



REmix

***The Enduring Beat
of the Biblical Feasts***

SERIES COMPANION / HIGHROCK 2026

INTRODUCTION

God loves a good party. God doesn't just suggest celebrations; He commands them. In our new series, Remix, we explore the ancient rhythm of the Old Testament feasts and how God invited His people to find joy through holy celebrations. We'll see how in the Gospels Jesus stepped into these festivals to "remix" their symbols, transforming the water, light, and bread into powerful messages about His own identity. From Passover to Tabernacles, Jesus used these traditions to reveal Himself as the fulfillment of every divine melody. Join us as we rediscover these ancient tracks and learn to live with a "feast-oriented" faith today.

RESOURCE OVERVIEW

Here we provide space to take notes on the sermon and Scripture text and answer reflection questions that you can discuss with others. When considering the reflection questions, remember that the goal is not to have all the "right" answers—instead, let these questions serve as a starting point for curiosity in your conversation with God and others. See the Appendix of this guide for more resources and opportunities to engage with this study.

Please note this discussion guide is created before the series begins. Discussion questions are prepared before the sermons are written and based on the theme and text for the week. Thank you for your understanding that the topic and focus of the sermon as the pastor writes it may differ from what is written in the discussion questions.

APPENDIX (located at the end of the discussion guide)

Offers a deeper dive into the topic as well as resources for Bible study, leading small groups, and links for further support.

- Additional Resources
- Online Bibles
- Prayer Tools
- "Icebreaker" Questions
- Tips for Guiding Conversations
- General Resources for Individual Support

SERMON SCHEDULE & SCRIPTURE READING

**Subject to change at the discretion of the pastors.*

Sermon	Topics
Week 1	Passover: Exodus 12:28-32
Week 2	The Feast of Unleavened Bread: Leviticus 23:4-14a
Week 3	Feast of Trumpets: Leviticus 23:23-25
Week 4 / 5*	Why it Matters to Love the Church: Romans 12:2

Week 4 / 5*	Shavout, the Feast of Weeks: Exodus 34
Week 4 / 5*	Taylor Burgoyne's sermon (MetroWest & Online only): Lue 4:14-30
Week 6	No sermon: Milestones Sunday
Week 7	Yom Kippur: Leviticus 16:29-30
Week 8	The feast of Tabernacles: John 7:37-44

*Preachers will be speaking at different, alternating locations on these Sundays. Reference the sermon that was preached in your church that week.

WEEKLY FORMAT

SERMON DISCUSSION

(PRE-WORK) REFLECT: Listen to the sermon, read weekly selections/view video links (if provided), read scripture passages (used in the sermon), and answer reflection questions. (30-40 mins)

RELATE: Discuss reflection questions with your small group. (50 mins)

PRAY: Use the suggested prayer prompt to conclude your time (5-10 mins)

CONVERSATION COVENANT

We hope all small group discussions are lively and enriching, but sometimes tough topics will be discussed. The Conversation Covenant* is an agreement to hold respect and grace toward all participants within a small group, no matter the conversation. Please adhere to the Conversation Covenant or consider creating one that fits your context.

*Adapted from <https://conversational-leadership.net/conversation-covenant/>

I pledge:

To act in good faith, with curiosity. I will assume the best about my conversation partners when entering into our groups. I will give the benefit of the doubt, recognizing that they may know something I don't.

To show respect. I will show respect. I will be polite and give due regard to the feelings and traditions of others. I understand that I do not have to agree with someone to show them respect.

To speak the truth. I won't use rhetorical tricks to try to win an argument. I will speak what I genuinely believe is the nuanced truth.

To aim to discover the truth. I will not enter into a conversation with the purpose of changing the mind of anyone to my way of thinking.

To focus on what we can change. I will focus on what we can do differently in the future since we cannot change what we did in the past.

To take responsibility for the conversation. I will take responsibility for the quality of the conversation and the abidance of the rules both in principle and in spirit.

To follow the covenant even when others fail to do so. I will abide by the rules regardless of whether another person breaks them.

To respect the confidentiality of the group. I will not share the stories of group members verbally or in written form (including on social media and online outlets).

To lighten up and approach the conversation in good humor. I recognize that humor is a hallmark of a constructive, generative conversation and take the conversation in good humor.

PREPARE

The following questions are jumping-off points for personal reflection. Engage with them to awaken your awareness of themes in this sermon series. Pay attention to the questions that stand out to you and look back on them throughout the series to see how God might be speaking to you.

CONSIDER

- What special memories, if any, do you have that relate to sharing meals with others? What is your favorite way to celebrate something?
- This sermon series is about festivals and celebrations – parties! – and how the recurrence of these in the Bible tells us something about God and what we are called to as Christians. Just given this much, what interests or curiosities or questions come up for you? What do you want to explore more?
- Consider praying over these initial thoughts and feelings that come up. Ask God to prepare your heart to learn what God has in store for you during this series, and perhaps also pray that God brings joy to you and others through learning to love one another better through community.

WEEK 1: Passover

Matthew 18:23-35

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Matthew 12:28-32

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Share your thoughts and reflections on Pastor Taylor's claim when he said that if we don't understand the context of Passover and its connection to the events of Holy Week, we'll miss the meaning of why Jesus's death and resurrection are so important.
3. How did this sermon and Scripture passage help you better understand the significance of Jesus's Jewish background and the Jewish roots of our faith? Can you name or describe any new connections?
4. Reflect for a moment on the self-donating acts of Jesus during the final meal he shares with his disciples, a Passover meal, and what happens next in his life. How does this speak to you personally? Is there a message you hear through it that resonates with your life and circumstances right now, and/or what's going on in the world around you?
5. Communion (the Lord's Supper) is a practice we do every week at church. How might your discussion help you reflect a little more deeply (or in a new and meaningful way) when you take part in communion on Sundays?
6. Where do you find yourself desiring or even longing for God to act in your life, to do something special? As willing, share that with your group and perhaps bring it into a concluding prayer for your group.
7. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Open our eyes and hearts today, O Lord, and
illuminate Your Word to us,
so we may hear Your voice clearly,
be set free from whatever binds us,
and follow You with courage and faith.
In Jesus' name, Amen.

Scripture

28 The Israelites went and did just as the LORD had commanded Moses and Aaron; so they did.

29 At midnight the LORD struck down all the firstborn in the land of Egypt, from the firstborn of Pharaoh who sat on his throne to the firstborn of the prisoner who was in the dungeon and all the firstborn of the livestock. 30 Pharaoh arose in the night, he and all his officials and all the Egyptians, and there was a loud cry in Egypt, for there was not a house without someone dead. 31 Then he summoned Moses and Aaron in the night and said, "Rise up, go away from my people, both you and the Israelites! Go, serve the LORD, as you said. 32 Take your flocks and your herds, as you said, and be gone. And ask a blessing for me, too!"

WEEK 2: The Feast of Unleavened Bread

Leviticus 23:4-14a

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Leviticus 23:4-14a

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

8. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
9. Pastor Dave discussed patterns or rhythms in our lives where we feel 'stuck.' Do you have an area in your spiritual life where you feel stuck on something, and would prefer for that pattern or rhythm to look differently?
10. Have shared meals been important spiritual gatherings for you in the past? What has that been like, and what do you think makes these gatherings special places to connect with others spiritually?
11. The Feast of Unleavened Bread emphasizes the removal of sin (yeast) in our lives, or – as we talk about this at Highrock – sin as anything that hinders us from connecting to God personally, God's people, or God's purposes. Does this strike you in any way? Are there ways you might feel challenged or convicted about something in your life related to sin?
12. Pastor Dave made different connections between the Feasts of Passover, Unleavened Bread and First Fruits in this sermon. Do any of those connections resonate with you? Some examples and underlying themes: Passover reveals God's grace that comes before all the others; Unleavened Bread points to our response; First Fruits nudges us towards risk-taking faith, freedom. What do these connections mean to you?
13. Have you ever experienced addressing a sin in your life that was difficult to do but that, over time, resulted in something beautiful or worthwhile? What did that look like? Did you learn something from that process?
14. The Feast of First Fruits shows us what it looks like to practice risk-taking faith. Is there a risk in your faith that you feel called to either undertake or at least take a step to explore? Share with the group, and consider together what (who) could help you with that?
15. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Faithful God, open our hearts to receive you today,
and give us courage to respond to what is true.
Gently expose what remains hidden in us
and cleanse the things that keep us
from surrendering to the abundant life You offer.

And by Your Spirit,
lead us not just to hear our Word in our lives,
but to follow You in all your ways.

Amen.

Scripture | Leviticus 23:4-14a

4 "In addition to the Sabbath, these are the Lord's appointed festivals, the official days for holy assembly that are to be celebrated at their proper times each year. 5 "The Lord's Passover begins at sundown on the fourteenth day of the first month. 6 On the next day, the fifteenth day of the month, you must begin celebrating the Festival of Unleavened Bread. This festival to the Lord continues for seven days, and during that time the bread you eat must be made without yeast.

7 "On the first day of the festival, all the people must stop their ordinary work and observe an official day for holy assembly. 8 For seven days you must present special gifts to the Lord. On the seventh day the people must again stop all their ordinary work to observe an official day for holy assembly."

9 Then the Lord said to Moses, 10 "Give the following instructions to the people of Israel. When you enter the land I am giving you and you harvest its first crops, bring the priest a bundle of grain from the first cutting of your grain harvest.

11 "On the day after the Sabbath, the priest will lift it up before the Lord so it may be accepted on your behalf. 12 On that same day you must sacrifice a one-year-old male lamb with no defects as a burnt offering to the Lord. 13 "With it you must present a grain offering consisting of four quarts of choice flour moistened with olive oil. It will be a special gift, a pleasing aroma to the Lord. You must also offer one quart of wine as a liquid offering. 14 Do not eat any bread or roasted grain or fresh kernels on that day until you bring this offering to your God."

WEEK 3: The Feast of Trumpets

Leviticus 23:23-25

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Leviticus 23:23-25

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. Pastor Richard discussed the rebuilding of the altar, the book of Ezra and the call to “return to worship” (or “start with worship”). What does worship look like in your life right now? What could it look like to do something specific where you take a step to return to worship in your life?
3. Pastor Richard highlighted some faith basics that help us return to God (to worship): reading Scripture, committing to being at church, service. Reflect on these faith basic practices. Is there something that speaks to you here, or something that you'd like to be more intentional about in your faith practices?
4. The Feast of Trumpets points to the gift of God for us in Jesus. As Pastor Richard reminded us, Jesus makes our return to God possible. What feelings or images come to mind for you in reflecting on what God has made possible for us?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Faithful God, draw our hearts back to You.

As Your Word is read and proclaimed, quiet the noise within us and awaken us to Your presence.

Meet us in this moment, and gently lead us closer to Yourself.

Through Christ our Lord, Amen.

Scripture | Leviticus 23:23-25

23 The LORD said to Moses, 24 “Say to the Israelites: ‘On the first day of the seventh month you are to have a day of sabbath rest, a sacred assembly commemorated with trumpet blasts. 25 Do no regular work, but present a food offering to the LORD.’”

WEEK 4/5: Why It Matters To Love The Church

(Gary Thomas)*

Romans 12:2

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(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Romans 12:2

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. How would you describe your current relationship to the church?
3. How did Pastor Gary's message help you reflect on what it means to be part of and serve the church?
4. What do you think it means to love the church amidst its imperfections? How do you think we can both help keep our faith communities accountable to faithfulness (both together as a community and as individuals across the church) while helping build it up at the same time?
5. What's something you could pray about for your church at both a general level and to meet a specific need?
6. Community is built. What's a step you can take to love God and serve Jesus by being a gift to your community this week?

PRAY |

Holy Spirit, awaken us to what truly matters. Open our hearts to receive your word, and renew our minds by Your truth. Where we have been passive or distracted, draw us back to Yourself. And as we hear and have discussed your word, shape us not just to listen, but to respond with faith and obedience. In Jesus' name, Amen.

Scripture | Romans 12:2

Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind.

WEEK 4/5: The Feast of Weeks*

Acts 2:1-12

*Preachers will be speaking at different, alternating locations on these Sundays. Reference the sermon that was preached in your church that week.

(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had – curiosities, concerns, or delights
- Read Acts 2:1-12

RELATE | Use these questions as a launching point for your small group conversation or personal reflection.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?
2. As Pastor John asked, have you ever faced something in your life that you wanted to change but that you couldn't by willpower alone? (Or, "Have you ever struggled with a difficulty for so long that you just gave up rather than deal with the shame?") What was that like? What, if anything, did you do (or not do) about it?
3. Have you ever experienced something like this (question 2), in your faith life, or something similar to Judge's cycle pastor John introduced: the cyclical movement that includes features like turning from God, aspiring to do better, God coming to help (and more) – with these features repeating themselves in your life? What questions or struggles did that raise for you?
4. An important aspect of Pastor John's sermon is that God graciously gives us God's Spirit, not to solve all our problems, but to make us new, to help us do what we cannot accomplish by ourselves. What kinds of thoughts or feelings or general response does this bring up for you?
5. Reflecting on this change of heart, Pastor John shared the following. Have someone read this paragraph out loud and share your reflections on it:

"If you've never experienced this, I don't know that I can truly explain it to you. But once you experience it, it makes perfect sense. Something in you begins to change, even your desires. It's like when you look at your newborn child and suddenly realize, "I would do anything for you". It changes your very identity."

6. Pastor John offered these steps to help support "a conscious dependence on the Holy Spirit:"
 - Know You Belong to God
 - Seek to Know God
 - Make Room for God
 - Confess Your Dependence (on the Spirit)

Which of these might help you remember what God has made possible for us in the Spirit this week?

7. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY |

Holy Spirit, we come to You aware of our need. We cannot change ourselves, but You can transform us from within. As we hear Your Word, open our hearts and minds and write Your truth deep within us. Give us not only understanding, but a new desire to follow You. In Jesus' name, Amen.

Scripture | Acts 2:1-12

¹ When the day of Pentecost came, they were all together in one place. ² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

⁵ Now there were staying in Jerusalem God-fearing Jews from every nation under heaven. ⁶ When they heard this sound, a crowd came together in bewilderment, because each one heard their own language being spoken. ⁷ Utterly amazed, they asked: "Aren't all these who are speaking Galileans?" ⁸ Then how is it that each of us hears them in our native language? ⁹ Parthians, Medes and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, ¹⁰ Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome ¹¹ (both Jews and converts to Judaism); Cretans and Arabs—we hear them declaring the wonders of God in our own tongues!" ¹² Amazed and perplexed, they asked one another, "What does this mean?"

WEEK 4/5: Managing Expectations*

(Taylor Burgoyne)

Luke 4:14–30

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(PRE-WORK) REFLECT | Before your small group gathering, complete the following and reflect on the discussion questions. These will be the basis for your small group time.

- Listen to the Sermon on Highrock's [YouTube channel](#) and note any reactions you had- curiosities, concerns, or delights.
- Read Luke 4:14-30

An OPTIONAL SPIRITUAL PRACTICE - RECALL | Use this practice to open your small group time together. Leave 20–35 minutes for the practice. These are both very accessible practices. This guide will help you walk your group through the practice step by step.

Introduction: To remember is to keep something in mind. “Re” means again and “memor” is Latin for mindful. Recall and paraphrase are ways of remembering. In the scriptures, God teaches us, over and over again, to remember. Throughout the Old Testament, remembering shaped generations. This word is used more than 350 times in the Bible and twice as much in its various forms. Memory is often a funny thing! When we summarize or recall a story from memory, we sometimes inadvertently change details or forget something. Sometimes, we focus more on one aspect while pulling focus from another. It’s also why re-reading stories is often so rewarding (especially if it’s the Bible) because details we may have forgotten or never noticed can come to light. This week of your small group (and the next one) we will be putting this to the test to see what comes up! The invitations are to pay attention and be curious.

Materials: Pen and paper (for each person) and Bible

1. **Explain the Process:** The practice for this week is similar to last week with a little twist. We will read through Luke 4:14–30 twice (you can read the passage twice or invite two people to read) and then have several minutes of silence to recall the text from memory. In other words, we will each rewrite this story with as much detail as we can remember, but only from memory. The goal is not to recall the passage perfectly! There is no right or wrong. The invitations are to be present and curious.
2. **Read the passage again:** As a group or individually, read the passage again. With curiosity, highlight or note on your paper what stood out to you and what you left out.
3. **Pair & Share:** Lead with curiosity. Have group members turn to the person next to them and share their rewritten stories. Invite them to notice what is similar and what is different. Ponder what stood out to each of you and what you left out. Perhaps invite pairs to share back their observations with the entire group.
4. **Pray:** Close the practice by thanking God for revealing himself and asking for attentiveness to the Holy Spirit as you continue with your study.

RELATE | Use these questions as a launching point for your small group conversation. Open with a check-in/getting-to-know-you question. Group opener options are available in the Appendix.

1. What from the sermon or reading has brought up new questions or interesting points you would like to discuss?

2. Luke 4:18–19 is often described as Jesus' mission statement. What does it tell you about who Jesus is and the things Jesus cares about? How do they encourage or challenge you as a follower of Jesus?
3. Look back to Luke 4:1. How do you see the Spirit of God at work here (see Luke 4:18 also)? How do you think the Spirit helps Jesus in this story? How might the Spirit be present to you?
4. Jesus upsets the expectations of his listeners when he speaks about the breadth of his mission (to Jews *and* Gentiles [non-Jews] as well). Have you ever been not only comforted but challenged by God's grace and love? How did you respond? What could it look like for you to be more open to the surprising ways of a gracious God?
5. Is there an invitation you sense God making through your conversation or reflections this week? Is there a next step you could take in how you engage, act, or relate to others?

PRAY | Ask God to bring you comfort *and* transformation through the workings of God's grace.

Luke 4:14–30

14 Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. 15 He was teaching in their synagogues, and everyone praised him.

16 He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, 17 and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

18 "The Spirit of the Lord is on me,
because he has anointed me
to proclaim good news to the poor.
He has sent me to proclaim freedom for the prisoners
and recovery of sight for the blind,
to set the oppressed free,
19 to proclaim the year of the Lord's favor."

20 Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. 21 He began by saying to them, "Today this scripture is fulfilled in your hearing."

22 All spoke well of him and were amazed at the gracious words that came from his lips. "Isn't this Joseph's son?" they asked. 23 Jesus said to them, "Surely you will quote this proverb to me: 'Physician, heal yourself!' And you will tell me, 'Do here in your hometown what we have heard that you did in Capernaum.'" 24 "Truly I tell you," he continued, "no prophet is accepted in his hometown. 25 I assure you that there were many widows in Israel in Elijah's time, when the sky was shut for three and a half years and there was a severe famine throughout the land. 26 Yet Elijah was not sent to any of them, but to a widow in Zarephath in the region of Sidon. 27 And there were many in Israel with leprosy in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian."

28 All the people in the synagogue were furious when they heard this. 29 They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. 30 But he walked right through the crowd and went on his way.

APPENDIX

Below are resources to look into if you are interested in diving deeper into some of the topics covered in this series. If you need resources that more specifically address your own experience, demographic, or faith journey, please reach out to a Highrock pastor or to smallgroups@highrock.org and we will be happy to help!

ONLINE BIBLES

- [Blue Letter Bible](#)
- [Bible Gateway](#)

PRAYER TOOLS

- [The Prayer of Examen: Tracking Our Moods](#)
- [Breath Prayer/Prayer of the Heart](#)
- [Divine/Fixed Hour Prayer](#)
- [SoulCare guide to Imaginative Prayer Spiritual Practice](#)
- [Imaginative Prayer/Ignatian Contemplation](#)
- [SoulCare guide to Recall & Paraphrase Spiritual Practice](#)
- [Lament](#)
- [Laughter and Prayer](#)
- [Palms Up, Palms Down](#)
- [Pray a Psalm in a Nature Setting](#)
- [Praying with your Body](#)
- [Welcoming Prayer](#)

“ICEBREAKER” QUESTIONS

- What was a small win from your week?
- Share a High/Low from your day or week.
- On a scale of 1-10, how are you doing coming into this meeting?
- If you were to describe yourself as a weather forecast today, what would you be? Example: sunny, partly cloudy, rainy with a chance of snow, etc.
- What song would be the theme track for the day you had?

GENERAL RESOURCES FOR INDIVIDUAL SUPPORT

- [Spiritual Practices](#)
- [Mental Health Resources](#)
- [Parenting & Kids—Understanding each other through Milestones](#)

TIPS FOR GUIDING CONVERSATION

- Allow everyone space to share. It's ok to ask what people are thinking even if they don't volunteer to share right away. But always give people the option to decline to share. Example: "Hey, Fred, you've been a little quiet and I'm curious to know what you think. Would you like to share anything?"
- Remember there aren't necessarily "right" answers. Encourage participants to simply be curious about what came up for them or others without the pressure of feeling like they "should" have thought or felt anything in particular. Example: Instead of asking "What is this story supposed to be communicating?" ask "What did you notice?"

- Embrace the differences. Affirm that different people can come to different conclusions regarding the same thing. Example: "Interestingly, the text reminded Susie of ABC, while it reminded José of XYZ. Both can be present and true."
- Adapt to suit your group's needs. Sometimes conversation is free-flowing and sometimes it's easier to move through discussion questions one at a time. Do what feels suitable for your group, but don't feel pressured to answer/discuss every single question.
- Encourage curiosity by modeling curiosity. Asking someone "Tell me more about XYZ" can be a really simple but effective tool to go deeper in conversation.
- Don't be afraid of silence. It's natural to want to fill silences or pauses in a conversation. But don't be afraid to sit in silence with your group members. Sometimes thoughts just need time to percolate, so don't feel like you have to rush to another question if no one shares immediately.
- Refer back to the Conversation Covenant. This is the posture that we as Highrock hold as we gather in groups. When the conversation gets tough, you can always refer back to the Conversation Covenant to remind the group that everyone has agreed to abide by this covenant in small group meetings.