

# Healing and Hope

"Drop-In" Listening Session



*Facilitator Guide*

# General Format

**Welcome:** Thank you for joining us today. I hope this will be a time for us to share where we are at in life's journey with all of its challenges and blessings. As we share and listen to one another, may this be an experience of encouragement, healing, and hope in the Lord Jesus.

**Group Guidelines:** Review the Group Guidelines and ask if there are any other comments, questions, or expectations for the Healing and Hope listening session.

**Opening Prayer:** *(Feel free to use this or any other prayer.)*  
Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, For I am meek and humble of heart; And you will find rest for yourselves. For my yoke is easy, and burden light. *(Matthew 11:28-30)*

**Sample Questions:** The facilitator can choose from among the sample questions those which align with the organic nature of the conversation. Not all of the questions need to be asked. However, at least one of the questions should include the sample questions about God/Jesus.

**Wrap Up:** The facilitator asks for any feedback on the session, thanks participants, and ends with closing prayer.

**Closing Prayer:** Prayer of Abandonment  
*(Blessed Charles de Foucauld)*

Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures - I wish no more than this, O Lord. Into your hands I commend my soul: I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands without reserve, and with boundless confidence, for you are my Father. Amen.

# Group Guidelines

**1) Confidentiality:** Whatever is shared within the group remains confidential. Share with others outside the group only what you have learned about yourself.

**2) Respect:** It is important to respect your own feelings as well as those of others. Every relationship and loss is different and therefore people will respond differently. There is no one or simple path to follow. It is important to respect everyone's right to go through this experience in their own way. We can compare, but cannot judge.

**3) Time:** It is also important to respect the time you and others are giving to this process. Please silence beepers and cell phones or, if necessary, set them to vibrate.

**4) Advice:** We are here to share personal feelings and current concerns, but are not here to fix problems. You are welcome to ask questions or make suggestions.

**5) Freedom of Speech:** You may choose to share or remain silent. No one will be put on the spot or forced to talk, but everyone who feels comfortable sharing will be given that chance. Make every effort not to interrupt when someone is speaking. At times, the facilitator may interrupt so that everyone has the opportunity to share.

**6) Feelings:** Feelings are neither right nor wrong; they just are.

# Sample Questions

*(Feel free to choose any to spark discussion. However, at least one of the questions should be about God/Jesus.)*

- What do you expect to get out of today?
- How are you feeling today?
- How has this experience changed you?
- What has been most difficult for you recently?
- What are you finding helpful?
- How are friends and family responding to what is happening?
- Where are you finding the support you need?
- Can you share some of your fears?
- What do you wish you had done differently during this time?
- Are there times when it doesn't seem real? What is that like and how do you deal with it?
- What did you gain from this experience that you will always have?
- What is the most difficult time of day or day of the week? How do you manage it?
- Where can you go for help?
- What are you most grateful for during this time?
- Has living through this experience caused you to lean more heavily on God, or less? Why?
- How have you chosen to continue or strengthen your friendship with Jesus during this time?
- How would you describe your current friendship with Jesus? Where do you encounter God in others?



Diocese of  
Green Bay