

CORE GROUPS

Core Group Meeting Outline: "STEP"

- **S State of Soul:** What is going on in your soul right now? (See description)
- **T Time with God:** What has your time with God been like this week? What have you been hearing? How have you been using that time? What have been the barriers/struggles?)
- **E Encouragement:** How can we fill you with courage to do the thing or not do the thing that God is inviting you into next (and what are you discerning that is?)
- **P Pray together**

State of the Soul Sharing

Start your core group by giving each person a chance to share the state of their soul (our soul really encompasses all that we are—our heart, body, mind, our thoughts, feelings and intentions). Notice what is going on in your soul—Is your soul longing, content, waiting, seeking, nourished, depleted, free, heavy, neglected, hopeless, anxious, fragile, strong, happy, loved, held, abandoned, ashamed, peaceful, trusting, numb, frayed, helpless, rested, known, resilient, vulnerable? What are you noticing about your soul and/or your relationship with God?

Give each person a few minutes to share what word best describes the state of their soul, and why. In addition to sharing, this is a great chance to focus on your role as a listener (both listening to the person as well as to the Spirit in your time)—to be fully engaged, working against any distractions, to value listening over speaking and asking questions over giving advice.

Pray for the person who just shared.