

HOW TO PREPARE FOR SPIRIT CIRCLE

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. Each woman is asked to arrive at every Spirit Circle meeting having spent time in prayer, knowing what she will bring to the work round, ready to complete the following statements:

“I’m _____ . My data is (one or two sentences). My judgments are (one to three judgments). 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

What is the situation/data/story you are aware of right now? What has triggered you? Allow yourself to review the data. Take time to tell yourself the whole story.

Now, knowing that Jesus knows your whole story, put your data into one or two sentences. Remember you are not naming your judgments or even what Jesus is saying to you about the situation right now. You are only being specific about what the situation is. It may sound something like this: “A co-worker and I worked on a project together,” or “My brother called me on the phone.” Take a few minutes to bring your data into one or two sentences.

Judgments

Reflect honestly with yourself and with God about the judgments you have about the situation. Look at the situation from several points of view. Do you have judgments about the situation? About yourself? About the other person or people involved? What are all the stories you tell yourself? Remember, judgments may be true or false. 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)?