



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 are exploring [It's Hard Not To](#) . **So far this conversation has me wondering...**
2. Lots of messy, real life has happened just today. You've **pushed pause** to be here so you can go back there. *Close your eyes, take the deepest breath you've taken all day. One more...* Showing up is the hardest part. We made it!
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. Consider Greg's unpacking of "spiritual" and "growth" up top in [this week's message notes](#). How is this understanding similar and different from what you've heard and thought in the course of your life about being "more spiritual?"
2. 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...). Where is certainty at work there? (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 certainty keep us out of our growth zones?
 - What people, practices or perspectives have helped you let go of certainty and create a growth zone?
3. So what is the difference between certainty and conviction? Try this on for size: *I claim certainty, conviction claims me.*



Close

5-15 mins

Is there anything as sturdy as stone in the universe? What is it like? How does it regard us? **Facilitator:** Choose one of this week's [ROAM](#) assignments that helps you wonder about that. Share it and one thing it makes you wonder. Invite theirs.

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.

