



## Why do we do this?

As we sit here, at this moment in our lives, we are gently perched between all that we have already lived through, which is now past, and all that belongs before us, that which beckons and gives us reason to be. As we live from one moment into the next, our sense of who we are and who we would like to be is the guiding motive.

The same can be said of this group: What we understand ourselves to be about and where we are going will be the guiding principle. Let us take this time together to reflect on this group, the things we do in it and why we do them.

When people ask us about this group, do we ourselves wonder what we do and how to put into words what is happening within us? Each of us needs to have a sense of where we are going and how we getting there.

### Exercise

Divide into smaller groups of three or four. Take one of the following questions at a time. One person in the smaller group is asked the question by the others. That person must try to explain the answer to the satisfaction of the others in the small group. When finished, the next person answers the next question and so on. Go around until you have finished the questions, making a note of any you cannot answer. Ask these of the whole group at the end.

### Questions

1. Why do we begin the meeting with silence?
16. Why do we share something of our week's experiences?
17. Why do we look at all these different subjects?
18. Why don't we only use Bible passages?
19. What do we do in the silence?
20. Why don't we have an open discussion on the subject?
21. How do we know if our thoughts come from us or from God?
22. Are we not fooling ourselves?
23. Why do we write a journal?
24. What do we do with the things we've written about?
25. Why is this group so small, couldn't it be bigger?
26. Why is it always the same people meeting here?
27. What does our Church think about this group?
28. Is this group going to go on forever?
29. Why don't we have a leader?

As a whole group, look at any of the questions that caused some reactions.

End with a prayer for the group and its direction.

**During this week**, try to be more aware of why you do things and what the underlying motivations are. In your times of quiet, reflect on this and work through it with God.



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