

Absolute Yes exercise

In order to be fully present to God and one another in Spirit Circle, and in keeping with our WWWC Agreements, we agree to prepare in advance for our participation in Circle. Our Spirit Circle has agreed that, for our upcoming meeting, we will do work on our "Absolute Yes." An "Absolute Yes" is something that God is calling you to make top priority, maybe something he has been speaking to you about for some time. It is the action he wants you to take, stepping through fear or worry or procrastination, the inner knowing that has been speaking to you that you may not have been willing to trust.

For this meeting, we will check in in the following way:

"I'm _____."

Data: "God is asking me to say Yes to _____."

Judgements: "If I give God my Absolute Yes to this, I judge (one to three judgments)."

Feelings: "My feelings are (one to three feelings)."

"I'm in."

The following exercise is meant to support women in their preparation. Some women find that thinking through these questions is sufficient. Others choose to speak their answers aloud. Some women might elect to write their answers down. There is no wrong way to proceed.

Prayer

"Make known to me your ways, Lord; teach me your paths. Guide me by your fidelity and teach me, for you are God my savior" (Psalm 25:4-5). Lord Jesus, please guide my mind, my heart, and my will. Let your will be done as you guide me to your truth and healing.

Data

Make a list of anything that God brings to mind that He has asked you to say Yes to. Maybe these are things you have been reluctant to do. Maybe they are things that you judge you have tried to do in the past but failed. What is God asking of you? To what does He want you to say Yes.

As you look at your list, which *one* Yes is most tugging at your heart? To what does God most call you to say Yes?

Judgments

What if you were to give God your unconditional Yes to what God is asking of you? Reflect honestly with yourself and with God about the judgments you have. What are all the stories you tell yourself? What if you said Yes? Choose not to judge your judgments, only acknowledge and name them.

Become aware of the 2 or 3 core judgments that come from all these judgments. Listen for judgments that feel particularly resonant, those that you may have repeated, or that make you say to yourself, “Yes. That’s it.” What are the judgments that are key for you?

Feelings

Notice your feelings about this situation. Look at your deepest feelings and why these feelings are significant for you in this situation. Among your feelings, can you identify a core feeling (fear, anger, sadness, shame, joy)?

Consider closing this time by thanking God for His provision for you as you have sought awareness. This may also be a good time to pray for your sisters, those in your Spirit Circle and those in our ministry around the world.

ABSOLUTE YES

Women need to prepare in advance for this meeting using “How to Prepare for Spirit Circle – Absolute Yes version.”

{Spirit Circle Leader} “Come near to God and he will come near to you” (James 4:8).

In our work we listen to God speaking in our lives, leading us to healing and wholeness so that we can walk with Christ according to our Godly life mission (Colossians 2:6-7).

In this sacred space we can say Yes to God’s invitation to new and abundant life (2 Corinthians 5:17; John 10:10). Empty your cup of pain, judgment, and sin, and allow God to fill you up with the gifts of the Holy Spirit (cf. Galatians 5:22). As women of God, we are free to act from faith in God’s healing power and hope for our transformation as we heal by the love of God and our sisters in Christ (Ephesians 4:15-16).

In this round, please state your name and your data, judgments, and feelings about your Absolute Yes.

“I’m _____.”

Data: “God is asking me to say Yes to _____.”

Judgements: “If I give God my Absolute Yes to this, I judge (one to three judgments).”

Feelings: “My feelings are (one to three feelings).”

“I’m in.”

Circle responds, **“Bless you.”**

Jesus promises, “My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish” (John 10:27-28).

Close your eyes. Become aware of how your work feels in your body. (Pause)
Place your hand in that place. (Pause) Does it have a color? (Pause) A shape? (Pause)
Is there anything else you notice? (Long pause)

We will take a couple minutes of silence to listen to what the Holy Spirit is saying to us about our work.

Take 3 minutes of silence.

James says, “[Be] doers of the word, and not hearers only, deceiving yourselves” (James 1:22).

Based on what you have heard from the Holy Spirit, what is the *action* you need to take *in this Circle*? As you discern, you may consult the list of Possible Work Actions.

Take a couple of minutes of silence to allow women to discern.

Have available copies of Possible Work Actions for women to consult.

Now is the time to say Yes to the healing that God has prepared for us. Sisters, I invite you to stand to confirm your willingness to listen to the Holy Spirit.

Women stand.

We will now share with the Circle what each of us has heard from the Holy Spirit.

“What I heard from the Holy Spirit about this situation is _____.

Because of what I heard, the action I need to take in this Circle is

_____. I’m in.”

The Circle responds, **“Bless you.”**

Women, you may be seated.

Notice how much time is left in Circle. Determine if the Circle will remain together or break into two or three smaller groups, giving as many women as possible the opportunity to do some type of action. Even

if you only have a few minutes, create a round where each woman in the Circle does some action step to move forward or lock in her learning.

I invite you to step up and complete the work you have begun.

As each woman steps up:

Who would you like to facilitate your work?

After the woman chooses a Facilitator, the Spirit Circle Leader steps aside.

Facilitator Steps

1. **Pray** with the woman.
2. Ask, **“What is God asking you to say Yes to?”**
3. Ask, **“What did you hear from the Holy Spirit?”**
4. Ask, **“Because of what you heard, what action is the Holy Spirit calling you to take *in this Circle?*”**
5. **Listen** to the action(s) that the woman wants to take.
 - If she is unsure, offer her the **Possible Work Actions**.
 - If she is still unsure, you and the Circle can **offer her the opportunity** to try a particular action *based on what the Holy Spirit has said to her*.
6. **Help the woman set up her work** as she directs, keeping in mind that she can stop, change, or ask for something more at any time.
7. **Walk with the woman through the work that she has set up.**
8. Ask, **“What does Jesus say to you now?”**
9. Ask, **“How will you use this awareness in your life?”**

10. Ask, “Have you gotten what you need?” If not, support her as she continues to listen to the Holy Spirit and to define her work until she affirms that she has gotten what she needs.
11. De-role as needed.