

Meet Up 1- Setting Patterns for Community in Team

***Before this meet up text or email all members asking them to bring an item to the gathering that represents something that God is shaping in them right now. Tell them that each group member will have 90 seconds to talk about how the item represents what Jesus is shaping in them. You might offer a few examples like, "It could be a photo of something or a page from a magazine or a book or a boxing glove ... "*

5-10 minutes Preparing our hearts.

Church attendees might be familiar with that phrase as church leaders say, "Let's prepare our hearts for worship." Or, "Let's prepare to receive the Lord's Supper." Leaders who are new to the church scene might not be familiar with that phrase. So, take a few minutes to explain and then enter a space of preparing your hearts.

The leader might say something like,

Let's spend the first few minutes of our time preparing our hearts to abide with one another and with Jesus. We'll take a few minutes of quiet on our own so we can set aside all that the day has held and turn our attention toward Jesus. Go ahead and silence your cell phones now and if you'd like, you can find a space in the room where you feel more alone and simply quiet yourself. Take a couple of deep breaths. Try to become aware that God is with you. After about 5 minutes I'll invite us to come together in a circle.

30-40 minutes Abiding together.

The leader might say something like,

Hopefully most of you got the email or text I sent asking you to bring an item that represents something that Jesus is shaping in you right now. Let's take some time to share those items. I'll keep track of time. Don't feel rushed but also try to stay limited to your 90 seconds. When you're close to the 90 second mark I will wave at you so that you know to wrap up. We won't ask any questions or offer any follow up comments. I will invite you to pay attention 2 your own listening skills as people share. Try to notice if you are easily distracted or if you stay clearly focused or if you have reactions to what someone else says. Just pay attention to yourself and how you listen. It's not a test, it's just a practice in self-awareness. OK. Who will begin?

Leader keeps time, allowing each member to share. Leader keeps group on task and does not allow distractions to disrupt sharing activity. If 10 people share it will take approximately 15 minutes. At the close of sharing, invite members to respond to the below questions.

- What makes an activity like this important for a team?
- How was it for you identifying something that Jesus is shaping in you right now?
- What did you notice about yourself and your listening skills as you listen to others?
- As you listened and shared your own story, do you sense any invitations that God is offering to you?
- Finally, as you consider what Jesus is shaping in you what can we do as your 3Story® team of supporters to elevate or support the work that Jesus is doing?

The leader might say something like,

This might be a good time to take some notes if any of you want to keep track of how you might support one another in the coming week now that we know what Jesus is shaping in each of us.

Before we moved to wrap up, let's be quiet together again and pray for each other. We'll do this silently and after a minute or two I will close with "Amen".

10-15 minutes. Dwelling Together

This section represents what's most unique about *3Story® Teams*. Rather than switching gears toward statements like, "How can we apply what we've talked about today?" Or. "What next steps should we take?", *3Story® Teams* pause and together commit to spending the next week to two weeks doing the same practice. Alone, but together.

The practice for this first week is to spend 10 minutes each day quieting ourselves and noticing the presence of Jesus with us. As we do this practice, we ask Jesus to help us see what He is currently shaping in us for our own abundant lives and for the benefit of others. After 10 minutes alone with Jesus, team members jot down any unique thoughts that The Holy Spirit has brought to mind.

By entering this simple practice individually but together, we are dwelling together with Jesus. We don't waste any time evaluating the outcomes of our prayers. Rather, we offer this commitment to one another and to Jesus and we trust that as it pleases Him, He will do the work He wants to do (rather than us deciding!).