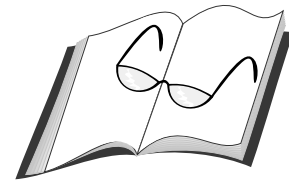


## FACILITATOR'S GUIDE

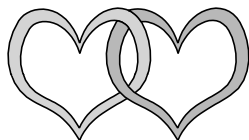


### Tips

- Be sure to read the **"Being a Good Facilitator"** section of the Book Study Guidelines for lots of helpful tips that aren't repeated here.
- After doing **introductions** in the first meeting, pass out the first discussion guide.
- One way to start is to **take turns reading** the discussion guide questions and then reading the pages in the book covered by each question.
- Try to **keep conversation centered** on the material, but realize that all the points in a discussion guide might not be covered during the meeting.
- Before ending each meeting, **hand out the next discussion guide** and tell participants what pages will be covered. (All the book study materials can be copied and freely distributed.)
- Simple **refreshments** can bring warmth and comfort to the group.
- You may want to schedule a **celebration** after your last meeting to commemorate your time together!



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## **Heart-to-Heart**

### **First Meeting: Introductions**

- Tell everyone your name and share some personal background information.
- Ask how everyone heard about the book study or why they are interested in the topic. This helps people get acquainted and feel comfortable.



### **All Other Meetings**

*Keeping in Touch – At the beginning of each meeting ask questions like:*

- How was your week?
- How did you like this week's reading? (You'll find out if people didn't have time to read it!)
- Is there something from the reading you would especially like to discuss?

Getting back in touch with each other establishes a friendly feeling in the group.

### **Closing**

You can use the last point in the discussion guide, a moment of meditation or any other idea that works for you and the group. Thank everyone for coming.

### **The Last Meeting**

At the end of your group, look at the "If you want more" list for some suggestions and ideas to consider. These book study guides are courtesy of The Summit Lighthouse 1-800-245-5445.



***Follow your heart,  
go with the flow  
and have lots of fun!***

# The Art of Practical Spirituality

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