



Experiencing Community

Series 1, Week 1
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Created for Community

- We can't heal on our own
- We need each other even when it is hard
- Choosing healthy community





Psalm 133, TPT

“How truly wonderful and delightful it is to see brothers and sisters living together in sweet unity! It’s as precious as the sacred scented oil flowing from the head of the high priest Aaron, dripping down upon his beard and running all the way down to the hem of his priestly robes. This harmony can be compared to the dew dripping from Mount Hermon, which flows down upon the hills of Zion. Indeed, that is where YAHWEH has decreed his blessings will be found, the promise of life forevermore!”



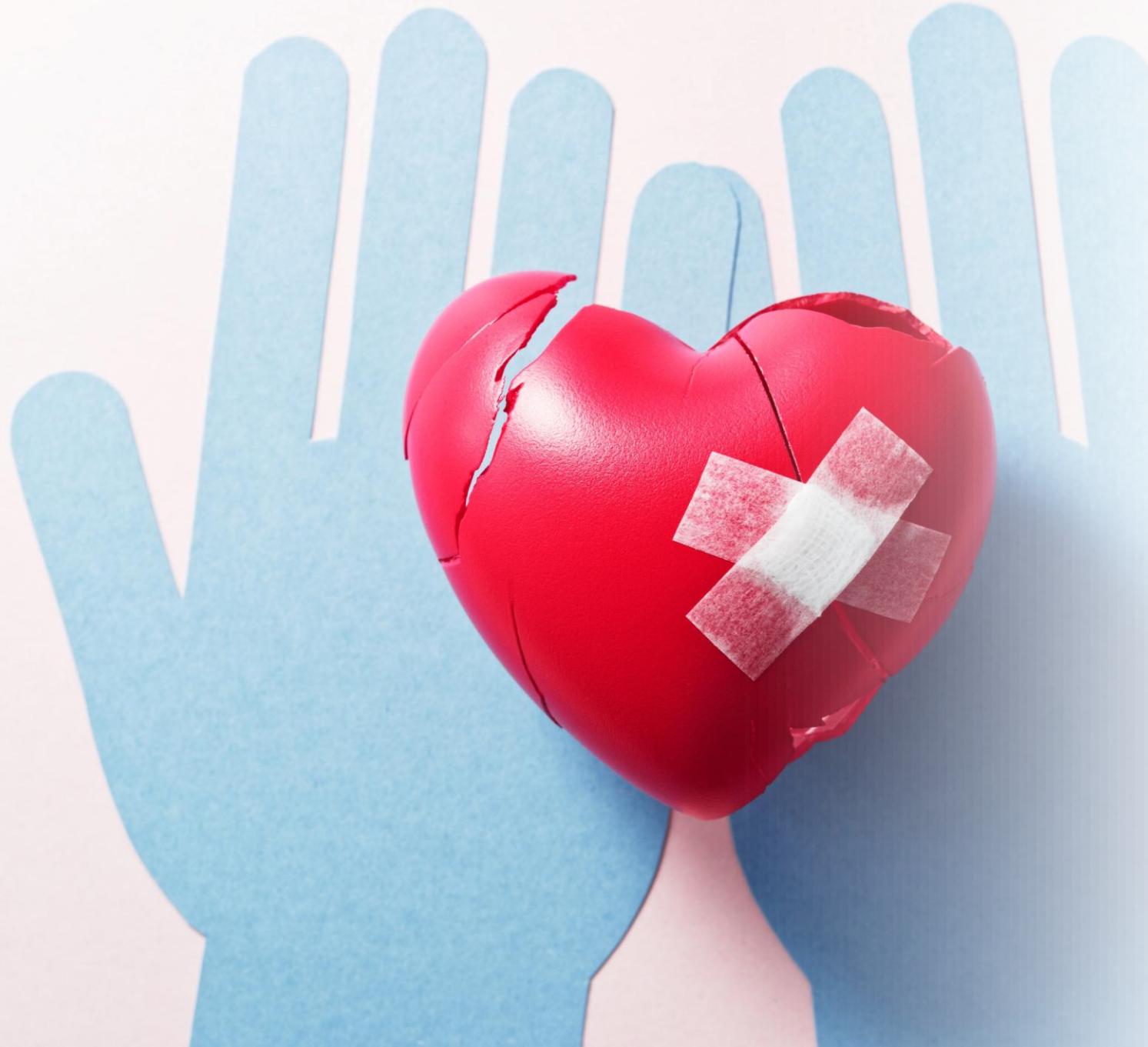
Need for Human Connection

- Created for relational connection
- Who do you have in your life that you can be completely yourself and feel unconditionally loved for who you are?
- If you can't think of anyone, then begin to ask God who He has for you to connect to

Transformations Community

- Weekly Community Connection open to the public – survivor sensitive
- Weekly group meetings – you can be in more than one group if desired
- Monthly meetings – Complex Trauma Group/Monthly Group
- One on one's
- “Travel Buddies”





Trust

- When trust has been broken over and over again, it is hard to connect at a heart level
- Trusting God for who He brings into our lives
- Choosing to be vulnerable as we are able to do so

Humans Will Fail Us

- Triggers, pain, and misunderstandings will happen
- Can we stay relational and work through these when they occur?
- It takes a lot of courage to do this but can yield great rewards
- Learning to NOT run from pain, but to stay relational (except where abuse is occurring)





Growing Together

- Learning to appreciate other's gifts
- We learn from mistakes (no one is perfect)
- Letting down the walls of self-protection and choosing to let God manage our relationships
- Shifting out of fear and into love
- Protect or connect

Group Guidelines

- Confidentiality – DO NOT SHARE anything outside the group unless given permission to do so
- Speech patterns – Talkers please respect others time – keep concise and make sure everyone has an opportunity to share
- You do not need to share if you do not want to
- Use chat if you'd like
- Be as relational as possible





Group Dynamics

- Share what you are comfortable sharing
- Ask questions (write down ahead of time)
- Discussion of lessons but also sharing life – what's been happening this week?
- We can repeat a week if we need more time to discuss/process
- Encounter time with God – different ways to do this

Group Time

- Group Summary
- Prayer/Gratitude time
- Discussion time on lesson and/or sharing updates
- Encounter time with God (Usually last 30 minutes)





Avoid Assumptions

- Be respectful in your views, understanding not everyone may share them
- Freedom to express and freedom to disagree respectfully
- Staying relational

Triggering

- There will be things that trigger – you have options
 - Turn off volume for a time
 - Let us know in chat or raising hand
 - Leave if you need to but let us know why if you can
- Treasure behind the trigger



Activation

- Connect with God and receive His love
- What fears do you have about being in a group? Bring them to God
- How can you learn and grow through relationships?
- What comfort or encouragement do you need before group time?
- How is God supplying grace to walk this out?

