

Inner Work Guidebook
ACTIVITY: FAITH SHARING GROUPS
Description and Detail of Activity

What is it?

A group of Christian or like-minded men who meet regularly to review their faith lives over the previous week/month etc.

A group of brothers who hold each other accountable.

Why do it?

- To strengthen my commitment to my inner/spiritual life
- To strengthen the bonds with my brothers in the group
- Bond with men who will help and support each other
- Time to share joys and struggles

How to do it?

- Sharing of scriptures - including some form of ritual - adhering to the Rules for Small Groups as presented at your MROP.
- Reading books on faith, spiritual life, community building, or other books which will deepen the inner life. Commenting on the books and the ways in which the chapter touches your life.
- For MALE Planning groups use the 30-30-30 format. The first 30 minutes are for checking in and keeping the edges hot. The second 30 minutes are for growth or soul work as mentioned above. The third 30 minutes are for planning MALE activities or future activities for the group.

Suggested Resources for this Activity

Click on Suggested Format for Small Men's Group Meetings www.parishlife.com/faithshare1.htm (this is Renew Catholic site) www.gbod.org/evangelism/fsparticipants.pdf (Methodist - can't find groups) www.catholicfaithsharing.com/lpirc/cfs/ViewCfsIndex.do MensFSGUsresGuide_Rev 4-28-08.doc (358 K)