

FOUR-MATION GROUPS

MEETING OUTLINE:

Connecting with Self (5 min)

The group leader (rotating each meeting) opens with the following prayer:

"Loving God, we welcome you here with us. Thank you for your presence, compassion, and generosity in our lives. May your love form and transform us, connecting us with ourselves, with one another, and with you. Amen."

The group leader invites everyone to take a few minutes of silence to pay attention to themselves, asking:

- What are you carrying or sensing in your heart, soul, mind, and body right now?

Connecting with Others (25 min)

The group leader invites the group to take turns sharing:

- Where in your life have you experienced fullness or joy since we last met?
- Where in your life have you experienced emptiness or struggle since we last met?

The group leader invites members to respond to one another by sharing at least one of the following:

- Something you resonated or identified with (me too)
- Something you are curious about (a question)
- Something you love or appreciate about the person who shared (an encouragement)

Connecting with God (10 min)

The group leader reads a short passage from scripture chosen ahead of time, then asks:

- Where do you see Connection or Disconnection in this passage?
- Where do you see God's presence or absence in this passage?
- What does this passage reveal about how God acts in the world?

The group leader invites a short time to pray our responses to God, including:

- We are grateful for...
- We long for...
- Help us with...

The group leader closes by reading the following prayer:

"Jesus, thank you for the re-connection story that you have included us in. We long for more of your transforming grace in our lives. Help us to be people of presence, compassion and generosity wherever we go. Amen."