Additional Helpful Tips for Forgiveness 101

Values
1. Create a safe place for conversations.
2. Leave the judging to God. Maintain a non-judgmental attitude.
3. Improve our listening skills. Discover where God is already working in their life.
4. Radical hospitality.

Preparation
1. Small groups must be no more than 10-12.
2. Don't be afraid to tell jokes and embrace humor.
3. Fight the urge to give advice or solutions. Holding their hands, walking with their wounds, we can find solutions.
4. Remember it is the Holy Spirit doing the work, not you. Make prayer a priority. Be grounded in prayer and knowing the Holy Spirit does most of the heavy lifting. "Pray, but move your feet". Don't count on the Holy Spirit to do things that we can do.
5. Good song choice for opening or prayer service: "Holy Spirit" by Francesca Battistelli
6. Be fully present to the guests from the moment they arrive.

In Session
1. Listen carefully to questions, comments, thoughts of guests.
2. Be encouraging when someone speaks. Thank them for sharing.
3. Facilitate the conversation, don't teach. Fight the urge to have the right answers.
4. Learn the art of paraphrasing. Paraphrase to make a person feel heard and to make sure you understand. Internally celebrate the victory/the right on.
5. Some people will not speak unless there is silence, so leave some silence.
6. Be attentive to what the Holy Spirit is doing.
7. Trust that music can do what we can't.
8. Remember the importance of repeating the person's name.
9. We are making friends, not projects.
10. Create boundaries and expectations as you introduce a question.
11. Basic phrases in your repertoire
    a. "It took a lot of courage to share that. Thank you."
    b. "What does that look like?"
    c. "Help me understand what you mean"
    d. "That is an awesome question. Can we please table that for another day"
    e. "Wow. I can only imagine how you feel." "I can only imagine what that felt like"
    f. "Your own personal confidentiality speech"