



## Summer Message Discussion Guide

### Welcome

The conversations we start each week as Fabric are the kind you want and need to connect with others around. This guide offers a simple pattern to help you have those deeper conversations that matter. *It's less important what you talk about exactly than the kind of space you are holding for yourselves and each other.* This is intentional, courageous space where you show up, build trust and expect growth. Each time you gather, remind yourselves of the practices of significant space on the back.

### Discussion Starter Ideas

- What insight, question, idea, experience, image or story from the message did you find most helpful, eye-opening or troubling? Explain.
- Where does this message intersect with your life right now? Thinking of that context, how does this message suggest you might draw more deeply upon your true self, others or God? What practices, perspectives and people will help? (Speaking of God, how are you thinking and talking about that bigger 3rd strand these days?)
- Is there a place you get stuck when you think about this? How could one of the following moves help you get unstuck?

answers → wonder

right now → long haul

me → we

perfecting → practicing

either/or thinking → third way

needing certainty & conformity → trusting convictions & conversation

do it by myself → weave with others and God

other?

### Close

What is one thing you will **take away** from this conversation? Share it and your thanks!

Show Up. Expect Growth. Build Trust

Be present. Share only what you want when you want. Confidentiality. Respect.

Questions over answers. Wonder over judgement. Do you. Welcome silence.





## **Show Up. Expect Growth. Build Trust.**

Ground Rules for significant relationships

**Be present** as fully as possible (doubts/convictions, fears/hopes, failings/successes; listening/speaking, giving/receiving...).

**Share only what you want** when you want. It's your call.

**Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.

**Respect others** by avoiding the temptation to interpret, correct or offer unsolicited advice.

**Questions over answers.** Practice responding with honest, open questions.

**Wonder over judgement.** Starting to feel judgmental? Get curious. *I wonder what's behind that perspective. I wonder what my own strong reaction might mean.*

**Do you.** You learn from others for sure, but this is a unique chance to pause and listen to what's going on in you. This is perhaps the most simple (yet difficult) and potent thing you will do - for yourself and your group.

**Welcome silence.** The world is noisy enough. After someone talks, take a breath and let Silence have a voice in your Group.

*Take time to reflect for yourself on what you hear in this.*

*Share with someone now or in between your gatherings.*

