



As we listen with others and hear their stories, as we share our own and allow ourselves to be vulnerable and truly known, it opens the door for true community, connection and healing.

- God's story encourages us to share our own
- God designed us to experience joy and healing through being known in the context of community

This week, share your story with your small group. Practice the following as you listen to each other's story:

1. Practice being a non-judgmental presence
2. Listen without fixing
3. Practice curiosity
4. EmPATHic presence
5. Communicate appreciation