"Checking In" for a Group or With Your Spouse

1. Share how you feel with your group or the person to your left (or right) or with your spouse using one or two, at the most, feeling words (see examples below and on the back), where you feel it in your body, and a few details about it, totaling 1 minute. (Example: I feel sad because I lost someone dear to me over Christmas, my body is tired, and I feel stuck in the sadness.)
2. The person to your left (or right) or your spouse, attunes to you about what you said and asks you what more you need. ("Is there something that I or someone can do to help you or is there something you can do to help yourself?")
3. You can respond with 1) "That's fine, I don't need more, thank you", 2) "I'd like to know what Jesus has for me, would you listen with me?" or 3) "I would like to get advice/direction from the group or your spouse".
4. If #2 or #3 are chosen, then the group or the person to the left (or right) or your spouse takes 2 minutes to listen to Jesus or give advice. If you are listening to Jesus you are not listening FOR what God has for the person you are listening for what God wants YOU to say to the person to encourage them.

Feeling Lists: Use either or both of the following lists:

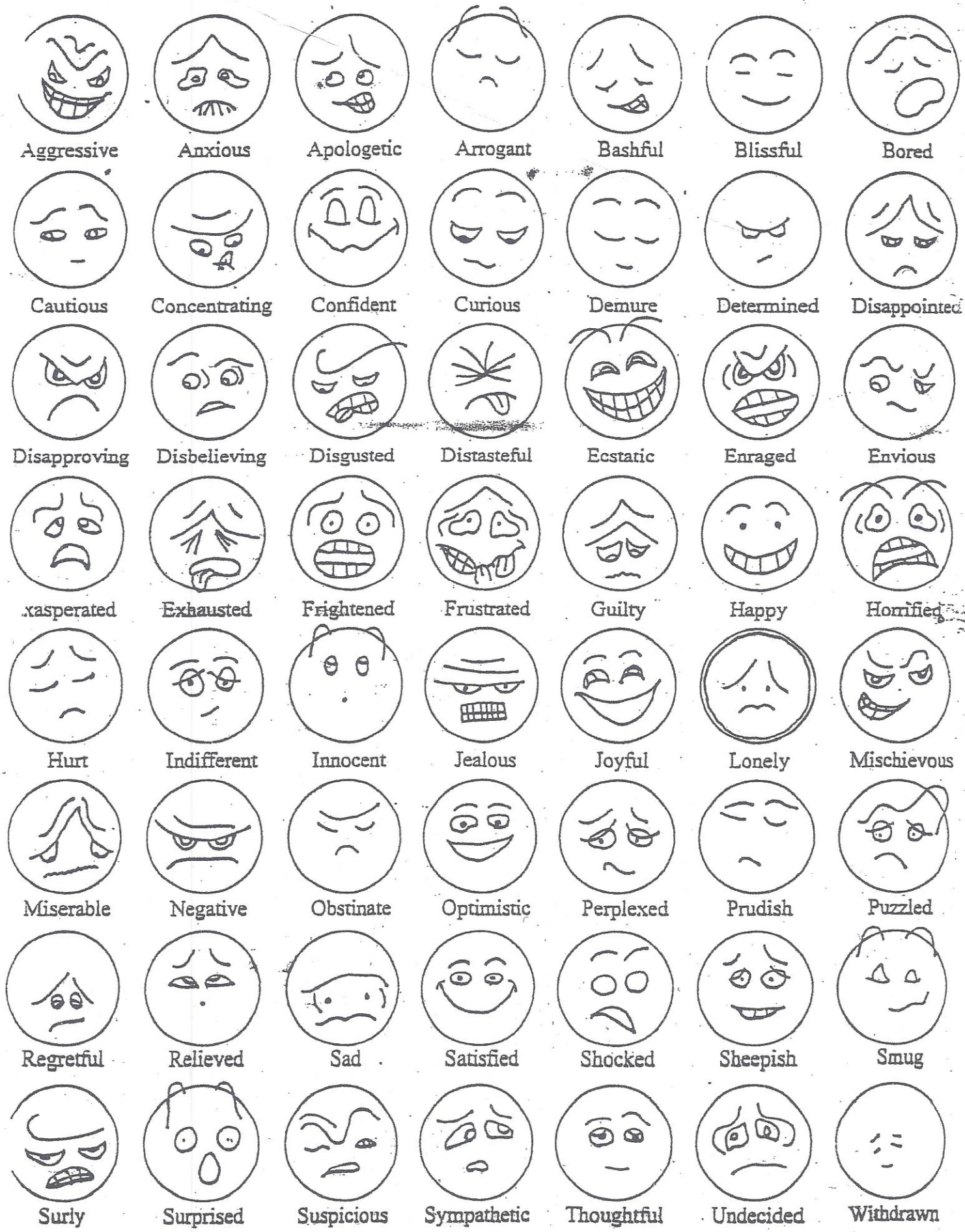
SASHET

S - Sad (hurt)
A - Angry (mad, threatened, frustrated)
S - Scared
H - Happy
E - Excited
T - Tender

JESUS HAS TLC

J - Joyful (glad to be with you, connected, happy)
E - Excited
S - Sad
U - Understood (shalom, attuned with, acknowledged)
S - Scared

H - Hopeless (despairing, discouraged)
A - Angry (frustrated)
S - Shamed (unimportant, invisible)

T - Tenderness (gentle toward, concern for)
L - Loving (affectionate, kind, patient)
C - Caring (compassionate, sympathetic)

HOW DO YOU FEEL TODAY?