are some choices to make. Note some of your own thoughts. Your group thanks you!

1. **WELCOME!** We have been exploring [It's Hard Not To](#) . **Something I've been practicing in response to it is...**
2. *Close your eyes, take the deepest breath you've taken all day.* Lots of life has happened just today. We've **pushed pause** to be here. The hardest part is done. May this time help us be there, too, in that life stuff. But for now, *one more breathe...*
3. Check out the **Group Agreements** on the back/page 2. Take your time as you pass them around to read each one.
4. **Check-In:** *Share names, hellos, and a word about something you need or hope for from this time together this week.*

**Discussion & Practice Ideas**

30-60 mins

1. As you look at [this week's message notes](#), what do you think of the idea that you are always practicing something? Talk about some **examples of grooves and ruts** you've experienced as a result of practice.
2. Read the verses about **self control** a few times together. Practice talking about the promise and invitation of this, not the judgment! (And... try not to judge yourself to harshly for falling into judgment. Keep coming back.)
3. Consider a place in your world that feels out of alignment (e.g., a tense relationship, a role that is feeling tough, your budget, your calendar...). **You are spiritual already. How can you call on that capacity rather than trying to add one more thing to do?** (See also, the [Homework](#))



**Talk this out in 2s or 3s** until you have unpacked some real life situations.

**Then, as a group:** How does this view of practice help you return to your growth zone?

**Close**

5-15 mins

Invite everyone to share a **take away** from this time together. Maybe something you can hold on to even though it is not certain.

**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.

