

Helpful Guidelines for Faith Sharing Groups

1. Come with an open mind and an open heart.
 2. Ask the Holy Spirit of our loving God to guide us in conversation and wisdom.
 3. Listen to one another, the words and stories. Be attentive to the feelings under the words.
 4. Don't be afraid of quiet pauses. They are "thinking time." Also, we don't need to comment on everyone's contribution or give advice. Often, a smile and kind, attentive listening is enough.
 5. Allow each person time to share.
 6. Try not to plan what you are going to say while others are speaking. Trust that the Holy Spirit will give you the words when you want to speak.
 7. If you have spoken once, allow everyone else an opportunity to speak before you talk a second or third time.
 8. Hold in respect and confidence any personal things that are shared.
 9. Relax, take a deep breath, and enjoy each other.
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