

READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 1

Sept 20-26

WELCOME

*Embarking on the
Journey*

INTRODUCTION & BALANCING BEING WITH DOING

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"Anytime we step up and out of the trenches and make a move toward a better life, Fear and its messengers will all do their best to ambush us and slow us down."

When Fear Speaks, Listen by Dennis Merritt Jones

Reading Companion - Introduction

Think about these questions as you read. Journal the questions and "aha" moments that come up for you



When has fear ambushed your move to a better life?



Have you ever considered the idea that Fear may not be the enemy, but rather a teacher?



When you consider that possibility, how does that feel? Do you welcome it or resist it? Why is that?



As an anchor for the journey ahead, in what area of your life would you like to experience more possibility?

WEEK 1 - SMALL GROUP GUIDE

Small Group Circle Agreements

Confidentiality - I help create a safe environment by maintaining confidentiality.

Right to pass - It is okay not to share.

"I" Statements - I speak for myself and remember that I can never know someone else's experience.

Change your mind as often as you like - Stay open to new ideas and new revelations from our shared wisdom.

Be present - I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions - We take responsibility for our own reactions and meet each other with love.

Advice-free zone - practice sacred listening & refrain from giving advice.

Opening Affirmation: I am willing to meet my fear with curiosity and listen for what it wants me to understand.

- Check-in:**
- When did I notice fear speaking this week?
 - How did I respond when I noticed it?
 - How did my response shape what I felt or did next?

- Discussion:**
- For each chapter, what stood out for you?
 - Pick a question from the reading companion and share your answer
 - From your reading / Sunday talk - what inspired, frustrated, confused, or clarified something for you?

Closing: Each person offers one positive takeaway from the group meeting today.

Closing Affirmation: I can listen to fear without letting it lead. I choose how I move forward.



WEEK 1 PRACTICES



Notice when fear shows up.

Pay attention to moments when you feel worried, tense, hesitant, defensive, or pulled toward avoiding something. Simply pause and acknowledge: Fear may be speaking.



Capture what happened.

Write down the situation, what fear seemed to be saying, and what you did next. Pay particular attention to the area of your life you chose to focus on during the series.



Keep a small card somewhere you'll see it that says: "Pause. Notice. Listen."



Hand on heart. When fear speaks, place your hand on your heart, take one slow breath, and say "I hear you." A small gesture that tells your body it's safe to listen.



Start a Messenger Jar. Drop a paper slip in a jar each time you notice fear. At week's end, pour them out and see what it's been up to.

Read Part 1 for Week 2