

WWWC Agreements

Authenticity - I am who I am. No masks. No facades.

Honesty - I will be completely open. I will tell the truth.

Integrity - I do what I say I will do. My words and my actions are the same.

Accountability – I will be accountable and open to be challenged if I fail to do what I say I will do.

Reliability – I am committed. I will make my healing and my walk with Christ a priority. I commit to walk with other women in their healing.

Confidentiality - I keep everything that is shared in the strictest of confidence, knowing that my willingness to be open will not be compromised.

Spirituality – I will make Jesus Christ the central focus of my life. I open my heart to Jesus Christ and know that nothing is impossible with God.

Intentionality - I seek to know and do the will of God for my life. I will live life with focus and in mission.

Availability - I am open, safe, and present to my sisters.

Sisterhood - I build trust as I connect with my Christian sisters. I allow my sisters to stand in their woundedness as they heal.

## Data/Judgment/Feeling Exercise

### Example 1

#### **What happened?**

My co-worker comes in late and leaves early most days. I always come on time and leave on time. She just got a raise and I didn't.

#### **Some stories I told/tell myself about this situation:**

Our boss likes her better than she likes me.

If my boss doesn't like me, I might lose my job.

No one appreciates me.

**I felt/feel:** angry, sad, worried

### Example 2

#### **What happened?**

My mother is getting older and she's not been well. I need to decide whether to move her to a nursing home.

#### **Some stories I told/tell myself about this situation:**

If I really loved my mother I'd let her live with me.

If my mother moves to a nursing home, she'll die.

I can't have my mother living here, because she'll criticize me all the time just like she always does.

**I felt/feel:** sad, afraid, guilty

**On the other side are spaces to fill in your own data, judgments and feelings. We invite you to complete at least 1.**

**Hold off, for now filling in the last statement about what you heard from the Holy Spirit. We'll do that part next.**

**What happened?**

**Some stories I told/tell myself about this situation:**

**I felt/feel:**

**What I heard from the Holy Spirit about this is:**

**What happened?**

**Some stories I told/tell myself about this situation:**

**I felt/feel:**

**What I heard from the Holy Spirit about this is:**

Possible Work Actions

Give back words, judgments that I have taken on.

Do a clearing

Speak with someone to voice my awareness, knowing, or want, or to prepare for a conversation that needs to happen outside of the Circle.

Role play a past or future situation.

Use a mirror to allow me to see myself or something about myself more clearly.

Engage in some kind of physical movement to release anger, sadness, fear, and/or lock in courage, strength, etc.

- Push through a “wall” or barrier
- Move through a gauntlet
- Go up or down stairs
- Experience pressure or holding weight
- Hit a pillow
- Be held while I cry
- Step over or through
- Put on the “Armor of God” (Ephesians 6:10-18)
- Etc.

Proclaim truth statements that will dismiss the lies, or state my mission.

Receive affirmation, wisdom or scriptures from my sisters.

Celebrate.

Pray myself or ask my Circle sisters to pray over me/for me.

## CORE PRINCIPLES

### **1. The Holy Spirit speaks through the woman doing her work.**

When I submit to a regular practice of prayer in which I listen to the voice of the Holy Spirit, I will learn hear the Spirit speak specifically to me about my wounds. When I listen to the Holy Spirit, I am able to discern the path of my healing and transformation. I am encouraged to step out in faith, to draw closer to Him, in order to confirm His truth, grace, and love.

*“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is in the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” – Romans 8:26-28*

*“The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you.” – John 14:26*

### **2. A woman is responsible for her own work.**

When I ask another woman or women to help me in my work, I am asking for help to hear the Holy Spirit in my own life more clearly around a particular situation. I have the power to direct where my work will go. I communicate my wants. When I ask a sister to help me she may ask me questions to clarify what the Holy Spirit is saying to me in this situation. She may assist me in developing what my work will look like within the bounds of what I seek to accomplish with my work, at this time, on this day.

*“But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming.” – John 16:13*

### **3. A woman does her work as the woman of God she is today.**

Doing my work is about healing, through the Holy Spirit, the wounds that I received as a result of events in my life. In the past, I did not have the resources to protect myself from being wounded. God gives me the awareness to remember and observe, to know my story and receive healing and transformation as the strong woman I am today.

*“When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways.” – 1 Corinthians 13:11*

### **4. My sisters do not need to know or understand my whole story in order to help me hear God or receive healing through Jesus Christ.**

The focus of our Spirit Circle is to hold safe space so that I can hear my own story, to receive healing and to leave transformed. God and I know my entire life story, the context for the present awareness of my wounding and need for healing. Assisting me to move quickly from the story in my head to the feeling and want in my heart allows me to receive Jesus’ healing, transforming grace and step into my Godly life mission.

*“She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped. Then Jesus asked, ‘Who touched me?’ When all denied it, Peter said, ‘Master, the crowds surround you and press in on you.’ But Jesus said, ‘Someone touched me; for I noticed that power had gone out from me.’” – Luke 8:44-46*

## 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)?

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.

BRIDGE FEEDBACK FORM

Your feedback is very helpful to us. Thank you for taking the time to fill this form out.

PLEASE PRINT CLEARLY

My overall Bridge experience was:

The exercises that were the most powerful to me were, and Why:

The exercises that were the most difficult for me were, and Why:

The most important thing I received from the Bridge was:

The next step I need to take for my personal healing and growth is:

What I continue to need is:

Were the exercises presented in a clear and concise manner in your group?

Turn Over

Please express any additional comments you would like to share with us:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

When did you attend your WWWC Weekend? \_\_\_\_\_

Who were the Leaders for your Bridge? \_\_\_\_\_

\_\_\_\_\_

Are you interested in joining an on-going Spirit Circle?	Yes	No
List specific needs – area of town, day of the week		

Are you interested in future Women’s Walk with Christ trainings?	Yes	No
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If you answered “Yes” to any of the questions above, please make sure we have your phone # and email.

## WWWC Theological Presuppositions

1. WWWC believes everything expressed in the Apostles' Creed.
2. WWWC believes in the authority of scripture.
3. WWWC believes that God has revealed himself as transcendent yet utterly near.
4. WWWC believes that God made the human person in his image and likeness.
5. WWWC believes that the image of God in us has been wounded by sin.
6. WWWC believes that the human person cannot heal her own wounds.
7. WWWC believes that God wishes to heal our wounds through the wounds of his Son.
8. WWWC believes that God respects our freedom to accept or reject this healing.
9. WWWC believes that we accept healing only by embracing our woundedness.
  - We embrace our woundedness through baptism and ongoing conversion.
  - Ongoing conversion is the gradual transformation of the whole person into the image of Christ.
10. WWWC believes that this healing transformation is the work of the Holy Spirit.
  - The Holy Spirit restores us to communion and wholeness with God, self, and others.
  - The Holy Spirit stirs us to love and strengthen one another as sisters.
  - The Holy Spirit empowers us with different gifts for the mission of healing the whole world.