

Why Share Experience?

Sharing experience is an essential part of transformational groups.

When we share our experience we speak about what we know through our experience. We keep the conversation about our experience. We do not tell others what they need to do nor how to do it. We simply offer up how we have done it or where we are at in learning how to do it. Hypothesizing or theorizing ought to happen before, after, or between meetings.

We can share our struggles to begin new transformative practices. We can share our fear, anger, doubt, resentments, or struggles with relationships (keeping to our error). We can share new peace, love, forgiveness, hope, encouragement, and freedom. We ought to keep our sharing focus upon seeking God and how seeking God is working within our lives.

Sharing our own experience eliminates pressures from advice giving, cross talk, and greatly reduces arguments. It can draw more intimate sharing increasing the chances of love, compassion, and sincerity. We are each responsible for our own transformation experience and ought to keep our focus there. Between meetings we ought to be taking transformative action and when we meet sharing about the transformation.

External details are not as important as the inward developmental experience.

We each suffer from different hurts, addictions, temptations, habits, and life experiences. It's best to keep sharing to things we can all relate to and to focus upon the solution. We all have fear and are challenged with it as we take new action to trust God. We can share our process of trusting and relying more upon God. The same goes with anger, the process of forgiveness, the process of not giving into temptation, repentance, mercy, speaking the truth when it's easier to lie, having compassion, making restitution for harm done to others, confession, revelations and epiphanies about our walk, practicing patience, and experiences with peace and contentment through struggles.

When one person shares his or her struggles others are validated within their struggles. Such validation is need for compassion, love, and belonging. Yet we still need solutions for such struggles. The group needs to have someone who has walked through the transformation process to provide hope, encouragement, and words of wisdom through their experience.

Details of our inward transformation experience are personal and often heart felt with both the sharer and the listener. It can be a humbling process. Such humility is necessary for spiritual development. If we are unwilling to share with others our inward condition because of fear or pride, perhaps we ought to pray for help to be humble. Speaking sincere truth and love is taking transformative action. We ought to engage each other with love, truth, patience, compassion, mercy, sincerity, forgiveness, and humility.

James 1:22-24, Colossians 2:1-9, 1 Thessalonians 3

Encouragement

We can briefly encourage others with thanksgiving and appreciation for the sharing of their experience and how we have been helped by it. This is a compassionate and loving action provided we are speaking the truth in sincerity. Love and tolerance of others is essential for within it lies the spiritual practices of mercy, forgiveness, and patience.