

SUGGESTIONS FOR STUDY GROUP DISCUSSIONS

In order to assist you in creating meaningful and clear study group dialogue, please see the following suggestions for discussions that have been collected from the advice of our foundation staff as well as existing study group coordinators.

- The *Conversations with God* Guidebook is a truly invaluable tool in leading discussion. In it you'll find study outlines and specific processes as well as weekly planning sessions.
- Also, a subscription to our magazine, *Conversations*, will be useful in flushing out CWG concepts and ideas.
- In reading the material, it's important to read aloud the text—whether this is shared or performed by the group leader, hearing the text through the voice of others often adds color or insight.
- Following readings or assignments, be sure to discuss what God's words mean to each of you. This is often the most abundant tool in fostering insight. The idea here is to allow each individual to tap into their own *conversation*, whether it be God, their intuition, their inner voice, whatever feels true to them.
- Aim for transparency in your group discussions. Be as honest as possible with each other by creating a "safe" place where members can openly share their views. It may help to have the group agree beforehand to avoid all put-downs. Try and live by the rule of respect and encourage group members to look through an objective lens.
- When possible, avoid any type of rebuttal, as spoken words are an output of individual feelings. Practice and learn to be curious about each other. Strive to come from a place of loving acceptance.
- Additionally, be sure to express all levels and categories of your emotions. These feelings are real—and thus represent an energy as well as a tool for inner reflection and learning.
- Use "I" statements such as "I feel angry" rather than "You make me so mad". As you become more and more aware of blaming or praising others for that which you create, you will find your negative feelings and expectations of others slowly disappearing. Moreover, you will find that you create your own reality.