

Weekly Triad Rhythm 3: Group Spiritual Direction

Group spiritual direction involves a mutual commitment to listen for God's voice and watches for God's movement in someone's life. Different from coaching, mentorship, or an accountability group, a spiritual direction group seeks to tend to each other's souls through silence, questions, and listening. Together we seek to see the ordinary parts of our lives as the fertile space in which God is moving. As you work through group spiritual direction together, keep in mind:

- In spiritual direction, we value listening over speaking, asking questions over giving advice, and process over progress.
- No one in your group is the director or gets to direct people. Instead, we help each other listen to and for the voice of the real Director: the Holy Spirit.
- The focus of your time together is not the person sharing, but their relationship with God.
- In group spiritual direction we accept the people we're with without judging their motives or actions, and we believe the best about them and their heart and desire to follow Jesus well.
- In spiritual direction, we practice three-way listening. We are constantly listening to God, the person speaking, and to what's happening in us.
- When asking questions, remember to keep your question short. A good question shouldn't need a lot of setup.
- **Whatever is said in a Bridgetown Triad is confidential**, with the exception of threat of harm oneself or others.

Good Questions

As we grow in asking good questions—questions which are open-ended and not leading, questions which flow in conversation, and questions that are for discovery and not exposure—it can be helpful to have a list to draw from. What follows is a list of some helpful questions that may prove helpful. Feel free to use them as you need, add to the list, or come up with your own. Remember, the goal of a good question is to merely be a stepping stone in the conversation.

- Where do you see God in this event/situation/emotion?
- As you think about the issue you're processing, what feelings rise up within you?
- Is there a narrative behind that thought/action that you may be believing?
- Regarding what you're talking about, what do you feel like is yours to hold? What is yours to release?
- What do you think that God feels/thinks about you as you experience this situation?
- Do you sense any invitation from God in all of this? What would you like God's invitation to be?
- What is it that you would like Jesus to do for you?
- What was that like for you?
- Is there a person in your own life who acts (or has acted) the way you perceive God to be acting in your life right now?
- How does your body respond to that feeling?
- When in your life before have you had the feeling you're describing now?
- What is it like for you when you pray about this situation you're presenting?
- Are there any questions you wish we would ask you?

During your Group Spiritual Direction week, we recommend the following steps:

1. Spend some time catching up (5-10 Minutes)

- Share the highlight and lowlight of your week, what's new, etc.

2. Silence (2 minutes)

3. Someone shares (10-15 minutes)

- The person who is sharing this round will have 10 to 15 minutes to talk about whatever has been on their mind/heart the most in the last day or week.
- If the person doesn't fill the 10-15 minutes, that's ok. Sit in silence, reserving the ability for this person to go slowly and not feel like the second they stop talking someone else will.

4. Silence (2 minutes)

5. Ask questions (10-15 minutes)

- Those who didn't share now ask questions that help the sharer dive deeper into the excavation process.
- If no one has a question, silence is ok! It's a great space to practice listening to what the Spirit may be asking or prompting.

6. Silence (2 minutes)

7. Debrief & Reflect (5 minutes)

- Although perhaps uncomfortable, an important part of growing in our ability to ask good questions, is to spend some time reflecting on how the process went for each person. Start with the sharer. What was the experience like for them? Were the questions helpful or unhelpful? Then the others can share about their experiences. What did you notice during the process? Was it hard for you to come up with questions or to not share advice or an opinion?

8. Pray & Continue (5 minutes)

- Spend a few minutes praying for the person who shared
- If there's time, move onto the next person and begin the process again at step 2