

Study Guide for Groups using *Spiritual Connection in Daily Life* by Lynn Underwood

This is a 6-week model, with each session being 1-2 hours

One individual should take the lead for each session, and take responsibility to move the others through the spectrum of topics in the time available. (If it fits with the tone of your group, beginning with relaxation and silence, and ending with silence will help to bookend the sharing, and invite the 'more than' into the time you spend together)

Week 1

To prepare:

- Read Chapter 1 and Chapter 2.
- In Chapter 3, read, answer and respond in notes to Question 1.

In the group:

- Briefly discuss feeling, sensing, knowing in your gut. Mention that comparing scores with others is not very useful and can get in the way, yet looking at changes in your scores over time can be useful. There are no right answers. The scores are for your personal use and to help you to find specifics. The details of your experiences or the feeling of lack are much more important. I would suggest not mentioning your scores in the group discussion, but rather focusing on the details of experience. You can use the check-list method – see website for exact wording here, e.g. ("Recently, have you have this experience? If so, describe how it felt, and the circumstances where it happened.")
- Share your responses to Question 1(Awe) in Chapter 3: *I am spiritually touched by the beauty of creation.*

Week 2

To prepare:

- Read Chapter 10: *How and Why to Communicate Using Daily Spiritual Experiences*
- Answer Chapter 3: Questions 2, 3, 4, 5. Jot down some notes

In the group:

- Briefly discuss Rules of the Game from Chapter 10: *How and Why to Communicate*
- Share the experiences you thought of when you answered questions 2 (Presence), 3 (Connection), 4 (Closeness), 5 (Desire).

Week 3

To prepare:

- In Chapter 3, read and answer Questions 6, 7, 8 and 9.
- Read Chapter 6: *The Flow of Love*, and take notes on your answers to the invitations to respond.

In the group:

- Share your responses to Questions 6 (Love directly), 7 (Love through others), 8 (Selfless caring), 9 (Acceptance, mercy)
- Share your responses to various invitations in Chapter 6: *The Flow of Love*

Week 4

To prepare:

- In Chapter 3, read and answer Questions 10, 11, 12 and 13. Jot down notes.
- Read Chapter 8: *Yes!* and take notes on your answers to the questions there.

In the group:

- Share your responses to Questions 10 (Strength), 11(Comfort), 12(Guidance), 13 (Help)
- Share your reflections in response to Chapter 8, *Yes!*

Week 5

To prepare:

- Read Chapter 9, *Translating God* Share your answers to the questions there.
- In Chapter 3, Answer Questions 14, 15, 16

In the group:

- Share about your answers to Questions 14 (Joy), 15 (Gratitude), and 16 (Peace)
- Reflect on your responses to Chapter 9, *Translating God*

Week 6

To prepare:

- Read Chapter 7: *Connection vs. Alienation* and take notes on your responses
- Read Chapter 12: *What Now, What Next*, reflect on what next for you.
- Answer the full set of questions and reflect on any changes from when you first took them.

In the group:

- Share your reflections and responses to Chapter 7: *Connection vs. Alienation*
- Do you think there is a way you personally would like to use the questions in the future? If so, share about that.
- Look at the full set of questions and share particular experiences for you as you revisited them that you have not shared with the group before.

At the end if individuals want to, Read or skim Chapter 4: *Why Numbers* and Chapter 5: *“Studies Have Shown”* Do you think Chapter 5: *Studies Have Shown*, contains any implications for your life? Or is it better just to ignore these? In the audiobook the author put these two chapters into an Appendix.

Option 2: 1-2 hour session. Could be over 1 week or extend to 2

General book group discussion after reading the book, and jotting down personal responses.

Facilitator starts with summary of guide to communicating Chapter 10

Suggest that each person pick one question that they particularly resonated with and share an experience or two.

Take each theme in turn and ask about personal responses. Have each person share from one or two of the themes.