

Nuestra Historia (English)

📅 Fecha @June 29, 2022

Our Story

READ THIS SUMMARY

This is the last week where we will be talking in depth about these guides that we have been going over the last few weeks. As we talked about in the past practice, **Living in Community**, it is necessary to create a culture where we all feel safe, a culture of honor and assertiveness, and a culture where what is breathed is LOVE. That is why we cannot underestimate these guides, if not, on the contrary. We must see them as what will help us create this type of community in the Evidence Groups where we will all be able to flourish.

If you consider yourself part of this Grupo Evidencias, then it is your responsibility to help each of these guides become part of our culture.

LEARNING TO LIVE IN COMMUNITY

These are the guidelines for having an emotionally healthy community:

- **Be Prepared:** To make the most of our time in the Evidence Groups, it is important that we all commit to participating in the practices at our own expense and to going to church (or listening to the Sunday teaching if for some reason could not go).
 - **Who finds it hard to come prepared?** (I already know why he doesn't do the practices or why he isn't consistent going to church). One of the reasons we have Grupos Evidencias is to PRACTICE JESUS. But if we are not doing the practices and we are not going to church, we are not fulfilling the whole purpose of living in community.
- **Speak for yourself:** We encourage you to share and always speak in the first person. Instead of saying "everyone's busy" or "we all have a hard time forgiving,"

say "I'm busy" or "I'm having a hard time forgiving." And if you are in an Evidence Group with your spouse, or child. Avoid speaking for them.

- **Who finds it difficult to speak in the first person?** It is important that EVERYTHING we say is always in the first person because you can only be responsible for your words
- **Respect others:** Be brief when sharing, being aware that there are time constraints and that others may want to share.
 - **Who finds it difficult to be brief when sharing and letting the quietest speak?** If you like to talk, it is very important that we give others a chance. It does not mean that you will never share, we need your contribution. What it does mean is that you will be more aware of others. We must ALL commit to be BRIEF when sharing in the group. If you need to share something more extensive, we invite you to talk to the facilitator at the end.
- **Do not try to fix, save, or correct other people:** It is very important that we respect the different paths of people and that we trust the Holy Spirit within them to guide them to all truth, in their time. Resist the urge to offer quick advice as people share in the group.
 - **Who finds it hard not to correct or try to give quick solutions?** Although they are very valid and everyone's contribution is important, we must always remember that the work of changing someone is done by the Holy Spirit and not by us; and that we all walk at a different pace. And not because you have or know the answer to something, it means that it is always the right time to say it.
- **Don't make assumptions:** If you feel critical or defensive when someone else is sharing, ask yourself: I wonder what led to this belief. I wonder what they are feeling right now. I wonder what my reaction teaches me about myself.
 - **Who has a hard time not making assumptions?** It is important that as a community we work very hard not to create stories inside our heads about another person and do our best to NEVER make assumptions.
- **Trust and learn from silence:** It is okay to have silence between responses as the group shares, giving members a chance to reflect. Remember, there is no pressure to share.

- **Who finds it difficult to be silent?** In the bible we read that he who speaks a lot, sins a lot, and he who keeps silent is wise. We don't always have to talk, **it's good, important and necessary** that we get used to silence and give it space in our community.
- **Maintain confidentiality:** To create a safe environment for open and honest participation, anything someone shares within the group should not be repeated outside the group. However, feel free to share your own story and personal growth. **Note:** The only exception to confidentiality is threat or harm done to self or others. In this case THE FACILITATOR will take care of it.
 - **Who has a hard time maintaining confidentiality?** We want to create an environment of zero tolerance towards breaches of confidentiality. Regardless of whether it was a teenager or an adult, whatever is shared within the group should never be repeated outside.
- **Consistency:** To create a community where we can grow, get to know each other, and create a safe space, we must be constant and to do everything possible to come every week to Grupos Evidencias
 - **Who has a hard time being consistent?** It is impossible to create trust, a safe space, and a community, if there is no consistency. And although we know that there are emergencies and last minute cases, they are those. Emergencies that don't happen every eight days.
- **Getting out of your comfort zone:** We are all growing and learning, and we all have different areas that we need to let the Holy Spirit in. If you are someone who is shy, and quiet, going out of your comfort zone can be sharing and talking a little more. If you are someone who is extroverted and who is easy to share, leaving your comfort zone can be giving space for the quieter ones to share.

If you are someone who is just beginning to follow Jesus, stepping out of your comfort zone can be accepting and not letting that stop you from sharing and asking questions. If you are someone who has been following Jesus for a long time, stepping out of your comfort zone may be giving other people space to ask more questions and not give as many answers.

 - **Who finds it difficult to get out of your comfort zone?** It is difficult for all of us, because it is our comfort zone, but if we know that it is a safe place and we

all commit ourselves as a community to help each other, and with the help of the Holy Spirit, it will be easier.

PRACTICE FOR THIS WEEK

Remember that you can find this practice at casaevidencias.com/otros

1. If you haven't already done so, Print the list of guides above.
2. Read the list while you drink your coffee in the morning, when you are having your time of Silence and Stillness, before going to bed (sometime during the day)
3. You are going to choose which one is the most difficult for you to work on (it can be the same as last week)
4. You are going to practice it next Wednesday.
5. Every day, in your time of silence and stillness, you are going to take five minutes to pray for the Evidence Group. Specifically, so that together, we can improve in the two guides that cost us the most.
6. Think and write a step that you can do individually, so that when we move on to the next practice we don't forget these guidelines.

To finish we are going to talk about Sunday's teaching.

- How many have been affected in their present because of their past?

Have someone read **Isaiah 43:18-19**

- Why is it so important that we can heal our past?