



R-Group Process

SACRED SPACE PROCESS - PSALM 121

Have the men or women (including the process leader) form a circle, facing outward with elbow room between them. Instruct them to make sure they are not touching those beside them.

Leader: “I lift my eyes up to the hills - where does my help come from?” <pause> “Men [Ladies], this is how many of us live our lives - close to strong support from others, from family, and from God, yet living independently, alone, and in need of help. Take a moment and become aware of any way that you have lived in isolation or hiding this week.” <pause> “Now, if you have something, speak it out. One at a time, speak one sentence that expresses how you’ve lived in isolation this week.”

[Pause, giving the men or women time to respond.]

Now, have the men [or women] turn and face the inside of the circle and tighten up, shoulder to shoulder.

Leader: “My help comes from the LORD, the Maker of heaven and earth.” <pause> “Men [or women], tonight we step into the support of strong men [or women] and into the presence of God Himself. Lean in! Feel the strength of the man [or woman] next to you. <pause> In a word, what are you aware of now, in this circle?”

[Pause, giving the men or women time to respond.]

“Men [Ladies], yesterday is gone, tomorrow doesn't exist. This is our reality. Here, right now. And right now God has given us the help of His Spirit and the men [women] in this circle.” Finish with a short prayer. “Holy Spirit, thank you. You're welcome in this circle. Come. Father us. We're yours. Amen.”