



The F'n Discussion Guide

A simple guide for connecting around the Fabric F Word messages Sept 8-Oct 20.

You can use the F word to hurt someone but if you really want to really mess with them, try the other F word: Forgiveness. Most of us get it all wrong, we think forgiveness is weak and unfair, a nice way to keep the peace at best. Nope. The forgiveness we are talking about has the power to change things. But be careful, it won't just change the other person, but you too. No wonder we don't use it.

Welcome



As important as what you talk about is *how* you are together. You are setting aside this space to be brave, connect and grow. To that end, each time you gather make sure to begin with:

- 1.) Inviting each person to share a hope and a hesitancy for this conversation
- 2.) Reviewing the ground rules that make this kind of space work (see the next page)

Discussion Ideas

- What is one part of the message, music or skit that you found helpful, eye-opening or troubling? Explain.
- Where does this week's message intersect with your life right now? How does it suggest you might draw more deeply on your true self, others or that deep-down sacred stuff we sometimes call "God?" What practices, perspectives and people will help?
- Is there a place you get stuck when you think about this? What shifts could help you get unstuck?

Plus...check out the [Weekly Threads](#) to pull you into the conversation!

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.





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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.

These take practice! And will always be deepening.

Which one do you most resonate with today?

Which do you have questions about?

Would you add anything?



