

HELPFUL/UNHELPFUL DISCUSSION PRACTICE

---See Jesus in every member of the group.

---Be a good listener (show interest listen to feelings as well as facts, listen to the other's story and respond to it before jumping in with your experience and ideas, allow silence in the group discussion.

___Share only what God is revealing to YOU about YOURSELF and YOUR OWN LIFE. Use "I" statements rather than "You ---" which may seem judgemental or invasive.

--- Everyone in the group is responsible for allowing all in the group to share and watching time limits.

---Each person needs to have time to share but it is not mandatory. Just say "pass" or "right now I have nothing to contribute".

---Courtesy is allowing each person to speak without interruption or questions.

---The discussion is not to solve problems but rather hear the ideas and feelings.

---Refrain from giving advice unless the other person has asked for it.

---Keep the confidence of the group; we are a small community at church and in Tucson.

---Allow the Holy Spirit to open your mind and heart so you can experience the perception of others and use this to grow spiritually .