



## R-Group Process

# CURRENT FEAR AND A STRETCH

**Goal:** We want to become aware of how our emotions affect our behavior, so that we can take appropriate action. This week we are looking primarily at fear. We want to first become aware of how fear might be affecting us and take appropriate steps to press into that fear.

**Materials:** None

**The Process:** Have everyone put both feet on the ground and close their eyes. Breathe in through your nose and out through your mouth. Do this three times.

“This past week we have all experienced fear of some kind. Fear in our relationships, at work, with God, internally... In this moment, become present to one of your greatest fears from this past week. In your mind, look back over the week up through today and see where you might have encountered fear.

Provide a couple of minutes to sit and reflect back over the week in silence with their eyes closed.

Ask them: “Is there one fear that is more prominent than others?” Have them raise their hand if they have identified one. “If you have identified a fear then continue to reflect on it. Feel it if you can. If you have not identified one yet, just continue to take a look at your week. If you have identified a fear, then speak it out one at a time, still with your eyes closed. If the group talks over one another, repeat what was said one at a time. “Maybe it is with your spouse, or about work. Maybe it is about being lonely, or about finances, or about the future...Does everyone have something? If not, that’s okay. Everyone open your eyes.”

**1st Round:** “What is the fear you identified?”

**2nd Round:** “Beneath this fear what is your deepest desire?”

**3rd Round:** We are going to come up with a stretch related to these fears.

Define a “Stretch” – This is a practical way to be intentional about personal growth and increasing deeper connection with others.

A Stretch must be:

- Measurable (It must be clear that you have accomplished it)
- Attainable (If you cannot accomplish it, there is no point)
- Simple
- Done within a certain amount of time
- Something for which you are being accountable
- Something that takes you out of your comfort zone or predicted pattern of behavior.

Have each person come up with a stretch that is related to their fear and the desire under that fear. Remind them of the desire. A stretch should be a healthy step toward experiencing that desire. Everyone should choose another person in the group to whom they can be accountable. It is the responsibility of the one exercising the stretch to connect with their accountability partner(s) by the time they have agreed upon.

**Follow-Up:** The following week check-in with the group and have them share about their stretches. If someone does not do their stretch, ask the following questions (any or all of these questions might be helpful in helping the man process his failure in the stretch):

- How is that working for you?
- How is that like your life?
- What do you want to do about it?
- What is at risk for you to not follow through on this stretch?
- What is at risk for you to follow through (what would it require of you?)
- What do you want?

Give the man or woman a chance to try again. (No shaming allowed)