

Apprentice Group Meeting Guide – HONESTY

“How are we all doing?” (Brief Check In – 10 Minutes)

- We're all coming from different weeks. Share briefly your “High, Low, and Buffalo.” (Something that was great or life giving, one that was difficult or draining, and anything else from your week.)

“Are we all ready?” (Prepare – Done Beforehand or 3-4 Minutes Now)

- Hopefully you have thought about what to share today! If not, take a moment to individually review the questions and pray, “Holy Spirit, what do you want to bring into the light today?”

“Shall we dive in?” (Scripture – 3 Minutes)

- Read 2 Corinthians 3:17-18 out loud. Take a few seconds to reflect in silence, then have someone else read the same passage again in the same translation.

“Let's take a moment.” (Silence – 2 Minutes)

- Silence can be uncomfortable, but it's not empty. Set a timer for 2 minutes. Like turning a radio to a different station, take 2 minutes in silence to “tune” your heart towards Jesus.

“Who would like to go first?” (Share One at a Time – Set a Timer for 15-20 Minutes)

Actually set a timer, then one person responds to all the questions. As you listen, feel free to respond or ask follow up questions, but don't share from your life, offer advice, or give counseling!

1. Think about your story - where have you experienced growth, freedom, or health in the past?
2. Think about the present - what problem, habit, or behavior is causing pain? (For example, you keep getting angry, you keep sharing secrets, you keep drinking, you keep shopping, you keep spending unhealthy time online, you keep withdrawing from loved ones, you keep lying, etc.?)
3. Have you tried to fix or change this problem? If so, what have you tried?
4. The path to freedom begins when we admit we cannot change ourselves. Take a moment, then share this sentence: “*I admit that I am powerless over _____.*”
5. What would freedom or healing look like for you?
6. What do you want Jesus to do for you over the next 11 weeks?

**Don't worry if you share for less than 15 or 20 minutes, especially in the first few weeks!*

“That's the timer! Thanks for sharing _____. Let's pray for you.” (Prayer)

- Have 1 or 2 people pray based on what is shared. If you aren't sure how to pray, you can use “Please & Thank You.” “God, thank you that _____. We ask that _____.”

“Alright, who's next?” (Everyone Takes a Turn Sharing and Being Prayed For)

“Thanks everyone! Same time next week?” (Confirm Next Meeting & Wrap it Up)

For the first few weeks, consider having this page in front of you.

Setting the Stage

- No screens in sight (phone, laptop, TV, smart watch, etc.)
- Prevent interruptions as much as you can (phones silent, smart watch muted or taken off, space from kids/coworkers/family, etc.)
- Sit so everyone can see each other
- Be aware of things that might distract – windows, traffic, hallways, etc.
- Set a timer! You want everyone to have time to share.

How to Share

- Read the question (out loud if you'd like)
- Take a moment to gather your thoughts. Take another moment if you'd like. (You have 15-20 minutes!)
- Start by sharing something (anything!), and then pause if you need before sharing again. Move on to the next question when you're ready.
- *If you're thinking about what to say* - "I just need a moment."
- *If you aren't sure how to say it well, be blunt. You can explain after.* - "I'm not sure how to say this, so I'm just going to say it."
- *If you think there's more to say but aren't sure how to proceed* - "I'm not sure what else to say. Can someone ask me a question?"
- *Give space for others to share – when the timer goes off, bring it to a quick close.*

How to Listen

- Make eye contact, nod, and actively listen ("uh-huh, OK, right, yeah, oh no," etc.)
- *Be OK with silence!* Give the speaker space to form their thoughts as they share.
 - Silence doesn't last as long as you think. If you're really uncomfortable, just count to 10 slowly in your head to give the person time.
- *Be OK with people sharing big stuff!* If someone shares something vulnerable:
 - "That's heavy" or "That's hard" or "That hurts"
 - "Thanks for sharing."
 - "I'm sorry that happened."
 - "That sounds like it was (tough / devastating / awful / etc.) for you."
 - Be OK to respond and then give space - "I'm sorry – that's hard!" followed by silence.
- *Ask follow up questions*
 - "Can you tell us more about...?"
 - "What has ____ looked like for you?" or "How was ____ for you?"
 - "What else / how else has ____?"