

## USER INSTRUCTIONS

Welcome to Reachable Reconciliation TalkSheets—we designed this resource to help spark transformational conversations that lead to greater self-awareness, greater other-awareness, and greater God-awareness. The outcome of this process will, we believe, bring healing, restoration, and reconciliation in your relationships. These TalkSheets are designed for small groups, Bible studies, retreats, spiritual renewal gatherings, mentoring relationships, and even personal use. Some of these themes have two TalkSheets per theme, some have just one. And the themes are broad enough to use as a start-to-finish progression (almost a curriculum), or as one-offs that you plug into an existing series or theme.

Each Talksheet is formatted the same way, so you'll quickly master the progression of these conversations. And each one has a carefully chosen Scripture passage that ties to the theme. You can read the Scripture Passage at any segment of the Talksheet—at the beginning, at the end, or anywhere in between that “fits” for you. The progressive components include...

- 1. Think About** – A short series of “ice-breaker” questions to set the stage for the conversation.
- 2. The Encounter** – A short story that invites the group into the emotional/spiritual/intellectual landscape of the theme.
- 3. Consider** – In the Consider section we offer some practical, insightful ways for living out the theme in everyday life. These are not a list of To-Do's—rather, they are a menu of possibilities that are followed by a debriefing question that helps participants narrow their focus to one idea on the list.
- 4. Questions for Conversation** – These questions are designed for Pairs, Trios, or the Whole Group (or, if you use these for individual exploration, they are reflection questions). The questions tie in to the Encounter story and the Scripture passage.
- 5. On the Way Out** – This section revisits the theme and the primary takeaway from the Talksheet, helping participants remember what is most important.

## Learning to Listen

One of the most important practices that will enhance the experience and outcomes of Reachable Reconciliation TalkSheets is engaging in deep listening. As you work through each of these conversations, consider applying these listening tools.

### Setting the Stage: Be prepared to fully engage in listening

- ▶ Phone turned off
- ▶ No distractions
- ▶ Upright posture—be present in the conversation
- ▶ Look at the person speaking (as much as you can)
- ▶ Allow the other person to speak until they have said all they need to say
- ▶ Train your brain not to advance towards YOUR next response. Learn to build your response from what has been fully shared
- ▶ Be comfortable with silence (allow five seconds to transpire to ensure the person has completed their thought)
- ▶ Ask short questions that show interest and affirmation. For example:
  - “Tell me more”
  - “Can you say more about that?”
  - “What else?”
- ▶ Ask specific questions that show you care. For example:
  - “If I only had one minute (to get to know you, for example), what would you tell me?”
  - “How does that make you feel?”
  - “What do you think I might miss when I hear your story?”