



Welcome Everyone! Fabric Groups are a regular, long haul space to **share, care, trust and grow** with others inspired by the conversations and experiences we have in common as Fabric.

**Opening ideas**

10-15 mins

Welcome! [One With Everything](#) has us wondering about our relationships with prayer. *Something I have valued about the chance to talk about this together is...*

**Have a group member choose a prayer to open** your group. It may be a poem or song lyrics that create an opening for them; or prayer words they've known since childhood. Keep sharing from the deep variety of your lives!



Read through the **Group Agreements** on the back/page 2. You might pass them around and take turns reading them.

**Intro/Check-In:** Share names, hellos and ...something your "frequently used" emojis says about your week (or your lack of use of emojis!). Here's mine (Melissa)...

**Discussion & Practice Ideas**

30-60 mins

Have your notes from this week's message ([outline](#)) handy.

1. Warm up: Melissa (and Chris) shared a poem on Sunday called [With That Moon Language](#).
  - Before you read it, *share some things you all know about or associate with the moon!*
  - Read the poem in a couple different voices, aloud, slowly. *Why do you think this is one of the poems collected in a book called "Love Poems From God?"*
2. I (Melissa) was pretty emotional on Sunday. First, I am ok! Don't worry about me. And, it is true that (as I admitted in the beginning) I felt like I had tried to conquer prayer somehow and lost. Turns out that was all I had to share, much to my chagrin: that there is not a lot to say about prayer that doesn't easily become one more sly way to create distance instead of giving in to that "pull in us to connect." I'm not sure how effective or "gettable" it was - but it definitely felt true.

Could this be why some theologians suggest that telling us "how to pray" via "The Lord's Prayer" in [Matthew](#) and [Luke](#) was more of a concession on Jesus' part to the humanity of his disciples, or a human addition from the church over the years, wanting the kind of king we could "have" instead of follow?

- *How can the same practice or words of prayer become distancing one day and draw you nearer to yourself, others and God another? Have you experienced that? What was the difference?*
  - *What does this mean for how we practice and talk about prayer as followers together? As Fabric?*
3. *How has your practice or awareness about prayer in YOUR life changed or expanded through this series? What would more prayer-full moments mean for your life?*

**Ideas to Close**

5-10 mins

Invite everyone to write on a slip of paper (or put in chat): Note a THANKS, HELP or a WOW on your mind or heart as you end. Collect them all and re-distribute/exchange so everyone's is (unhurriedly) read back by someone else. May it all be so!



# One WITH EVERYTHING



April 2, 2023  
Wk 5 - Pray Without Ceasing?  
Fabric Group Guide

## 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. You don't have to do anything you don't want to do.
4. **Confidentiality.** Always ask before sharing anything outside the group, even if it is with the most supportive of intentions.
5. **Wonder over judgment.** Starting to feel judgmental of yourself or others? Get curious with open and honest questions. Ask "how" not "why" to be on a tour, not 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. Avoid crosstalk, fixing, interpretation, or unsolicited advice or help.\*

\*Anne Lamott called help "*the sunny side of control.*" But we do need feedback, care, support and help sometimes! If someone asks, clarify first "*What does support look like right now? Or How can we/I use this next 20 minutes in a way that would be helpful?*" If someone doesn't know or is in crisis, pull out your [Care IQ](#) tools.

*These agreements are practiced, not perfected! Circle back with the group or an individual when (not if) you mess up or to share how something felt to you. [How to apologize.](#) Practice when it's easy! Early and often.*

