

Spiritual Parenting Group

Based on: “10 Principles for Spiritual Parenting”

By:
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MEETING #1

Introduction – Group Gets Going!

Individuals united in a focused group create a powerful force for healing, the power of the group squared.

1. **Introductions:** Facilitator (or whomever started the group) and each member introduce themselves. A few questions to begin might include:
 - Your children’s names and ages
 - Why have you chosen to join the group?
 - What are your expectations from the monthly meetings?
 - What do you hope to learn from each other?
2. **Group Guidelines:** Discuss, modify to suit your group, and then distribute some basic ground rules.
 - Confidentiality is crucial. What is discussed in the group stays in the group.
 - Each member’s contributions are important. Therefore, interact respectfully. Also, respect others by coming prepared to discuss the principle of the evening.
 - Arrive on time. The group will quickly develop a rhythm and arriving late can disrupt that flow.
 - Respect differences of religious affiliation.
3. **Administrative Details:** Decide the logistics of your group.
 - Firm up meeting times.
 - Circulate forms for contact information: email addresses, phone number, etc.
 - Decide on where you will meet – create the venue schedule.
4. **Dive into Discussion:** Use the Introduction of “10 Principles for Spiritual Parenting” to begin the evening’s discussion. Some possible discussion points:
 - Pg. ix – Do you have “inside eyes?” Do you use them? Talk about how intuition plays into your life as a parent. Have you ever had the “gut feeling” about something?

- Pg. xi – Are you honoring your own spirituality? How so? How does feeding your spirit help give you energy to nurture your child’s soul?
- Pg. x – Discuss the definition of spirituality.
- Pg. xi – Consider the concept that spirituality does not need to be “taught.” Our role as parents often takes the form of “teacher.” What does “honoring your children’s spirituality” mean to you? How is honoring children’s innate spiritual nature different from “teaching?” Which term would you use?
- Pg. xiii – “Take a moment to reflect on the times with your child that are locked in your memory (Write it down!)
When you go home, ask your children what their fondest memories are. What is it about what they remember that makes it special/memorable? Share these insights next month.

4. **Wrap Up: Thoughts for the Evening:**

- The Principles are just scaffolding on which your group can build and get creative. Learn from each other!
- This week, go out into your world and (fill in with an “action item”).
- For next time, read **Principle 1, Know God Cares**.

3. **Group Housekeeping:** Go over logistics.

4. **Closing Ritual:**

- Discuss how to open and close each group. It can be as simple as lighting a candle to begin each meeting and embracing a moment of silence, or taking turns reading aloud an affirmation you’ve created for your group. The ending ceremony might include the Parents’ Insight-Building Exercise at the end of each chapter or sharing an action item each parent will try out in the coming month.
- Practice closing ceremony.