

## **Worship Sharing**

adapted from FGC Worship Sharing Guidelines

Worship sharing focuses on a particular question and helps us to explore our own experience and share with each other more deeply than we would in normal conversation. It seeks to draw us into sacred space, where we can take down our usual defenses, and encounter each other in “that which is eternal.” There is no expectation of a certain outcome such as a minute on the question. We are sharing where we are on the question today.

### **Guidelines**

To begin, as we enter worshipful silence:

- a. Reach as deeply as you can into the sacred center of your life.
- b. Speak out of the silence and leave a period of silence between speakers.
- c. Speak from your own experience, about your own experience. Concentrate on feelings and changes rather than on thoughts or theories.
- d. Do not respond to what anyone else has said, either to praise or to refute.
- e. Listen carefully and deeply to what is spoken.
- f. Expect to speak only once, to make sure that everyone has a chance to speak. Participants have the option of “passing” or not speaking. There is no order as to who speaks first, second, etc. It is as one is led.
- g. Respect the confidentiality of what is shared.