

Step #4 – Making a Fearless Inventory

This week's discussion is a little different! The discussion might be shorter but the handout is longer. Skim through everything before you begin.

Group Discussion (5 Minutes)

1. High, Low & Buffalo (if you'd like)
2. How do we feel about our meeting day, time, length, group size, location, etc.?
3. What has gone well? What can we continue to ensure it keeps going well?
4. What, if anything, would be better if it were different? How could we make that change?

Take a Moment to Reflect: Is Our Group Healthy Enough to Continue?

Yes, We Have Established Trust

IF I share vulnerably, hold confidentiality, avoid counseling others, and am trustworthy.

AND Every member of my group is vulnerable, holds confidentiality, avoids counseling or 'fixing' others, and is trustworthy.

THEN Members can continue to share openly

Yes, We are Growing in Trust

IF I am growing in my vulnerability as I share, I am learning to avoid counseling, I have held confidentiality so far, and endeavor to be trustworthy.

AND Every member of my group has demonstrated a willingness to be vulnerable to some extent, has held confidentiality so far, seems trustworthy, and generally avoids counseling or 'fixing' others.

THEN Members can continue to grow in their vulnerability as they share

No, Our Group Has Broken Trust

IF I do not share with vulnerability, or have broken confidentiality, or am prone to 'fixing' others, or have not demonstrated that I am trustworthy.

OR Some members of my group choose not to be vulnerable, have broken confidentiality, are prone to counseling or 'fixing' others, and have not demonstrated they are trustworthy.

THEN Members should not share with vulnerability *AND* this group should be paused until issues are addressed. If you would like help navigating this, please reach out to a pastor and we can help

“OK, Who Would Like to Share First?” (Discussion Questions)

This week’s discussion is shorter. If you’d like, you can still set a timer. One person shares at a time. Everyone else listens without giving counseling, advice, or trying to fix anything.

1. A ‘scar’ is a hurt that has healed in your story. What hurt have you had that was transformed by healing, recovery, reconciliation, or growth?
2. A ‘scab’ is a hurt in your story that is in the process of healing. When we talk about the hurt, we also talk about the healing. What is in the process of healing, growing, or reconciling in your life?
3. A ‘wound’ has not begun to heal. Left alone, it will become ‘infected’ with bitterness, anger, and resentment. In step #4, we make a fearless and searching moral inventory of ourselves. Consider:
 - a. Are you willing to acknowledge your ‘wounds’ – your resentments, your hurt, and your fear that still cause you pain?
 - b. Are you willing to acknowledge the resentments, hurt, fear, and pain that you have caused?
 - c. Are you *also* willing to acknowledge how God has gifted you and caused you to be a blessing?
4. Next week’s step is confession: ‘Acknowledging to God, ourselves, and another human being the exact nature of our wrongs.’ In other words, we share our inventory. How much does this scare you?
5. What do you think will happen if you share openly?
6. For many of us, confessing our wounds will be one of the hardest things we’ve done. Take a moment and decide whether you want to take this next step with the group. If so, make this commitment:
 - a. *“I commit to doing the homework this week and sharing honestly with you at our next meeting.”*
7. It is important that trust and vulnerability are both present as we share. In other words, we can share honestly without sharing everything right now. This is especially important as we grow in vulnerability.
 - a. On a scale of 1 – 10, how vulnerable do you plan to be as you confess?
 - b. On a scale of 1 – 10, how vulnerable do you want your group to be in their confession?

“Thanks for sharing! Can We Pray for You?”

HOMEWORK - A Fearless and Searching Moral Inventory (Individually)

1. *Find a time and place this week you can focus.*
2. *Take a moment to be still.*
3. *Pray: “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” (Psalm 139:23-24)*
4. *Consider your story and respond to each of the following four inventories, writing 3-5 answers for each inventory. You can write more if you wish.*
5. *Remember, don’t re-open a ‘scar’ or a ‘scab.’ Instead, consider the ‘wounds’ that still need healing.*

#1 - My Fear Inventory: What are you afraid of, and what does that fear motivate you to do?

Some fears are: being alone, pain, abandonment, insignificance, losing control, losing freedom, sickness, betrayal, intimacy, rejection, violence, loss, homelessness, insecurity, being left out, confrontation, etc.

For example, I am afraid of my kids growing up to be failures. Because I am afraid, I confess that I micromanage their decisions, overschedule their commitments, pressure them to achieve, and discourage friendships that aren't productive.

I am afraid of _____.

Because I am afraid, I confess that I _____

I am afraid of _____.

Because I am afraid, I confess that I _____

I am afraid of _____.

Because I am afraid, I confess that I _____

I am afraid of _____.

Because I am afraid, I confess that I _____

I am afraid of _____.

Because I am afraid, I confess that I _____

#2 - My Resentment Inventory: Who or what do you resent and why? Be specific. What impact has that had on you, and what story do you tell yourself as a result? What part of this resentment is yours to 'own?'

For example: I resent my parents for not being home when I was growing up. Because of this, the story I tell myself is that I am unlovable and not worth spending time with. It has impacted my confidence, my relationship with my spouse, and the way I treat my friends. Without taking responsibility for someone else's actions, I confess that I avoid family gatherings, shut down intimacy, and won't respond to texts.

I resent _____ for _____.

Because of this, the story I tell myself is _____.

It has impacted _____.

Without taking responsibility for someone else's actions, I confess that I _____

I resent _____ for _____.

Because of this, the story I tell myself is _____.

It has impacted _____.

Without taking responsibility for someone else's actions, I confess that I _____

I resent _____ for _____.

Because of this, the story I tell myself is _____.

It has impacted _____.

Without taking responsibility for someone else's actions, I confess that I _____

I resent _____ for _____.

Because of this, the story I tell myself is _____.

It has impacted _____.

Without taking responsibility for someone else's actions, I confess that I _____

#3 - My Brokenness Inventory: This can take many forms: hurt you have received, hurt you have caused, a significant moment or decision, a rift in a relationship, a harmful hobby or habit, a misplaced priority, or something else. It can be about sex, money, family, power, or something else too.

For example: A memory, relationship, or aspect of my life that has brokenness is my conversations. This has shown up as sharing secrets entrusted to me, gossiping at lunch with friends, lying when confronted, and changing stories to make myself look better. Without taking responsibility for someone else's actions, I confess my part to own is that I like the attention I get from the stories, I intentionally sit at the same table for lunch, and I try to convince people to trust me so that they will confide in me.

A memory, relationship, or aspect of my life that has brokenness is _____. This has shown up as _____. Without taking responsibility for someone else's actions, I confess my part to own is _____.

A memory, relationship, or aspect of my life that has brokenness is _____. This has shown up as _____. Without taking responsibility for someone else's actions, I confess my part to own is _____.

A memory, relationship, or aspect of my life that has brokenness is _____. This has shown up as _____. Without taking responsibility for someone else's actions, I confess my part to own is _____.

A memory, relationship, or aspect of my life that has brokenness is _____. This has shown up as _____. Without taking responsibility for someone else's actions, I confess my part to own is _____.

#4 – (Optional) My Strengths Inventory: How has God gifted you? How have you been a blessing to others? It's important to remember that a full, comprehensive inventory of our lives will not just include pain and brokenness – there are strengths and good gifts too.

For example: Something I am good at, proud of, or thankful for, or have blessed others with is my musicality. A memory of this that is meaningful to me is the time I played Christmas carols on a guitar around with my friends.

Something I am good at, proud of, thankful for, or have blessed others with is _____
_____. A memory of this that is meaningful to me is _____
_____.

Something I am good at, proud of, thankful for, or have blessed others with is _____
_____. A memory of this that is meaningful to me is _____
_____.

Something I am good at, proud of, thankful for, or have blessed others with is _____
_____. A memory of this that is meaningful to me is _____
_____.

Something I am good at, proud of, thankful for, or have blessed others with is _____
_____. A memory of this that is meaningful to me is _____
_____.

Something I am good at, proud of, thankful for, or have blessed others with is _____
_____. A memory of this that is meaningful to me is _____
_____.