

GET STARTED:

- **FIND TWO FRIENDS** to journey together.
- **MEET BI-WEEKLY** for 90+ minutes.
- Review the Spiritual Companion guide.
- Take three deep breaths together.
- When you meet **BEGIN WITH PRAYER**, inviting God and the Spirit to cover the conversation.
- **READ** a brief Psalm or Gospel to center on scripture.
- **PICK ONE QUESTION FROM EACH SECTION**; Awareness, Alone, Adventure.
- Set a timer for each person to **SHARE FROM 30-40 MINUTES**.

GUIDELINES FOR LISTENING:

- Be fully present.
- Empty your agenda.
- Listen to the heart for understanding, not to solve.
- Ask follow-up questions when helpful.
- Offer empathy and encouragement

GUIDELINES FOR SHARING:

- Be open.
- Be authentic
- Be full of courage (your whole heart and truth)
- Be aware of external circumstances that affect the heart.
- Be mindful of the agreed upon time together and not dominate the time.

AWARENESS:

These questions are designed to help one discern the presence of God in his/her life.

- Where have I sensed light in my life?
- What am I learning in life, right now?
- What fruit have I noticed God producing in my life?
- What has been a significant source of joy for me lately?
- What do I think God has been trying to say to me in recent weeks?
- How has God been present to me lately?
- What is a gift I see in another that prompts me to praise God?
- What spiritual practices have been particularly meaningful?
- How are you experiencing God?
- What promise of God do I need most right now?
- What is the story I tell myself most often about my life?
 - What is telling myself this story costing me?
Or, how is telling this story blessing me?

ALONE:

These questions are designed to help one articulate spiritual doubt and discouragement and the general feeling of loneliness.

- Where have I sensed the darkness in my life?
- What fruit have I noticed missing from my life?
- What voices other than God have had a stronghold over me lately?
- What has been a source of temptation for me?
- What is making me sad right now?
- What most frustrates me right now?
- What doubts do I have in my life right now?
- What resentments do I carry today?
- When has God seemed to be absent?
- What spiritual practices have been dry, disheartening, or absent in my life?
- How are you experiencing yourself?
 - How are others experiencing you?

ADVENTURE:

These questions are designed to clarify what God might be calling one to do in the adventure of following Him.

- What is a gift I sense God prompting me to employ?
- Where is God at work today?
 - How can I join him in that space?
- What is my contribution to the very thing I complain about?
- What is absent from the world around me that could become present through me?
- What have I said “no” to when I should have said “yes”? What have I said “yes” to when I should have said “no”?
- Whom do I need to forgive?
- Whom do I need to bless?
- What neglected idea, dream, or goal in my life do I need to resurrect?
- What area of my life needs the first fruits of my energy right now?
- If I had six months to live, how would I spend my time?
- If I could write my own eulogy, what would I want to say?

“THE JOURNEY TOWARD CHRIST IS INTENDED TO BE A GROUP EXPEDITION

where we walk together as honest strugglers who believe the endpoint is worth any hardship. We share the life of Christ together and are called to nourish that life in one another; but we must also resist the urge of sin together. We must not be alone when we enter the death experience of discovering that our flesh-inspired strategies for living no longer work. During those times, connecting provides hope that there is life after death and gives us the courage to mortify the flesh, to further abandon our efforts to find life apart from Christ.”

Larry Crabb

WHY SPIRITUAL COMPANIONSHIP?

We are experiencing the greatest crisis of our time. The crisis of meaningful community that knows your heart.

When was the last time you experienced someone asking you a sincere question about your heart and you could simply feel it by their presence that they genuinely cared and were deeply interested in your response?

The early followers of Jesus modeled for us how to have deep and rich community in the book of Acts, but we have neglected to the deeper ways of community with the superficial ways of modern church and the platitudes of “How are you?”

We experience our desires, wants, and needs best in the presence of love - the presence of Christ - only when this is formed can we begin to express who we are intended to be in the image of God.

Calling little communities of heart together to fight for freedom and healing and restoration could be the greatest gift we offer one another. It could be the greatest gift we offer the world. Jesus said they will know us by our love, but do we really know one another to say that we have a deep, meaningful, relationship with one another? A relationship that knows the fears and dreams that are stirring in your soul?

Are you ready to go on an expedition of the heart with others?

“We have entrusted the care of the inner life of persons to experts who understand their role primarily in problem solving and therapeutic terms. While counselors and therapists have an important role to play in restoring wholeness that has been lost, spiritual friends have an equally important role in helping others become all they were intended to be.”

– David Brenner

SPIRITUAL
PRACTICE CHALLENGE

SPIRITUAL COMPANIONSHIP

“I HAVE CALLED YOU FRIENDS, FOR
EVERYTHING THAT I LEARNED FROM
MY FATHER I HAVE MADE
KNOWN TO YOU.”

JOHN 15:5