



Groups are regular, long haul space to **share, care, trust and grow** - it's a process we can only do with others. Welcome!

**Get Started**

10-15 mins

**FACILITATOR PREP:** Read through the 3 sections ahead. There are some choices to make. Note some of your own thoughts. And THANK YOU!

1. **WELCOME!** We are exploring [It's Hard Not To](#) through Thanksgiving. **So far this conversation has me wondering...**
2. Lots of messy, real life has happened just today. Honor all that as you **push pause** to be here. *Close your eyes, take the deepest breath you've taken all day. And one more...* Showing up is the hardest part! You made it. We made it!
3. Check out the **Group Agreements** on the back/page 2. Take your time and pass them around to read each one.
4. **Check-In:** Share names, hellos, and a word about something you hope for from this time together this week.

**Discussion & Practice Ideas**

30-60 mins

1. **"Prayer is..."** What did/would you write in that box on [this week's message notes](#)?
  - *First, what is your automatic, unreflective image of praying?*
  - *What are you considering or discovering might be true for you about prayer?*
2. Greg suggested we can let go of worrying about when, why, how and what to pray. How do those show up for you if you think about wanting to deepen the connection that prayer can be?
3. Talk in 2s or 3s about week's homework: "Don't try to worry less or pray more, spend time seeing what your worry points to, and where the prayer might be in that." **How does this HW help you insert a growth zone around prayer?**

"The goal is not to pray more but for life to become prayer."



**Close**

5-15 mins

Facilitator (or together as a group): choose part of one of these **ROAM readings** ([Philippians 4.4-7](#) or [Matthew 6.5-13](#)) that draws you deeper, as if it connects you with a friend. Share why but don't worry if you can't. Read it aloud slowly a few times so you can soak in it more than analyze it. Leave some silence too.

Invite everyone to share a **take away** from this time together.

**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.

